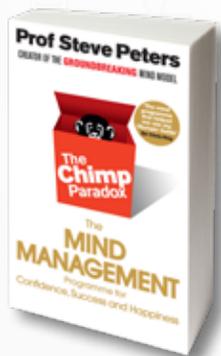




# Mental Health & Psychological Wellbeing Conference

with Professor Steve Peters and the Chimp Management Team



Wednesday 9th & Thursday 10th May 2018

Holiday Inn Royal Victoria, Sheffield

---



## The Conference

### Mental Health & Psychological Wellbeing Conference 2018

This conference is for individuals and organisations that wish to gain insight into the area of mental health and psychological wellbeing. It will be an informative and practical conference covering areas such as mental illness, psychological wellbeing, stress management, supporting or coaching others and development of the mind. The conference will address practical measures that can be taken to maintain psychological wellbeing.

#### **The topics and areas covered are:**

- Psychological wellbeing and stability
- Managing stress
- Stages of development of the mind
- Appraisals and self-development
- High Performing Teams
- Relationship building
- Communication
- Developing a culture for performance
- Intuition explored

**Certificates of attendance will be issued as a measurable reference tool for your own CPD.**

For more details on the conference schedule see pages 8 to 11.

**There will be 9 workshops on offer on Day 1 and these workshops will be repeated on day 2. Each delegate will have the option of attending 3 workshop sessions per day and 6 over the course of the 2 day event.**



## The Venue

### **Holiday Inn Royal Victoria, Sheffield**

The Holiday Inn Royal Victoria in Sheffield comprises 107 bedrooms including 33 family rooms, 32 executive rooms and the sumptuous 1862 suite. All our bedrooms have Hi Speed Internet Access. This 4 Star hotel offers fine dining in Cunningham's Restaurant or relaxed drinks and snacks in the Grand Lounge Bar.

This historic and elegant hotel is ideally located in the city centre of Sheffield. Just half a mile from Sheffield Railway Station, Bus Stations and the Sheffield Supertram network. For those guests travelling to the hotel by car, the hotel is easy accessible from junction 33 of the M1 Motorway and is situated at the end of its own private drive.

The hotel has 240 car parking spaces on site which are free for conference delegates. Please note if you are planning to leave your car overnight but are not a resident at the hotel a charge of £6 will be payable.

Please use S1 2AU or Victoria Station Road, Sheffield to reach the hotel and not the main hotel postcode. Some devices won't work when using the S4 postcode.

To book a room you can call 0114 276 8822 or click on the links below to book online:

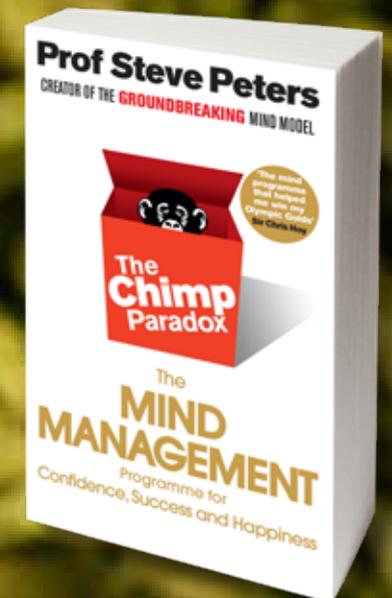
[Holiday Inn Express Sheffield Accommodation Booking Link](#)

[Holiday Inn Royal Victoria Sheffield Accommodation Booking Link](#)

# Professor Steve Peters

*MBBS MRCPsych BA PGCE MEd (medical) Dip. Sports Med.  
Consultant Psychiatrist  
Professor at Sheffield Medical School.*

*Author of the  
best selling mind  
management book  
'The Chimp Paradox'*



## Professor Steve Peters

Prof Steve Peters is a Consultant Psychiatrist who specialises in the functioning of the human mind. He currently works across a range of areas including corporate work, health, education, elite sport and with members of the public. In all areas he helps people to understand how their mind works and to gain insight into their own unique mind and situation. By skill acquisition he helps an individual or team to get the best out of them self and others around them.

