



Benedikt Böhm

ADVENTURER / EXPLORER · BUSINESS LEADER

Extreme mountaineer, Managing director of a global market leader and WWF ambassador

Benedikt Böhm is the International Managing Director of the ski-touring outfitter DYNAFIT. He is also an extreme mountaineer and speaker. With his catchy presentations, he skillfully establishes ties between the extreme world of the mountains—from the so-called death zone—and the world of business.

Benedikt Böhm's 2026 Biography

About Benedikt Böhm

Benedikt Böhm is an ambassador for WWF (Worldwide Fund for Nature) and founder of the Helping Band brand, which is committed to the preservation and expansion of nature and marine protected areas.

Benedikt Böhm's presentations consist of breathtaking images and short video clips of rare footage from the world's highest mountains. Benedikt Böhm takes a closer look at today's economic life from the perspective of an extreme mountaineer and CEO of a world-leading sporting goods manufacturer. The audience quickly realizes that Böhm is not a daredevil extreme athlete, but someone who manages both his expeditions and his company responsibly and that his success is due to careful and conscientious planning.

Ski mountaineering background

Böhm not only climbs 8,000-meter peaks without supplemental oxygen or outside aid; he in fact does so extremely fast, using what is called "speed style." With this uncompromising, speed-oriented style of taking on the highest peaks, the focus is on the clock in order to limit the risk of too much time spent in the "death zone."

Böhm climbs fast and light without much of any kind of pack in one non-stop push directly from the foot of the mountain to the summit, and then back again on skis. This is done inside of a self-defined space of time (for example, 17 hours up and down Gasherbrum II and its 8,035 meters, or 23.5 hours for Manaslu, which with 8,163 meters is the eighth-highest mountain on the planet).

This kind of speed ascent is a radical deviation from high-altitude mountaineering where this type of expedition would normally take 3 to 5 days. It demands absolute precision and preparation to the nth degree to

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- Business Continuity and Crisis Management

LANGUAGES: English, German

conquer such a monster in such a short period of time. A part of this is an unbelievable training load and massive discipline. But it also demands the creativity to develop new technology, the courage to think a little differently, and also the readiness to take action.

Benedikt Böhm's 2026 talks & topics

Focus and Ease

Reduction to the essentials is today's formula for success given the multitude of options and paths we can choose every day. By focusing on the essentials, goals are achieved faster and we usually end up happier. But why do we find it so difficult to reduce? During his speed climbs, Böhm reduces his equipment to the essentials during and climbs the highest mountains in the world with a total luggage weight of 6 kilograms.

Uncertainty and fear

How do we deal with uncertainty (cause)? By identifying our fears (effect) and sharing them through situational leadership in the team, as well as by training necessary courage muscles.

Resilience and anti-fragility

How do we develop resilience and anti-fragility as a company and each of us individually on our way to achieving extraordinary goals?

Teams in the death zone

How do successful teams behave under pressure in extreme situations? Which methods has Böhm developed in order to successfully lead teams through the death zone at 8,000m?

Speed and risk

How did Böhm develop record speeds in his mountain climbs and in the implementation of entrepreneurial projects? Why are patience and flexibility so important if you want to be fast? And why is speed a fine art for Böhm and the essential strategy for minimizing risk and living intensively?

High goals

How can the inner “momentum” be built up in order to achieve the seemingly impossible and how can the risk be calculated in the best possible way?

Change and setbacks

Which thought patterns are needed to consistently pursue new paths and successfully manage major changes? And how do you find your way back to the original mindset after huge setbacks?

Brand management

Böhm is considered an absolute brand specialist in the sports industry who has succeeded in developing an unloved brand into a world-leading “love brand” that fans all over the world tattoo on their skin. Why does successful brand management mean concentration on the strategy and the ability to say “no” to everything else?

