

Helen Richardson-Walsh OLY

Team Coach



Experienced in working with

- › Leotec
- › Talk Talk
- › Glanbia
- › Anzo Group

Qualifications

- › Host of the “Sticky From The Inside” Leadership, Culture & Engagement Podcast
- › Qualified Lumina Spark Personality Assessment Practitioner

Helen dedicated 18 years to international hockey, making her debut at 17 in 1999 and becoming the youngest woman to represent GB hockey at the Sydney Olympics in 2000. Across four Olympic Games and 293 appearances for her country, she earned 19 medals, including Olympic bronze in London 2012, European gold in 2015, and the ultimate achievement—Olympic gold in Rio 2016.

For 11 years, Helen was part of the senior leadership team, playing a pivotal role in transforming the squad from an inconsistent team into one that consistently competed for and won medals on the world stage. This journey went beyond the medals, demonstrating the power of creating the right environment for people to flourish. Her experiences revealed how culture and teamwork drive success, igniting her passion for understanding people and teams.

That passion led Helen to study psychology. Now, with two master's degrees in Organisational and Sport Psychology, she uses her experience and knowledge to help other teams and individuals thrive in their own pursuits.

Client View

“Helen is an inspiring speaker and shares her story with integrity and humour. She is intelligent and engages the audience with her honest insights into resilience and how she returned to the team following a period of serious injury. Her reflections of her leadership role, working with the team to set the right behaviour is extremely inspiring and motivating.”

Colleague View

“Helen is a fantastic asset to our staff team. She is relatable for players, has valuable first-hand experience and is excellent in supporting me and the staff to drive the culture we want to create here at Spurs. Her understanding of what it takes to win, high performance environments and dealing with pressure at the highest level is providing key support to the players in the journey that we are on as a team. In any sport at an elite level, improving the psychological tools players are able to utilise plays a major part in the success of the individual and the team, I am really pleased to have her on board.”