



## Dr. Steve Peters

Sports Psychiatrist



CSA Celebrity Speakers Ltd

Dr. Steve Peters is the man behind Team GB's extraordinary success in cycling at the London 2012 Olympics. He is a Consultant Psychiatrist and University Senior Clinical Lecturer. He works with the Olympic Cycling Team, Sky ProCycling Team, various other elite sports teams and with senior management for corporate industries.

**"Creator of the groundbreaking mind model"**

### In detail

Steve Peters is an Undergraduate Dean and Honorary Clinical Senior Lecturer at Sheffield University Medical School who became involved with British Cycling in 2001. He has been involved with public speaking to educate people into the working of the human mind, particularly emphasising emotional management leading to optimising performance. In his book, 'The Chimp Paradox', Steve shares his phenomenally successful mind management programme that has been used to help elite athletes and senior managers alike to conquer their fears and operate with greater control, focus and confidence. In November 2012 he was employed by Liverpool F.C. to replicate the methods which have played a huge part in the British Cycling's Olympic success and in March 2014 he was recruited to help the England National Football Team.

### What he offers you

Leading Consultant Psychiatrist, Dr Steve Peters, knows more than anyone how impulsive behaviour or nagging self-doubt can impact negatively on our professional and personal lives. This knowledge, combined with simple techniques that can be easily incorporated into daily life, will help any audiences to control their emotional impulses and reach their full potential, leading to success at work and a happier, harmonious home life.

### How he presents

Steve Peters is a tremendously powerful and knowledgeable speaker with a healthy sense of humour and a self-assured air, who provokes thought and reflection.

### Topics

Motivation  
Personal and Professional Development  
Working as a Team  
Pushing the Boundaries  
Controlling your Inner Chimp  
Understanding Our Own Brains

### 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 or e-mail us.

### Publications

2011

The Chimp Paradox