

ORLANDO DUQUE

A living legend, the iconic figure of Cliff Diving, with 13 world titles and 2 Guinness Records

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- 43-year old Colombian cliff diving superstar has 13 world titles, two Guinness Records and the first Gold Medal in the history of a FINA High Diving World Championships
- Has won literally everything – the inaugural World Series in 2009 as well as the first FINA High Diving World Championship title in 2013
- Guinness record: in the Red Bull Cliff Diving World Championship, the seven judges gave him the highest rating: 10 out of 10, a feat difficult to match.
- Close to 20 years sponsored by Red Bull
- Ambassador of Wings For Life, an international not-for-profit spinal cord research foundation
- He is clear that he still has several dreams to fulfill, including "pushing for my sport to enter the Olympic Games"

“The moment you stop being afraid, you begin to live dangerously”

Orlando Duque is a legend, the iconic figure of the sport. He is cliff diving and cliff diving is his life. "The sport chose me. I went around doing other things; I didn't like any of them. When I ended up diving, I was like 'this is it!'". With 13 world titles and two Guinness world records to his name in a sport the he calls "the more natural form of diving", his tremendous ability from 27 metres does not need any more proof.

For almost 20 years, the sport's main ambassador has developed and established this raw and extreme discipline, has won literally everything – the inaugural World Series in 2009 as well as the first FINA High Diving World Championship title in 2013, amongst others – and there's still no stopping this man at the age of 43.

Orlando trains five or six times a week, jumps 70 times on a trampoline, 50 on a pool, spends two or three hours a day in the water, drinks three cans of Red Bull a day, runs in the morning, works the trunk, in the afternoon he rides a bicycle, he does general force work, and three times a week he goes to the pool to do specific dive training.

43-year old Colombian cliff diving superstar has 13 world titles, two Guinness Records and the first Gold Medal in the history of a FINA High Diving World Championships held in Barcelona, Spain in 2013.

Orlando is frequently invited by universities and organizations around the world to give motivational lectures to students, employees and sales forces, sharing his history, experience and career as an athlete.

TEMAS

Orlando tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Motivation
- Peak Performance

- Fear and concentration
- Goal setting
- Turning passion into results

PROGRAMAS

Turning Passion into Results

For Orlando Duque his success has not been based solely on putting a logo on his shorts or shirt. 13 world titles and 2 Guinness records have made him and High Diving go far beyond what he ever imagined.

Generating passion for a sport forms a leader who over time acquires more responsibility and becomes an idol. His speech is based on an impeccable sports leadership, where he reveals how his image has been strengthened and kept in the eyes of a demanding public even with 43 years of age and almost 20 years of career.

He shares the story of his life, his dreams, his beginnings and the challenges that he had to face before leaving Colombia to find foreign support and thus become the best in his sport.

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CONDICIONES

- **Travels from:** Cali, Colombia
- **Fee Range:** Please Inquire
