

Ant Williams

World Record Freediver and Keynote Speaker

Freediver Ant Williams broke a World Record to become the deepest man under ice (-70m in the Arctic Circle). Five years later (2024), Ant went on to swim the greatest distance under ice, in another audacious world record (182m on a frozen lake in Iceland). An in-demand keynote speaker, Ant explains the value of positive risk taking for innovation, creativity and growth. For over a decade, he's developed the leaders of blue-chip companies teaching mental toughness to help their people build courage, perform under pressure, and lead successfully in uncertain environments.



Ant worked as a Sport Psychologist coaching 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 risky 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.

One of the deepest men in the world, Ant 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 teaches others how to "lean into discomfort" and take positive, calculated risk.

Ant Williams talks about:

In his keynotes and workshops, Ant helps leaders take on the challenges of modern disruption. For over a decade Ant has held senior roles in Australian consulting firms. As the Founder and Director of Modus Leadership, he sponsors all key accounts including AMP Capital, Thales, YMCA, Alinta Energy, Sydney Trains, Fujitsu, Sportsbet, Epworth Healthcare, ASG Group & Dentsu Australia. He's an authentic presenter who offers a unique blend of entertainment and interaction with a powerful message.

Client 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**

“ You probably had the most challenging spot of the entire conference, speaking on the last day after a big awards ceremony the night before. I was really pleased to hear you reinforce the message to our people about the importance of building up a position within a category and also the necessity of reinventing/repositioning yourself to continually lead a category and meet the requirements of the marketplace. We have received extremely positive feedback from our consultants and business owners with regards to the messages communicated at the conference and the lessons learnt and we are certain this will be reflected in sales in the coming year.

- New Zealand Home Loans

“ 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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[VIDEO OF SPEAKER](#)