Sustainability

Böhm is committed to sustainability with efficient added value, both privately and in business. He is an ambassador for the WWF (Worldwide Fund for Nature) and founder of the Helping Band brand. He has also launched the #cleanerthanbefore initiative. With the Dynafit brand, he has introduced a lifetime guarantee on all products, because the most sustainable product is the one we already own. Böhm’s motto is “You always make an impact, and you can always make a difference.” How can a precisely fitting sustainability strategy be developed from the brand core and how does this strategy become the credo inside and outside the company?

Diversity

How can most diverse cultures be managed and diverse teams be inspired for a common goal? In the last 20 years, Böhm has expanded the Dynafit brand in over 40 countries. He has also been on expeditions in many countries and provinces with travel warnings. Over the years, he has developed his own strategies that gave him access to the land and people in regions such as Xinjiang, Iran, Kurdistan, Pakistan, Georgia, Kyrgyzstan and Tibet.

Benedikt Böhm's Videos



What Benedikt Böhm's clients say

For several years now, Benedikt has accompanied my management teams as an inspiring speaker, but also practically as coach and input provider in the mountains. The colleagues were always completely enthusiastic because Benedikt manages to “include” people in his adventures at 8,000 meters above sea level and he transforms his learnings into inspiration for everyday life and for work. He succeeds in this especially through his enthusiasm and authenticity and the unique transfer from the death zone to the business world. In addition to the valuable contents of his lectures, I especially appreciate Benedikt’s humble and open way of approaching and responding to every person and can highly recommend him!

Thomas Schmall

Member of the Volkswagen AG Executive Board and Technical Division Chairman of the Executive Board, Volkswagen Group Components

Benedikt Böhm was a highlight of our management event. His authenticity impressed everyone. Above all, he did a great job of conveying the analogies between sports and business with respect to performance and collaboration and thus inspired all participants.

Dr. Tim Höttges

CEO, Deutsche Telekom AG

Every second of the presentation was authentic, inspiring and captivating. Thank you very much for the very personal insights into your world of borderline experiences – both from a sporting and a business perspective. The response to your talk at our international leadership meeting was as overwhelming as your lecture itself.

Oliver Steil

CEO, TeamViewer AG

Listening to Benedikt Böhm gives risk management a whole new dimension. He impressed me very much and I am sure that every manager can use a lot from his lectures. In the pursuit of his 8,000-meter speed ascents followed by downhill skiing, he moves at the absolute limit. As a manager he manages to profit from these borderline experiences and leads the performance mountain sports brand Dynafit very successfully. It was great fun to dive into this world.

Dr. Till Reuter

Chairman of the Supervisory Board, Müller Milch Group

Benedikt Böhm was for many participants the real highlight at our event for top executives. His authenticity had everybody spellbound. In particular the analogies between sport and business were perfect for conveying the substance to participants. Of course, it was also a pure pleasure to see how he had transformed our content and especially to work with him in development.

Daniel Vonier

Global Vice President People & Organizational Growth, SAP

All participants were totally enthusiastic and let themselves be taken along on „their“ first ascent of an eight-thousand-meter peak. I have never heard a comparably perfect lecture – your authentic enthusiasm is outstanding! Certainly an unforgettable experience!

Nikolaus Breitenberger

Allianz SE

Our expectations were high. Your “to the point” statements, your breathtaking explanations have completely fulfilled them. The great attention of the audience for your words, the applause and not least the subsequent discussions and conversations in small groups are the best proof of this.

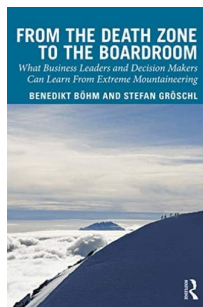
Thomas Schmitz-van de Bergh

Head of Corporate Customer Center, Sparkassen-Finanzgruppe

BENEDIKT'S LATEST BOOKS



In the Face of Manaslu



From the Death Zone to the Boardroom: What Business Leaders and Decision Makers Can Learn From Extreme Mountaineering