

François de Neuville

Certified High Performance Coach | Certified WildFit Coach



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“ It took me a face to face with death to start doing what matters. Not everybody will have a second chance so don't wait to take control over your life and start doing what makes you feel alive. ”

Bio

François joined the army when he was 17 and worked his way through to become a platoon leader in the Commando-Paratrooper units. After 9 years of service, he met his wife and following a child's dream, he decided to quit everything and go travel around the world. In 2018, he survived an earthquake and a tsunami in Indonesia, saving the life of a 5 year old girl. He found his life purpose dealing with PTSD: to live every single day to the fullest and inspire others to do the same. A year later, he started building his home in the mountains of Nepal but COVID came. He created a new plan and moved to Europe to open his own company. Today, he is working as a coach supporting others to create their extraordinary life.

Speech topics

- How to take ownership of your life and start doing what matters.
- How to become a high performer and maximise your life experience.
- Why taking care of your health is one of the most beautiful gift to yourself.
- It's time to get s#!t done : re-thinking productivity.
- How to not let PTSD destroy your life.
- Victim vs survivor. A story of mindset and perspective.
- How to find your purpose and create an extraordinary life.

Work experience

- Certified High Performance Coach (International)
- Certified WildFit Coach (International)
- Co-founder and CEO of Chasing Excellence Ltd (Bulgaria)
- Communication manager and consultant (Nepal)
- Natural disaster aid worker (Indonesia)
- Basic first aid instructor (Indonesia)
- Medical patrol team member (Papua New Guinea)
- Project manager (Nepal)
- Survival instructor (Costa Rica)
- Platoon leader in Commando-Paratrooper unit (Belgium)