



Freediver & Author, Risk & Stress Management

Herbert Nitsch

Austrian Herbert Nitsch is a phenomenon. With a single breath, he has reached a depth of 253 metres, redefining the limits of human potential. 'Each time I think I've reached a limit... there is a door... it opens... and the limit is gone.' Herbert Nitsch has won multiple world championship titles and set 33 world records across all freediving disciplines – an achievement that remains unmatched to this day. As a self-taught former airline pilot, he brings a unique combination of analytical thinking, mental strength and physical discipline to the stage. His lectures combine extreme sports, science, personal experiences of...

Topics

- Burnout / Resilience / Mental Health
- Event / Happening
- Extreme Sports
- Motivation / Strategy

Languages

- English
- German

Details & contact information

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