



# Ben Holden

Team BWS

Sport at School – Football  
Sport now – Football and Tennis

1. What made you decide to take A Level PE as part of your 6th form studies?

I took Psychology, Biology and also Food Tech. I took these because at the time I was fascinated by sport (and was also a training chef). So I found that these subjects I was naturally drawn to.

Who knew there was science behind the sports I loved to play. I think it was as simple as that. It was my favourite subject so I wanted to give it the same respect as some of the other more academic subjects.

2. Having finished Year 13, give us some idea of the pathway that you took in terms of further studies or career choices

My pathway was extremely unplanned, having set out an idea to go to university and study sport science, I got the opportunity to take over a pub business when I was 20. Which I jumped at – not many people of that age get that change and with my hospitality background already I thought I would give it a go. I did this for 3 years

3. Where has this led you to at the present time and what are your plans for the future?

Managing to turn a very poor business around in a short amount of time gave me a step up to being able to take on area management within a pub company where I managed 35 tenants. From there, and more recently, I took over as operations manager for the same company where I now manage an estate of 15mil across the south.

Next steps for me, who knows. I am considering re-starting my own businesses again – I think now is the right time to doing this with a economy wiped clean. Whilst my career choices hasn't necessarily guided through sports roles I think there are some clear benefits that my time there gave me. My career has evolved around the idea of working within a high pressured team and as such (whilst I wish to remain modest) turned me into a pretty strong leader.

Humility, Enjoyment, Respect, Resilience, Discipline