Dr. Steve Peters

Sports Psychiatrist

"Creator of the groundbreaking mind model"

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.

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.

PUBLICATIONS:

2011 The Chimp Paradox

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.