

# Chris Lovett

## Positive Change & Simplicity Coach

Helping teams  
and talent simplify  
their personal &  
professional lives  
in order to  
enhance  
wellbeing,  
performance,  
leadership and  
workplace culture



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LESS IS PROGRESS



# About Chris

Chris Lovett is a TED speaker, simplicity expert, disruptive thought leader, renowned executive coach and author of the bestselling book Discovery of Less.

In a world full of overconsumption, overwork and overwhelm, Chris Lovett's simple approach to fast paced modern life has injected some much needed hope back into peoples careers. As one of the leading voices in the less is more minimalist movement, Chris has become an in-demand talent, supporting individuals and teams to increase impact, sustainable performance and fulfilment with his progressive approach to team culture change and simplicity. As the UK's only motivational speaker on simplicity, he is quickly becoming the antidote to the to-do list treadmill, toxic hustle, complexity and burnout cultures rapidly sweeping through businesses.

His progressive thought leadership has been labelled as 'inspiring yet practical', 'remarkably insightful', 'life-changing' and 'a breath of fresh air' and has been featured on mainstream platforms such as LifeHack, Marie Claire & HR Magazine. Chris has inspired people around the world through his book, webinars, articles and appearances on global chart topping podcasts such as The Self Care Club, Private Parts, Law of Attraction Changed My Life, Pause, Purpose, Play and Power Hour.

Chris has also supported large scale leadership, change, career and wellbeing strategies in organisations such as NatWest, PwC, NSPCC, Ulster Bank, Barclays, Motor Insurance Bureau, Sainsburys and LV= Insurance as well as appearing at premier business and wellness events such as The Mindful Living Show and The Balance Festival.



# What's on offer

Talks, Workshops, Thinking Partner, 1:1 and Group Coaching



**Simplify Complexity** - Let go of the always busy attachment. Overcome complexity, simplify and work sustainably. Outcomes include...

**Design a new normal. Better wellbeing. Higher value outcomes. Less workplace stress. Embrace rule breaking. Better time management**



**Imposter Syndrome** - One of the key blockers in unlocking dormant talent. Learn how to let go of its negative effects and overcome self limiting beliefs. Outcomes include...

**Increased self awareness and support. Better coping mechanisms. Less self doubt. Higher engagement. Less workplace stress.**



**Simple Leadership** - Navigate the new world and evolve your leadership capability to become the sustainable modern leader your kids would be proud of. Outcomes include...

**Gain new modern leadership approaches. Become coach-like. Inspire and empower to a new level. Learn to really listen.**



**Positive Culture Change**- Improve personal, professional & financial performance and wellbeing with positive change. Outcomes include...

**Digital detoxing. Better wellbeing. Redefine success. Hybrid workplace social experiments. Learning the impact of our attachment.**



**Career Shifters** - Learn how to craft your next fulfilling job role internally or externally. Outcomes include...

**Better job opportunities. Increased morale. Amplify opportunities in your world. Increased personal branding.**



**The Art of Saying No** - A key skill to modern success. Without boundaries, you are bound to everything. Outcomes include...

**Learn how to defend your time. Braver and focused colleagues. Better wellbeing. Better time management. Increased creativity.**

Want a bit of each or something more bespoke, let's chat.



# Why Now?

UK Employees ranked meaningless tasks as the #1 factor keeping them from feeling fulfilled. 46% of people are close to burnout and reports among British workers increased to record levels between 2021 and 2022.

The average knowledge worker spends 60% of their time on duties that add little value and only 21% of workers globally were engaged at work.

Employees are sounding the alarm with overworking estimated to be the cause of more deaths than Malaria. We're doing more but is it better? Business as usual is quickly being replaced by business as UNusual.

The world of work is moving on and the rules are up for grabs. Our current 'always on' view of success is becoming redundant and we now need to find more sustainable ways to live and work better.

A wellbeing app and desktop yoga won't reduce the workload. It's time to navigate a new era and the answer to achieving unique modern success in an ever changing landscape starts by fine tuning the ability to simplify, experiment and let go.





# 2023 Price List

## Inspire at Scale.

### Speaking & Individual Workshops (Up to 90 mins)

In person £3000 - £3500

Virtual £2500

For full day thought partnership, strategy workshops, longer or multiple sessions, please contact.

## Individual Support.

### 1:1 Lifestyle, Executive Leadership & Career Coaching

Block book me to support your team and talent with dedicated 1:1 coaching sessions

5x1 Hours (Maximum per day)

In person £2500

Virtual £2000

Free signed copy of *Discovery of Less* for each coaching client

Want a bit of each or something more bespoke, let's chat.

# testimonials

"Inspiring yet practical, it's a compelling argument to assess life in the context of getting more, by adopting a philosophy of 'simple and less'. A great contribution to the area of personal improvement." World Leading Psychologist Jamil Qureshi

"Chris has inspired me to take the plunge. Taking my foot off the materialist pedal makes perfect happiness sense!" Happiness & Positivity Psychologist Dr Andy Cope

"At last a voice of reason! Chris delivers a perfectly balanced view of why we need less in our lives and how to let go of stories and assumptions. Peeling back the layers of why we fill our lives with so much to do and how we can free ourselves from its burden was a revelation" Dawn W (NatWest)

"Chris Lovett offers a remarkably insightful look into what one can accomplish by disrupting our view of more, and the discovery of less. Bravo!" Thinkers50 Thinker & Author Whitney Johnson

"Chris Lovett brings light and humour to an often dark and cold space of minimalism. His storytelling can really help you and your team reach your potential" Justin Malik (Optimal Living Daily)

"We really enjoyed your story and the experiences you brought resonated with many of us, encouraging us to think beyond the extra "stuff" we own and busy-ness and also question what is stopping us from letting go of it to take advantage of a simpler approach to success. Your open and relatable delivery ensured the session was relaxing and interactive. All in all a great session!" Lisa C (PwC)

"The presentation Chris delivered was life changing. I took action that very day. I never thought I could change my work approach but I now work less and add more value. Plus, I'm not burnt out all the time, it really had everything. Unbelievable." Graham L (LV= Insurance)



**Ready to let go and  
create positive culture  
change?**

Contact Us:

+44 7881 631024

info@lessisprogress.com



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