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THE-ICE 16th IPOE Forum 2023

Panel 2: The New Workplace: Workplace wellbeing and the working from home phenomenon

Mr Olly Bridge

Owner and Founder of Build a Bridge; Principal at Essentio Health, Australia



Olly Bridge is a visionary leader and a transformative force in both the athletic and corporate realms. Through founding his business Build a Bridge in 2013, Olly has dedicated himself to helping individuals and teams unleash their full potential and achieve extraordinary sustainable results. With a career founded working with elite athletes in Formula One and Olympic Gymnastics, Olly has harnessed the power of sustainable peak performance and honed it into a dynamic methodology that extends far beyond the realm of sports.

Olly has led high-performing teams in prestigious organisations like BMW and Medibank, while also driving smaller start-ups to successful exits. This varied career has equipped him with a deep understanding of the corporate landscape and the crucial balance between performance and wellbeing. Olly is a catalyst for positive change, a beacon of inspiration, and a true advocate for holistic success.