



Dr. Aric Sigman

Psychologist, Broadcaster and Best Selling Author



CSA Celebrity Speakers Ltd

Dr. Aric Sigman is an Associate Fellow of the British Psychological Society, Member of the Institute of Biology, and has received the Chartered Scientist award from the Science Council. He recently spoke at the Houses of Parliament on the effects of television which caused widespread public debate. His academic background in research design and analysis coupled with his extensive broadcasting, journalistic and travel experience give him a unique perspective and an unusual combination of abilities.

"Everyone has positively raved about Dr Aric Sigman's excellent talk!" The Samaritans

In detail

Dr Sigman has written and presented documentaries for BBC1 and Radio 4 on the scientific basis of faith, the biology of hypnosis, and the effects of too much choice and for Channel 4's Dispatches on the detrimental effects of moderate dieting. He continues to be interviewed on programmes such as Newsnight and Today. He has also worked on health education campaigns with the Department of Health and acted as advisor to the Institute of Personnel Management on health and psychology issues.

What he offers you

Dr Aric Sigman has the unique ability to translate complex scientific research into easy-to-digest information. In his motivational presentations, he specialises in explaining how delegates can use the latest scientific research to raise performance, productivity, creativity and morale. He covers subjects such as stress management and preventing depression, transferring skills, surviving information overload and political correctness in the workplace.

How he presents

Always fascinating, he is a lively, entertaining and sometimes provocative speaker positively encouraging interaction and heated debate - a combination he has used to good effect when presenting programmes.

Topics

- Working Under Pressure
- The Psychology of Change
- Surviving Information Overload
- Preventing Depression and Anxiety
- Turning Parenting Skills to Management Skills
- Psychology in Media
- Communication with the Media
- Seminar
- Workshop

Languages

He presents in English.

Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

How to book him?

Simply phone, fax or e-mail us.

Publications

2006

Remotely Controlled: How Television is Damaging Our Lives

1993

Getting Physical

1995

New Improved? Exposing the Misuse of Popular Psychology