Rafa Nadal, Teresa Perales and more offer lessons from Olympic Games victory

Elite athletes know how to be the best, and insights from these Olympians can help all of us bring home the gold.



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It’s a summer of sport and spectacle with the 2024 Olympic and Paralympic Games in Paris. For many athletes, this represents the ultimate goal, and they have spent years working toward it. But sporting victory isn’t just about training and luck; it is also about strategy and

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psychological preparedness — things that we all need to succeed in any area of life.

But don't take it from us. Below is a roundup of sporting greats, from tennis superstar Rafa Nadal to 27-time medalist Teresa Perales, sharing their experiences of struggle and success. Their examples serve as inspiration to leaders and dreamers everywhere.

Theresa Zabell: "Life starts when you leave your comfort zone"

The two-time Olympic gold medalist in sailing shared her journey of overcoming numerous obstacles, including gender barriers and financial challenges, to achieve her dreams. "I realized that I had been so focused on the goal that I had not given any thought to the incredible privilege of the journey," she says, explaining how altering this mindset changed everything.

Teresa Perales: "Complaining gets you nowhere; you need to act"

Teresa Perales lost the use of her legs at 19, but it hasn't slowed her down. Overcoming early rejections and personal tragedies, she learned to swim, trained rigorously and now inspires others to push their limits through techniques such as truly knowing your strengths and de-escalating fear.

Edward Sinclair: "If you're the head, it's crucial to find ways to evaluate your own performance"

Sinclair, a two-time Olympian and former freestyle swimmer, experienced chronic fatigue syndrome on his journey to triumph. He emphasizes the importance of managing expectations, fostering group dynamics and developing mental stamina as well as balance in approaching sport and life.

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Rafa Nadal: “Effort can conquer all”

For one of the most celebrated men in tennis, it’s not just a question of talent, although he obviously has that. Many are born with skills, but few prepare themselves as conscientiously as he has to reach the highest of highs. And even fewer fight as hard as he does when up against the ropes.

Beyond the athletes, the Olympic Games transform cities

No one lives the Olympics quite like the host city, as London discovered when it had to organize the logistics of transporting millions of visitors in 2012. This year, all eyes are on Paris, and we’re pulling from the archives this research on impact investing in the City of Light.

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