

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, he 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.