

BIO DATA- Julian Leicester – Author / Columnist / Hypnotherapist

“Julian’s key strength is his natural ability to take complex information and codify it into sequential processes that can be duplicated to produce consistently extraordinary results. Julian’s passion has always been focused at building people’s values. “



(A) [About Julian Leicester - Subconscious Specialist](#)

Julian is Malaysia’s leading subconscious specialist. He was trained by a famous medical hypnotherapist and Irish legend, Surgeon, Dr Jack Gibson FRCS who performed more than 4000 operations with hypnosis in Kildare General Hospital, Ireland. He was also trained by Valerie Austin, International book author in over 20 countries and a hypnotherapy guru in Harley Street, London.

Julian’s accomplishments include; National Record holder in Malaysia Book of Records for beat the fear of heights public seminar together with Menara Kuala Lumpur in July 2003, A popular local weekly newspaper columnist on Hypnotherapy. He appeared on TV, Radio, and Medias on his work. He is the mental coach for Adidas’s 24 Hour Challenge Run – Impossible is Nothing international campaign; trained the National junior U13 football team with Football Association of Malaysia in March 2003 in the Bangkok Games, Julian is a certified National Service Trainer for Character Building programs in March 2004. Julian is the official mental coach for the Malaysia ICE Hockey team in Asian Winter Games China 2007, World 5 in Hong Kong. He also contributes to training of athletes for SEA games.

Julian has been a key speaker in NIOSH COSH 2010, Ministry of Health’s INTROCOM, Pesta Minda Terengganu and have lecture in many universities in the Malaysia.

Academic Qualifications:

- [Diploma in Advance Hypnotherapy, Austin Centre, London, U.K.](#)
- [Member of UK Register of Advanced Hypnotherapist \(UKRAH\).](#)
- [Former Secretary of Malaysian Society for Complementary Therapies \(MSCT\).](#)
- [National Chapter Leader for Hypnotherapy \(Reg: OP007\)](#)
- [Hon Treasurer of Malaysian Society for Complimentary Medicine \(MSCM\).](#)
- [Member of the British Computer Society \(BCS\), U.K.](#)
- [Diploma in Computer Studies \(NCC\) U.K.](#)
- [A member of the Malaysian Psychotherapy Association.](#)
- [Associate member of the Malaysian Mind Science Association](#)
- [Certificate in Intensive Sports Psychology – USM](#)
- [Open University Certified wellness advisor](#)
- [Member of the Malaysian Society for Occupational Safety & Health](#)

(B) [About Julian Leicester a.k.a The Cigarette Slayer](#)

Julian is the book author of “The Science to Quit Smoking”. He has design his patented S2QS system which is drug and product free, a pleasure based training format approach to quit smoking, with ten years of research and development in Malaysia, Holland and Philippines. He has conducted his national seminars and soon rally, “Don’t Just Quit It, but Crush It!” with newspaper, hospitals and cancer societies. In 2004 he conducted Malaysia’s first Choose to Stop Smoking Seminar, which achieved high results in the newspaper. He is today nicknamed by the newspaper, TV and radio as the “Cigarette Slayer” (NSTP 2011, 24/12/08) He is also Malaysia’s popular column writer on his S2QS quit smoking system in The Star in July 2008.

Today Julian operates with his team in You1Quit.com, which is Malaysia’s innovative corporate quit smoking consultancy and training. He specializes in getting rid of cigarette addiction, increase productivity and innovate workplace environment to comply with Article 14 of FCTC. He has been key note speaker in NIOSH Conference for Occupational Safety and Health promoting on the “How to achieve the smoke-free workplace”. He is a well known clinical quit smoking specialist in the nation for 11 years with clients using his drug free S2QS mind techniques for change. He is a Malaysian Society for Complementary Medicine (MSCM) registered practitioner and corporate specialist for habits, trauma, and fear, phobia and better lifestyle strategies. His work has an evidence based result study conducted by the Ministry of Health in a factory in Johor Bharu for smoke free workplace in 2007. Today, World Health Organization (WHO) knows about his work passion and efforts to teach smokers nationwide to rid their cigarettes.