



Jonny Wilkinson

MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE · SPORTS PERSONALITY

Legendary rugby union player and inspirational speaker



About:

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

Engagement Types:

- Awards Hosting
- Guest Appearance
- Panel Participation
- Speaking
- TV and Media

Topics:

- Mental Health in the Workplace
- Mindfulness & Resilience
- Team Leadership

Biography Highlights

- Former Rugby Union Player
- World Rugby Hall of Fame Inductee and CBE
- Podcaster and Host, 'I Am... with Jonny Wilkinson'
- Founder of 'NSPIRED' Foundation and No.1 Living

Biography

Mental Health Ambassador & Business Founder, Public Speaker & Sustainability Advocate

Jonny Wilkinson is a health and wellbeing ambassador, business founder, public speaker, sustainability advocate, rugby pundit, coach, and philanthropist.

Globally celebrated as one of the best players to have ever played rugby union, Jonny compiled an impressive 91 caps at international level for England. He featured in 2 British and Irish Lions tours and was granted the honour of being inducted into the World Rugby Hall of Fame. His outstanding service to the game was recognised with a CBE by HM the Queen.

Following his retirement in 2014, Jonny began utilising his insight and knowledge as a rugby pundit for ITV and Sky Sports. He also launched his

own health drink brand, One Living.

Jonny has openly explored the difficulties that he faced during his career and life to date, for example the fear of failure. More recently Jonny has applied his personal experience and followed his passion to deeply understand himself and his potential by launching his I AM podcast series. In a series of conversations with thought leaders and inspiring individuals across the globe, he advocates spiritual self-investigation leading to self-awareness and a realisation of what is available and possible for us all in life often using sporting analogies to articulate and relate his message. He is sought after as a motivational speaker.

A deeply passionate health and wellbeing advocate, Jonny initiated "NSPiRED," a charitable foundation that provides mental, emotional support to school teachers and coaches to help inspire and empower them as well as the younger generation that they work with on a daily basis. He supports many other charities and is a brand ambassador for a wide range of companies.

Videos



Jonny's Topics

Developing a growth mindset to achieve your potential

Professional rugby player Jonny Wilkinson has played at the top of his game and is deeply familiar with what it means to perform under pressure. By facing his stress and anxiety and dealing with it directly, Jonny has been able to develop a growth mindset that has changed his life. In this talk, he shares lessons and practical strategies that leave audiences feeling inspired to achieve their full potential in work and in life.

Available: Virtually

Health and wellbeing: Overcoming stress, anxiety, and releasing trauma

Rugby star Jonny Wilkinson is an enthusiastic advocate for mental health and wellbeing. Despite being internationally recognized in his sport, he realized he needed to do some mental and emotional healing to truly live and perform at his best. In this compelling talk, Jonny shares his personal experience overcoming and releasing trauma, and learning to change his relationship to stress, fear, and anxiety, and step into a more fulfilling life.

Available: Virtually

Building strong relationships by living in the now

Professional athlete, entrepreneur, and podcaster Jonny Wilkinson is known as one of the best rugby players of all time, as well as an inspirational advocate for personal growth. In this memorable talk, he shares his life philosophy for living in the now – by understanding the past and bringing respect, love, and compassion into all relationships.

Available: Virtually

Leading with authenticity

Rugby star and entrepreneur Jonny Wilkinson delivers motivational takeaways about leadership in this talk – emphasizing living authentically, manifesting dreams, and using the law of attraction to achieve personal and professional goals.

Available: Virtually

Testimonials

“

Jonny clearly has a very spiritual mind and a much deeper understanding of the world than most. And the way he has been able to apply that way of thinking to be as successful as he has been inspiring.

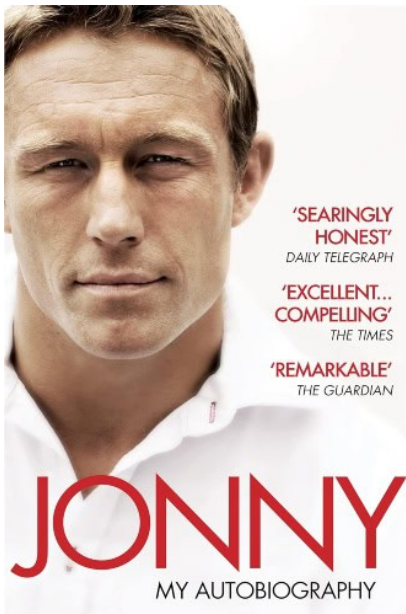
Dealing with Pressure

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We have had some amazing feedback, with a couple of people even saying Jonny was the best speaker so far! Great take home messages, and amazing honesty from him.

Roche Products Ltd

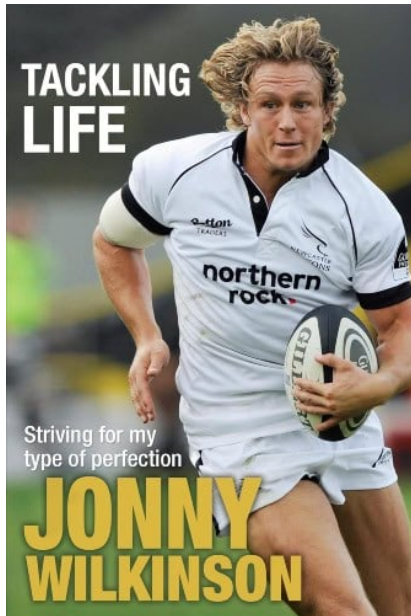
Books



Jonny: My Autobiography

Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair. Jonny's career has spanned the far reaches: amazing highs and iconic moments, then a fight against injury that culminated in a battle with depression. Here he tells of the physical toll he knew his body was taking from rugby, even from his youth; he tells of how he never wanted to be a kicking fly-half but learned to adapt his natural game to play the style that Clive Woodward believed necessary to win a World Cup, and how he nearly walked out on Martin Johnson's England team 13 years later.

