



Guillaume Néry

World Champion Freediver

"Guillaume practices his discipline like an art form"

Guillaume Néry is a French free-diving champion, specialised in deep diving. With just one breath, he can dive to -125m below the water's surface. With a perfect combination of aesthetics, performance, films and exploration, Guillaume practices his discipline like an art form, it has become his way of life.

TOPICS:

- Stress Management
- Risk Management
- Team Spirit
- Passion
- Patience
- Rigour

LANGUAGES:

He presents in English.

IN DETAIL:

In 2002, he became the youngest ever free dive record holder, by diving to a depth of -87m using the force of his fins alone. That marked the beginning of a great adventure. Guillaume then beat the world record 3 times, became the world team champion in 2008 and the individual world champion in Greece in 2011, diving down to -117m. Nowadays, he dives until -125m of depth, the new France record. However, it was thanks to the film he produced in 2010 with his partner Julie Gautier, Free Fall, that the Frenchman's career truly took off. One scene shows Guillaume walking on a seabed, towards an underwater chasm: the Deans Blue Hole (Bahamas), the deepest blue hole in the world. In just a few days, these images had been seen all around the world, revealing a new, artistic and poetic approach to free diving.

WHAT HE OFFERS YOU:

Guillaume has been a free diver for over 15 years and is constantly pushing his human limits further and further. As a result of his many dives, competitions and broken records, Guillaume has gained incredible experience in high-level performance management. With a great deal of objectivity and maturity, Guillaume has been able to share his experience with companies.

HOW HE PRESENTS:

Guillaume also suggests several breathing exercises for a perfect mind-body balance, essential for a serene dive. Audiences consider Guillaume's generosity as a true source of personal and professional inspiration.