

# Ant Williams

## *World Record Freediver and Keynote Speaker*

One of the deepest men in the world, Ant Williams has pushed through both physical and mental barriers to hold his breath for over 8 minutes, dive to -100m and to swim 240m on one breath. In short, he knows how to overcome some of the most demanding and uncomfortable challenges a person can face.

Ant worked with big wave surfers, motoGP riders, rock climbers and other risk takers on how to break through mental barriers when he realised, according to him, he was a fraud. He hadn't done anything high-risk in his life. He wanted to know if anyone could learn how to become a risk taker. So, Ant decided to take up freediving and learn first-hand how to perform under pressure.



He broke the world record for the furthest distance swam under ice in a single breath on 30 April 2024 during the production of "Ice Dive," the third episode of Adventure, an Apple Original series available exclusively on Apple Vision Pro. Williams achieved the record of 182 meters (199 yards) on a custom-built course in Iceland, with water temperatures of only 0.2 degrees Celsius.

He set the world record for the deepest man under ice in 2019, and wanted to tackle the distance record set by French freediver Arthur Guerin-Boeri. In the opening of "Ice Dive," Williams states, "if you don't train your mind, it will sabotage you," which he believes is the key to his success. "There are others in the sport who are more physically suited to it than I am - they are taller and more slender with longer lungs and therefore greater lung capacity," he continues. "But, where I am unbeatable, is my ability to focus my mind so intently on the task at hand as to almost eliminate completely the risk of failure."

Coming from a background in sport psychology, Ant was training extreme sports athletes before he became one himself, he became so uniquely equipped with the mental strength it takes the very best athletes to reach the pinnacle of their sports.

## Testimonials

“ Ant was fantastic. Mindset really plays an integral part in our ability to achieve brilliant things. Believing in ourselves and increasing our confidence certainly goes a long way to help

us become brilliant.

**- Westpac**

“ Ant was an inspiration for our sales team who were all very impressed with the interactive elements of his presentation and learnt a lot about how elite athletes motivate themselves to compete. Again Ant related this easily back to the environment that the sales team are in everyday.

**- Adidas**

“ Thanks for your involvement in our Dealer conference last weekend. The presentation including your amazing achievements in the world of freediving astounded both me and our Dealers - a refreshing break in the flow of the conference. The presentation worked particularly well in that we had all delegates up on their feet and involved in doing something physical.

**- Aquanaut**

“ Ant was excellent and extremely professional. His speech was well delivered, funny, interactive, motivational and had a message that fitted the theme of our conference. Our members really enjoyed how he interacted with them. We would have no hesitation recommending Ant on to any perspective clients.

**- United Travel**

“ Ant's presentation was very positive and we were amazed by what the body was capable of enduring. The T - 1 model made people think about what they could do with perseverance and limited pain if they pushed through their own comfort zones.

**- Inland Revenue Department**

“ Ant was fantastic and our customers loved him. His passion for diving really shines through and his ability to relate the key skills from his sporting success to our customers was really great. The interactive nature of the presentation was also a big hit with everybody. We would definitely recommend Ant!

**- Gentrack Pty Ltd**

“ The highlight of the [senior leader] Residential was Ant Williams & Ben Roberts-Smith. Both were absolutely great keynote speakers. I'm still on a 'post-residential high' - People have said today how calm and serene I seem - must be the breathing techniques!! I learnt from Ant to control the mind chatter, you can push yourself further than you think

**- Telstra**

“ Your presentation at Macquarie yesterday was awesome I was absolutely enraptured as were my colleagues. You were able to bring us all on a journey with you, we felt your highs, lows, solitude and terror; it was amazing the way you did this. I found myself anxious before we did the holding the breath challenge and relieved once done. The way you seamlessly linked your rich experiences with our working environment and challenges was very clever, you left a very strong impression on me and on everyone else in the room

**- Macquarie Bank**

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