His career began with teaching Mathematics and then moved on to Medicine. He has worked in the clinical field of Psychiatry mainly in the national Health Service for the past thirty years including Clinical Director of the Mental Health Services at Bassetlaw Trust, and culminating in working at Rampton Secure Hospital in forensic psychiatry working with dangerous personality disorders. Steve has been with Sheffield University as a Senior Clinical Lecturer in medicine since 1994 and is also Undergraduate Dean. He holds degrees in Mathematics, Medicine and Medical Education (Masters Degree) and also postgraduate qualifications in Sports Medicine, Education and Psychiatry. He also has a Chair with Derby University as a visiting Professor.

Steve has regular media work with appearances on television and radio discussing many topics. He has worked in elite sport for over fifteen years and some of his clients, past and present, include: British Cycling, GB Taekwondo, England Rugby, England Football, Liverpool football club, British Swimming, UK Track and Field, Sky Pro Cycling, Masters Golf and World Snooker.

He is a member of the Royal College and is on the College Membership Panel for examinations; A member of the Therapeutic Use Exemption Panel for UK Sport and an expert witness to WADA (World Anti-doping Agency); Chair of the Anti-doping and medicine Committee for the World Masters Athletics; and is the CEO of his own charity supporting company Chimp Management. He is the author of the best selling personal development book 'The Chimp Paradox'.

For fun, he competes in Track and Field Athletics and has held multiple World Masters Champion Titles and World Records over the 100, 200 and 400 metres.

# Mental Health & Psychological Wellbeing Conference 2018

---

## Conference – Day One

**8:15 – 9:15**      **Registration and Coffee**

**9:30 – 11:00**      **What is mental ill health and Psychological wellbeing? Prof Steve Peters**

This Key workshop will look at what mental illness means and the different types of illnesses. It will outline why illness occurs and what to look for. Areas covered will include depressive illness, anxiety states, stress, psychoses and substance use.

We will then cover the structure of the mind and the management of it. We will look at our current understanding of how the mind functions and its needs. The session will consider practical ways of developing and maintaining psychological wellbeing.

**11:00 – 11:30**      **Coffee break**

**11:30 – 12:45**      **Break out session 1**

**Psychological wellbeing and stability**

This workshop will look at the fundamental basis that creates stability within the mind. Delegates will work in small groups to explore how this fundamental basis can be established.

**Managing stress**

This workshop will look at healthy and unhealthy stress and the effects of both on our general health. We will consider how unhealthy stress can present and how we can avoid it. Practical methods for managing stress will be discussed.

**Stages of development of the mind**

Psychological development of the mind and brain through childhood, teenage years and into adulthood will be reviewed. Practical methods for managing these stages will be put under the spotlight. This workshop will be especially applicable to those who work with or manage children or young people.

**12:45 – 1:45**      **Lunch – 2 course hot buffet lunch provided**

# Mental Health & Psychological Wellbeing Conference 2018

---

**1:45 – 3:00**

## **Break out session 2**

### **Appraisals and self-development**

This workshop will look how appraisals and development of individuals can be implemented to provide constructive ways forward. It will cover how individuals are assessed and potential pitfalls with this. It will also cover methods of supporting individuals to develop such as, executive coaching, leadership skills and various skill sets.

### **High Performing Teams**

We will look at what makes a high performing team and how this team is maintained. We will consider how teams can become high performing by considering areas such as empowerment, accountability, inclusiveness and collaboration.

### **Relationship building**

The area of personal and professional relationships will be explored. We will look at how to improve any type of relationship and consider pitfalls to avoid when trying to build a relationship.

