

BENEDIKT BÖHM



Extreme Mountaineer and Skier CEO and Partner at Lupine

Benedikt Böhm is a speed mountaineer and WWF ambassador. According to Focus magazine, he is also 'Germany's most athletic manager'. Until June 2025, he was the CEO of the ski touring equipment manufacturer Dynafit, after which he moved to Lupine in the same role.

Outside of work, Benedikt is an extreme mountaineer and the founder of the Helping Band brand, which is dedicated to preserving and expanding nature and marine conservation areas. To this end, he collaborates with the WWF, for whom he acts as an ambassador.

Böhm also climbs 8,000-metre mountains without oxygen or outside assistance in an extremely quick style known as 'speed style'. This includes ascents of Gasherbrum II (8,035 m) in 17 hours and Manaslu (8,163 m), the eighth highest mountain on Earth, in 23.5 hours. Such speed ascents represent a radical change in high-altitude mountaineering, as these expeditions usually take place over the course of 3–5 days. Conquering such a giant within such a short time frame requires absolute precision and preparation down to the last detail. This involves an incredible amount of training and discipline. However, it also requires creativity to develop new techniques and courage to think and act differently.

In his captivating lectures, Benedikt skilfully builds bridges between the extreme mountain world and the business world. Benedikt Böhm is not a daredevil risk-taker. In both sports and business, he meticulously plans his ambitious goals and works tirelessly to achieve them. Although he completed his studies in the United States and England, it was his extreme experiences in the mountains that proved most valuable for his management career.

Topics (Selection):

- Uncertainty and fear - dealing with uncertainty and training your 'courage muscles'
- Resilience and anti-fragility - developing resilience and strength in the face of challenges
- Teams in the death zone - Success strategies for teams under extreme pressure
- Change and setbacks - Thought patterns and strategies for major changes and comebacks
- Brand management - Successful strategies for developing a love brand
- Sustainability - Strategies for sustainable corporate management and personal commitment
- Diversity - Leading and inspiring diverse teams in different cultures