



Did mental health take **Gold** at the Olympics?

Interview with Olympians



Welcome

- > Ask questions throughout using the chat
- > Questions will be read out, use the Q&A feature for anonymity
- > Session recording and slides sent to you after the event

**Who is this
session for?**



Your speakers



Gold Medallist, Tokyo 2020 | Team GB

Kate French

The highest finishing British modern pentathlete at Rio 2016, Kate went on to win gold in Tokyo.



Double Olympian | Champion Health

Jack Green

Double Olympian, mental health ambassador and Head of Performance at Champion Health.



Co-founder & CEO | Champion Health

Harry Bliss

Harry Bliss, co-founder of Champion Health, joins the session as host.

Free Guide

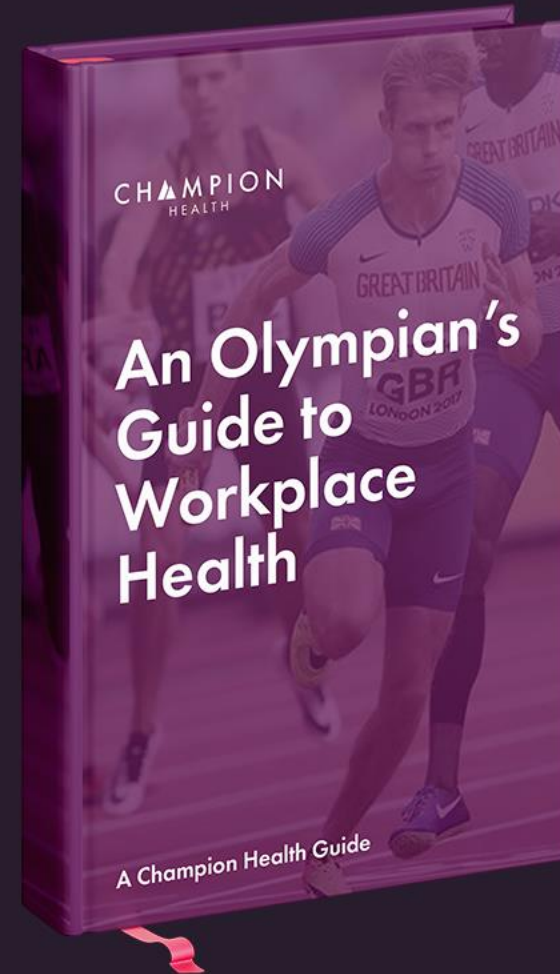
*An Olympian's Guide to
Workplace Health*

Discover how the performance learnings
of an Olympian can boost your wellbeing
- and your team's.

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What's next?

- > Webinar recording sent via email
- > More sessions coming very soon
- > Fill in the survey to tell us what you want to hear next
- > If you enjoyed the session, follow us on **LinkedIn** for more



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