**3:00 – 3:30**

## **Coffee Break**

**3:30 – 4:15pm**

## **Break out session 3**

### **Communication**

Effective communication and principles of mediation are essential for optimising any working relationship between two individuals or within teams or organisations. This workshop will look at ways of establishing effective communication and offer some practical methods for implementation.

### **Developing a culture for performance**

The culture that any organisation operates with will determine the boundaries, values and acceptable practices of all individuals within it. This workshop will look at how we can establish ownership of a culture and develop it for working groups.

### **Intuition explored**

Intuition is often employed in decision-making. The evidence base is that intuition can be a very useful tool as part of decision-making. This workshop will look at what intuition is and where it comes from. It will also help individuals to know how to employ intuition appropriately and when to be cautious with its use.

**4:30 – 6:00**

## **Round up of the day followed by a Networking hour**

An opportunity to meet and network with

## Conference - Day Two

**8:15 - 9:15**      **Registration for day delegates only**

**9:30 - 10:45**      **Break out session 1**  
**Psychological wellbeing and stability**

This workshop will look at the fundamental basis that creates stability within the mind. Delegates will work in small groups to explore how this fundamental basis can be established.

### **Managing stress**

This workshop will look at healthy and unhealthy stress and the effects of both on our general health. We will consider how unhealthy stress can present and how we can avoid it. Practical methods for managing stress will be discussed.

### **Stages of development of the mind**

Psychological development of the mind and brain through childhood, teenage years and into adulthood will be reviewed. Practical methods for managing these stages will be put under the spotlight. This workshop will be especially applicable to those who work with or manage children or young people.

**10:45 - 11:15**      **Coffee break**

**11:15 - 12:30**      **Break out session 2**

### **Appraisals and self-development**

This workshop will look how appraisals and development of individuals can be implemented to provide constructive ways forward. It will cover how individuals are assessed and potential pitfalls with this. It will also cover methods of supporting individuals to develop such as, executive coaching, leadership skills and various skill sets.

### **High Performing Teams**

We will look at what makes a high performing team and how this team is maintained. We will consider how teams can become high performing by considering areas such as empowerment, accountability, inclusiveness and collaboration.

# Mental Health & Psychological Wellbeing Conference 2018

---

## **Relationship building**

The area of personal and professional relationships will be explored. We will look at how to improve any type of relationship and consider pitfalls to avoid when trying to build a relationship.

**12:30 – 1:30 Lunch - 2 course hot buffet lunch provided**

**1:30 – 2:45 Break out session 3**

## **Communication**

Effective communication and principles of mediation are essential for optimising any working relationship between two individuals or within teams or organisations. This workshop will look at ways of establishing effective communication and offer some practical methods for implementation.

## **Developing a culture for performance**

The culture that any organisation operates with will determine the boundaries, values and acceptable practices of all individuals within it. This workshop will look at how we can establish ownership of a culture and develop it for working groups.

## **Intuition explored**

Intuition is often employed in decision-making. The evidence base is that intuition can be a very useful tool as part of decision-making. This workshop will look at what intuition is and where it comes from. It will also help individuals to know how to employ intuition appropriately and when to be cautious with its use.

**2:45 – 3:15 Coffee Break**

**3:15 – 4:15 Professor Steve Peters to conduct an interview live on stage**

**Book your place now**  
**Call 0114 246 0580/07885 991557**  
**or book online at [www.chimpmanagement.com](http://www.chimpmanagement.com)**

**Early bird price** (book before 31st January 2018) - **£300 per delegate**

**Standard price** (book after 31st January 2018) - **£350 per delegate**

**10% discount for students**

**Discounts available for group bookings - book 10 places and get 1 free**

Certificates of attendance will be issued as a measurable reference tool for your own CPD.



**Helping people get the best out of themselves and others**

Telephone: 0114 246 0580 | Email: [enquiries@chimpmanagement.com](mailto:enquiries@chimpmanagement.com) | Web: [www.chimpmanagement.com](http://www.chimpmanagement.com)