



# The anti-fragile mind



**SIMON LEE**

THE FUTURE OF PERSONAL DEVELOPMENT



Business leaders know they need to be constantly innovating to stay ahead in their industry and to keep their market share.

The littered graveyard of organisations of all shapes and sizes that have failed to innovate is testament to this.

Innovation requires collaboration and creativity.

Collaboration, creativity and innovation are stifled immeasurably by the mental health issues in the workplace.

Mental health issues have become one of the biggest concerns for staff in the workplace. The current statistics are predicting this situation to get far worse in the future.

The impact on businesses is huge, not just in terms of sickness, absenteeism and low productivity but also creativeness and innovation.

Simon Lee has developed a course 'Forging an Anti-Fragile Mind'. This presents a real breakthrough, and offers a completely revolutionary approach in dealing with the rapid expansion of stress-related mental and physical health issues in the workplace. These important issues are accelerating exponentially here in the UK and worldwide.

# 12.5 million

work days were lost due to work related stress, depression or anxiety last year.



# Depression

is the leading cause of disability according to the World Health Organisation.





# Who is Simon Lee?

Simon is quickly slaying set sacred beliefs within the personal development industry with his uncompromising approach.

He has been coaching for three decades and has been completely focused on studying and testing the effects of emotions, food and exercise on the mind for over 36 years.

He has no interest in coping methods that the bulk of the industry has stalled at. Instead, he focuses on coaching an anti-fragile mind that grows stronger over time with the challenges life provides.

He has treated all manner of addictions, severe stress related illnesses, and he has worked with Company Directors to overcome stress and depression as well as Elite sports performers, coaches and employees struggling with addictions.

He guides his clients to find a deeper sense of meaning to their lives. He is an expert on creating a foundation of mental and physical strength upon which clients can creatively pursue their goals.

He won a Regional Championship at just 19 years old and then immersed himself in the art of Chi Kung and Eastern Philosophy. He went on to teach seven different martial arts to an elite level and trained with National and Olympic champions.

He has worked as a nutritionist in a private healthcare clinic and is a physical conditioning expert. In addition to this he is an experienced ultra runner. Simon delivers teacher-training programs, writes, speaks and hosts events.

He recently delivered a keynote speech for the charity MIND to great acclaim. He is the first coach to combine a synchronised mind and body program for mental health, using a combination of philosophy, nutrition and physical movement.

He continues to test and research all aspects of the mind.

Simon's uncompromising approach makes no excuse for challenging our common misconceptions about personal development. His hands on coaching guides you through how to access your mind, enhancing mental and physical health, personal creativity and discovering what makes us at peace, even in the toughest of work place environments.





We have things back to front.

Our idea of having resources in place for inevitable mental health issues within our society, without looking at a philosophy of mind that creates anti-fragility, is quite frankly irresponsible. This is the reason why no one has any solution to the rapidly expanding issue.

Our aim should be strength of mind, not to back up a system that doesn't work and can cause harm.



Simon Lee

# 1 in 4

people suffer from depression in the UK

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More than

# 1 in 10

people are likely to suffer from a  
'disabling anxiety disorder' at some stage  
of their lives in the UK.

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# 615 million

people worldwide suffer from  
depression and anxiety



# The Anti-fragile Mind

Forged in the challenges of life and created from real experience Simons work is a much needed alternative to the already redundant and inadequate approach of counselling and psychiatry.

Society is becoming increasingly fragile, and with it, more fearful. This training looks at the myth of positive and negative emotions, how to become more robust and fearless and how to access our own vast potential.

The anti-fragile mind is a world away from the current therapies that concentrate on coping and superficial anchoring techniques.

## Benefits of Forging an Anti-Fragile\* Mind

Learn how to:

- develop your mind so that it grows stronger and more resilient from stress and life's challenges
- use your body to strengthen the mind
- empower yourself using negative emotions
- grow stronger from stress and challenges
- overcome your fears in life
- find peace within pressure
- transition from resilience to anti-fragility

\*The term antifragile was created by philosopher Naseem Taleb

Simon Lee is the first person to teach three essential elements in unison to achieve anti-fragility.

The combination of these three components is unique to Simon Lee. After many years of coaching and testing, there is nothing else like it available.

## These three elements are:

**Thought** – Our thought process, the repeated thoughts we have about ourselves, others and our environment will define our mental health.

**Movement** – We interact with our environment through movement. How we move and our posture reflect and affect our state of mind.

**Food** – There is a direct connection between what we consume, how we consume it and our ability to stay focused and overcome fear.





# Testimonials

"Very insightful and hugely beneficial. We will be asking Simon back in 2018."

*Lucy Donovan Jellyfish Group, The Shard, London*

"Gave me a reason to quit a cocaine addiction of 11 years."

*Adam, Manager*

"...people I haven't seen in a while actually think I'm a different person."

*Gill Featherstone. Quantity Surveyor*

"...finding out who I am has enabled me to speak with confidence and believe in what I'm saying."

*Neil Scott, Business owner*

"Simon's approach forges a new path in the field of personal development."

*Jenny Pickering, Life Coach and Hypnotherapist*

"...covers all aspects of physical and mental strength. Join him and his team to take your personal development to new heights."

*Dr. H Wang, Doctor in TCM and Acupuncture,  
Expert in Chinese Qigong and Chairman of HQFUK*

"...provided me with much valued nutritional information as well as helping me examine other areas of my life. Helped me greatly with my self esteem and I am a much more confident person now."

*Kim Constantine, Company Director, London*

"Training with Simon has taught me a strong self discipline and enabled me to handle the stress due to the strong philosophy of discovering the truth in who I am. "

*David Jordan, Head Chef to 15 restaurants in City of London*

"An experienced dedicated coach. An expert practitioner and consultant for enhanced mental strength and health through changes to attitude, lifestyle and physical training. I have the highest regard for his personal integrity and standards and I highly recommend his services."

*Marnix Wells PhD SOAS (University of London) Author*





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