



Lingnan Masterclass Series 嶺大大師班系列

Trails of the Mind – Psychology and Extreme Endurance

意志之徑——
心理學與極限耐力

What is the connection between the mind and the body?

In this masterclass, Professor Hayward shares insights as a **psychologist** and **ultramarathon runner**, revealing how struggle, endurance, and extreme fatigue provide a unique window into the deep connection between mind and body.

Why do people choose pain?

If human beings are motivated by comfort and survival, why do some willingly embrace hours of exhaustion and discomfort, such as running for days knowing it will lead to fatigue and pain?

How does fatigue shape the mind?

From sleepless nights of study to multi-day races without rest, what happens to our thoughts, emotions and awareness when the body is pushed to its limits?

Date: 17 October

Time: 0945 -1030

Venue: Learning Commons, Lingnan University

About the Speaker

Professor William Hayward

Professor William Hayward is Chair Professor of Psychology and Dean of the **Faculty of Social Sciences** at Lingnan University. His research focuses on cognitive psychology and cognitive neuroscience, particularly the visual perception of faces and objects, and visual attention. Beyond academia, he is an ultramarathon runner, featured in Four Trails and a two-time 'Survivor' of the Hong Kong Four Trails Ultra Challenge.

