

**Deloitte.**The Cambridge Union Society
9A Bridge Street
Cambridge, CB2 1UBEmail : pressofficer@cus.org**PRESS RELEASE – 16.02.15****Professor Steve Peters**

Last night, the Cambridge Union Society welcomed Professor Steve Peters, the English sports psychiatrist who has worked with Olympic athletes including Sir Chris Hoy and Victoria Pendleton, as well as football teams such as England and Liverpool F.C.

Professor Peters spoke about his clinical and academic backgrounds: respectively, beginning at Rampton high-security hospital working with serious personality disorders until 2005, as well as lecturing at Sheffield University since 1994. His work with sportsmen began primarily in 2005 with the British Cycling Team.

He spoke extensively about the “inner chimp” and how the brain is not one homogenous organ but a group of systems that do not always work together. Professor Peters likened these different systems to the “chimp”, the “human” and the “computer” which function based on facts, emotions and automatic behaviours respectively.

Professor Peters also had advice for Cambridge students in terms of attainment and effort; he used the model of a dying person being asked by their great-grandchild what they should do in life and the archetypal reply that they should be happy. He stressed that one should live out their life values and live by the advice that they would give to another person.

He advised students to focus on small, daily gains and “treat yourself well”. He described his main message was to “look after your emotional health”, regardless of the method or therapy used to achieve this.

James Hutt, the Speakers’ Officer for Lent 2015, asked if Professor Peters had any thoughts on the recent campaign for a reading week. He replied that students should look at the underlying cause of stress, as it is generally a symptom of another problem, proposing solutions such as the early application of management skills.

By Sarah Sheard

Deputy Head of Press, Lent 2015

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