

Tim Peake

First British Astronaut to the International Space Station

How to Survive and Thrive in New Environments In 2016, Tim Peake returned from a six-month mission to the International Space Station. On this mission, he lived and worked in isolation, confined to a small space along with five other astronauts and dealt with the ever-present threat of space debris, fire or medical emergency raises many challenges. In order to psychologically prepare for this, he trained in extreme environments, including living underground for seven days in vast cave systems or spending twelve days on the ocean floor in an underwater habitat. In this virtual talk, Tim shares how his experiences gave him a unique insight into what it takes not just to survive but to thrive in isolation. According to Tim, "It's important to embrace your new surroundings and make a positive mental adjustment in order to 'normalize the abnormal.'" He demonstrates how structure and routine are key to daily life, where you must learn to focus on what you can achieve and not being distracted by factors that are outside of your control. Tim will walk the virtual audience through strategies to maintain positive mental attitude and good communication skills in new and different environments.

Peake Performance Tim shares the unique insights on leadership, fear and risk management, motivation, and collaboration that his incredible career as a test pilot and astronaut has afforded him. He draws on his own out-of-this-world experiences to inspire audiences with his recipe for mission success and Peak(e) Performance. Tim is a champion for science, innovation, exploration, and adventure and delights audiences with his fascinating stories of life in space, breath-taking photographs, and his unique perspective of planet Earth.