

Contact

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www.linkedin.com/in/lessymons
(LinkedIn)

Top Skills

Personal Development

Coaching

Training

Languages

English (Native or Bilingual)

Geordie :-) (Native or Bilingual)

Certifications

Master Practitioner of Time Line
Therapy

Paul Ekman Evaluating Truthfulness
and Credibility (ETaC)

Paul Ekman Emotional Skills and
Competencies

Microscope Darkfield Blood Analysis

NLP Master Coach

Les Symons

Managing Director at LSM International
Kenya

Summary

(T) take back control and organise your financial life, making lifestyle and family dreams a reality

(R) reduce financial stress, free up your mind and enjoy peace of mind

(U) unclutter your life, build a plan that reflects YOUR unique values, goals and dreams

(S) set goals and achieve them, protect your family and build a legacy

(T) transform your life and live it to the full knowing your plan will adapt as you and your life do

HOW I DO THINGS DIFFERENTLY:

I start the process with an open and honest discussion to identify any 'obstacles' which may hinder goal setting, long-term visions, planning and ultimately decision making. I then work closely with you to clarify and refine your goals and future lifestyle plans.

We then evaluate your current position and resources in order to develop a strategy and structured approach that will allow you to reach your goals and dreams quicker than you may have thought possible.

Taking control of your financial arrangements, and thereby your families future is very liberating, and removes hidden stresses that can hinder you in so many ways.

This unique approach is designed to meet the individual needs of our clients by focusing less on short-term returns and more on understanding your long-term objectives and working to help you achieve your lifetime goals.

Experience

LSM International

Managing Director

January 2000 - Present (23 years 6 months)

Kenya

Lifestyle Management (LSM) is an independent consultancy. We provide a support service designed for the internationally recruited staff in large organizations.

At Lifestyle Management (LSM), we specialize in making lifestyle dreams and financial freedom a reality for our clients.

We work closely with you to clarify and refine your goals and future lifestyle plans. We then evaluate your current position and resources in order to develop a strategy and structured approach that will allow you to reach your goals and dreams quicker than you may have thought possible.

By combining lifestyle and traditional financial planning, we help people achieve lifetime goals rather than simply achieving an “investment return”. This unique approach is designed to meet the individual needs of our clients by focusing less on short-term returns and more on understanding your long-term objectives and working to help you achieve your lifetime goals.

Services we offer include:

- Lifestyle management
- Wealth design
- Generational planning
- Succession planning
- Trust creation
- Goal oriented planning
- NLP coaching and mentorship
- Professional development

Lifestyle Management Coach

Director

January 2010 - Present (13 years 6 months)

Worldwide

The company was originally established to help with the development of corporate organisations and individuals.

Achieved through using my life experiences; extensive world travel across cultures; beliefs and values; NLP; hypnosis and emotional awareness studies.

By doing so helping to take positive steps forward in life by providing the tools and inner resources they need.

More recently I have made a conscious decision to offer life coaching courses and training that are designed to help people discover themselves at a deeper level to maximise their potential.

I also offer support to local schools & Local NGO's in need of a speaker / presenter, to share my knowledge and expertise at NO COST :-). My intention is to bring out the best in your students, staff and yourself, improving confidence and communication skills. For more information refer to www.LSMcoach.com