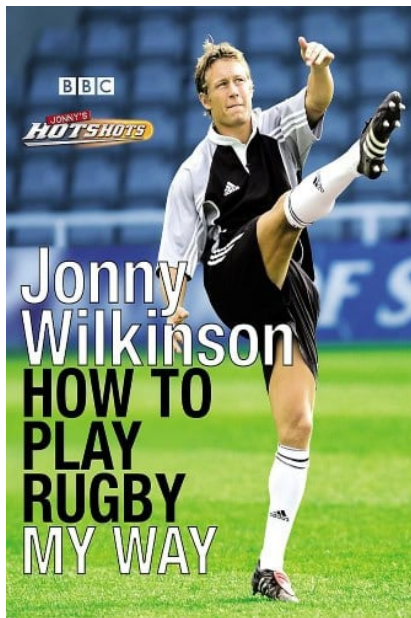
[BUY THE BOOK](#)



Tackling Life

Jonny Wilkinson's impact on global sport has been extraordinary. Yet Jonny has faced a battle all his life to achieve success and, crucially, happiness. A crippling fear of failure, the targets he set himself and a string of injuries have caused Jonny to question his attitude to life. In this startling new book, writing with Steve Black, Jonny opens up for the very first time, revealing his darkest moments and explaining in a practical way the steps and techniques he has taken to ensure success in all aspects of his life. He still wants to be the best, but he now enjoys the journey. With never-before-told stories from his life and rugby career, this book will act as a powerful inspiration for anyone wanting to bring to the field of play - be it business, personal or sport - the very best they have to offer.

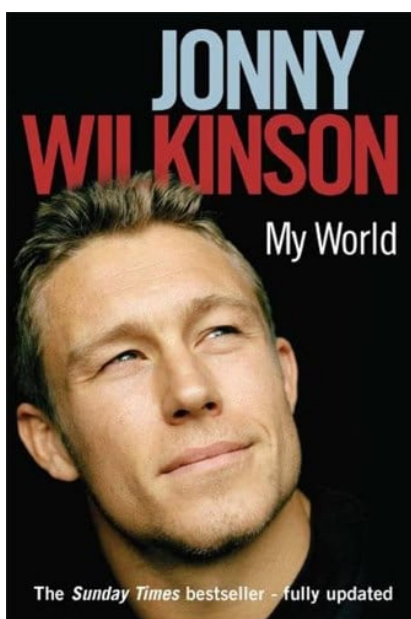
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Jonny's Hotshots: How to Play Rugby My Way

Tying into the CBBC series to be aired in November 2005 and again in February 2006, Jonny's Hotshots: How To Play Rugby My Way is a practical, highly illustrated, hands-on instruction manual in which Jonny reveals and explains in detail the skills and expert techniques that have made him one of the world's greatest rugby players. Aimed at teenagers who already know the basics, but equally applicable to adults who want to refine their skills, Jonny will cover topics such as tackling, kicking goals, kicking with both feet, passing, running with the ball, being playmaker, and placekicking. Jonny will also offer advice and tips on the broader aspects of the game, including health, positive-thinking, tactics, exercise, and diet.

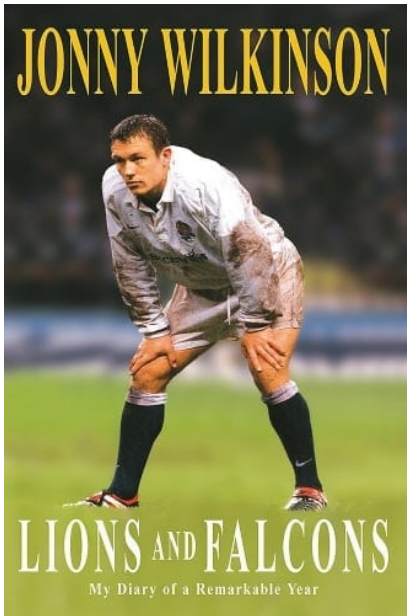
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My World

In this fully updated paperback edition of the Sunday Times bestseller, Jonny Wilkinson opens up to reveal what it is like to be the world's most famous rugby player and an international sporting superstar. MY WORLD is a fascinating insight into his motivations, thoughts, hopes and fears as he discusses topics as far ranging as playing for England, his all-time heroes, becoming a celebrity, what it is like to be on the pitch with the hopes of a nation resting on your shoulders and in your feet and the positives that could be taken from the 2005 Lions Tour. For the first time, Jonny Wilkinson talks openly about the England World Cup campaign and the pressure he was under in those dramatic final moments when he won the cup for his country. Two years on he also reveals the battles he has had to face to bring himself back to full fitness as England build their team round him in preparation for the 2007 World Cup.

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Lions and Falcons: My Diary of a Remarkable Year

Jonny Wilkinson has set the rugby world alight since his international debut in 1998. In this revealing diary of the 2000-01 season, he takes the reader behind the scenes of his career at Newcastle Falcons, England and on to the British Lions tour to Australia in summer 2001. He talks about the players' strike in November, the foot and mouth crisis, his preparation for the matches, training, what really goes on on the pitch - and provides a fascinating insight into his life away from the rugby field. LIONS AND FALCONS builds up to a riveting portrait of the modern professional rugby world, viewed from the very pinnacle of the sport.

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