

Expert for unlocking Potential & Peak Performance & Out of Comfort Zone



Deniz Kayadelen

Deniz Kayadelen is a six-time world champion in ice swimming, Guinness World Record holder, TEDx speaker, M.Sc. in business psychology, ICF-accredited coach, management consultant and bestselling author. Born in Germany to Turkish parents and based in Männedorf, Zurich, Switzerland, Deniz Kayadelen embodies the philosophy of stepping outside your comfort zone – both in ice-cold water and in the boardroom. As the founder of Out of Comfort Zone and the PeakFlow™ method, Deniz works with executives, high performers and organisations across Europe to transform fear into driving force, build resilience and unlock peak performance. She brings more than 15 years of...

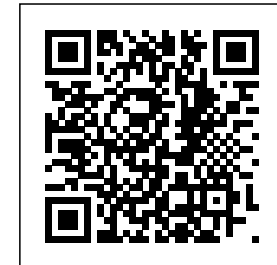


Topics

Adventure & Experiences, Change-Management, Diversity & Inclusion, Leadership & Recruiting, Motivation, Resilience & Stress Management, Rhetoric & Communication, Sport, Teamwork & Teambuilding, TED & TEDx, Transformation, Innovation & Technology

Languages

English, German



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