



## Jack Burnell

SPORTS PERSONALITY

Retired Olympian Swimmer, Performance Mindset Coach, Speaker



### About:

- **Gender:** Male
- **Languages:** English
- **Travels from:** United Kingdom

### Engagement Types:

- Speaking

### Topics:

- Growth Mindset
- Peak Performance

## Biography Highlights

- Jack Burnell, a former professional athlete and Team GB member at the Rio 2016 Olympic Games, brings over 12 years of diverse experience to his role as a Client Partner at Globant, a leading digital transformation company. His expertise in new business development, presentations, and sales processes drives innovative solutions for clients. Previously, Jack held positions as Head of Business Development at ThirdBlock, managing global projects and partnerships, and excelled as a Performance Mindset Consultant, coaching leaders and athletes to achieve their goals. His commitment to excellence, innovation, and collaboration guides his work at Globant, where he holds a first-class honors degree in Business Management, remaining dedicated to continuous growth.

## Biography

### About Jack Burnell

Jack Burnell, a retired Olympian swimmer, carved his name in the archives of open water swimming history with a silver medal at the 2016 European Open Water Swimming Championships in the 10 km race. However, his journey took an unexpected turn at the 2016 Rio Olympics when he faced disqualification in the same event. Despite initially appearing to finish fifth, Jack received two yellow cards for unnecessary contact with other

swimmers, crushing his hopes for an Olympic medal.

As the first Briton to secure a spot at the 2016 Rio Olympics, Jack had entered the games with great promise. The disappointment of disqualification, particularly after a clash with the defending Olympic champion Oussama Mellouli, haunted him. The heartache deepened as Jack revealed his struggles with “nightmares and depression” in the aftermath of the 2016 Olympics, casting a shadow over his achievements and dedication to the sport over the previous four years.

In 2017, Jack seemed to make a comeback by clinching gold at the FINA World Cup in Abu Dhabi. However, beneath the surface, he continued to grapple with the emotional aftermath of the 2016 Olympics. The looming World Championships in Budapest that same year brought to light Jack’s inner turmoil, as he candidly shared his battles with depression triggered by the disqualification.

Following these challenges, Jack decided to retire from competitive swimming. However, his commitment to high performance persisted. Jack transitioned into a new role as a performance mindset coach, bringing his wealth of experiences to benefit individuals and organizations. Notably, he found a place in the world of football, working with prestigious teams like Brentford and Tottenham FC.

Jack’s coaching approach is not rooted in academic psychology but rather drawn from the crucible of real-life experiences on one of the world’s biggest sporting stages—the Olympic Games. He emphasizes the key characteristics required for peak performance, whether in the Olympic arena or the corporate world. Through his work, Jack highlights the parallels between the challenges of elite athletic training and the day-to-day rigors of life, emphasizing that maintaining a high-performance mindset is the cornerstone of success.

His proven approach to developing individuals’ mentalities and maximizing their potential is not derived from textbooks or academic theory. Instead, it is cultivated through Jack’s firsthand experiences, creating a relatable background that sparks intrigue, garners respect, and fosters an openness to learn. Jack Burnell’s coaching philosophy is anchored in the unique perspective gained from navigating the complexities of elite sports, making him a compelling guide for those aspiring to achieve their peak performance.

## Jack's Topics

### High Performance.

Jack leans on his live story and learnt experiences to educate us on the many faces of high performance and how it can be implanted to individuals and organisations alike.

### Setbacks/adversity.

Hear from Jack on his story, from disqualification to gold and what it took for him to get there.

### **Mental/physical health.**

Jack gives us a flavour of what training for four years looks like, with one overwhelming goal, a Gold medal. He gives us behind the scene access to the physical and mental side of trying to achieve this.

### **Trigger points.**

Jack gives countless examples of using trigger points to access high performance. He relies on the learnt experiences in this and how he used it for himself and high performers alike.

### **Resilience.**

Hear from Jack about being disqualified, what that did to his mental health and how he bounced back

### **Playing to your strengths.**

Jack is candid with his talks and enlightens us with the knowledge that he didn't love swimming, however he was great at it. Learn how to perform, even when you're heart isn't in it.

## **Speaker Bureaus And Talent Agencies**

Jack Burnell is available to book via these agencies

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