

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

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Languages

English · German · Turkish

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