



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

- Career / Profiling
- Change Management
- Diversity & Inclusion
- Extreme Sports
- Innovations
- Leadership 4.0
- Lifestyle
- Motivation / Strategy

### Languages

- English
- German
- Türkisch

### Details & contact information

**Phone** +1 (704) 804 1054  
**Email address** deniz.kayadelen@premium-speakers.com  
**Short link** <https://premium-speakers.com/en/?p=52388>