Dyslexia

A Personal Story with Reflections

Simon G Brown February 2025

Key Points

Simon

- Simon born 1957
- Little know about dyslexia
- Slow to read or write
- Letters often reversed - baot
- Struggled at school
- Changed schools at 11 years
- Left to right handed at 15 years

Key Points

Mother

- Primary school teacher
- Very positive
- Never gave up on me
- Convinced me I was a genius
- Encouraged interests & creativity
- Arts, crafts, carpentry, construction, photography, model making, animals…
- Incredible patience

Key Points

Outcomes

- Engineering apprenticeship
- Develop an ability for invention
- Studied shiatsu, macrobiotics and feng shui
- Director of the Community Health Foundation, London
- Started own practices
- Wrote 19 books, papers and articles
- Raised five boys. One still in progress

Contributions

Most helpful interventions

- Positivity
- Confidence
- Self belief and trust
- Interests that exceeded disappointments
- Supportive people
- Time alone in nature

Events

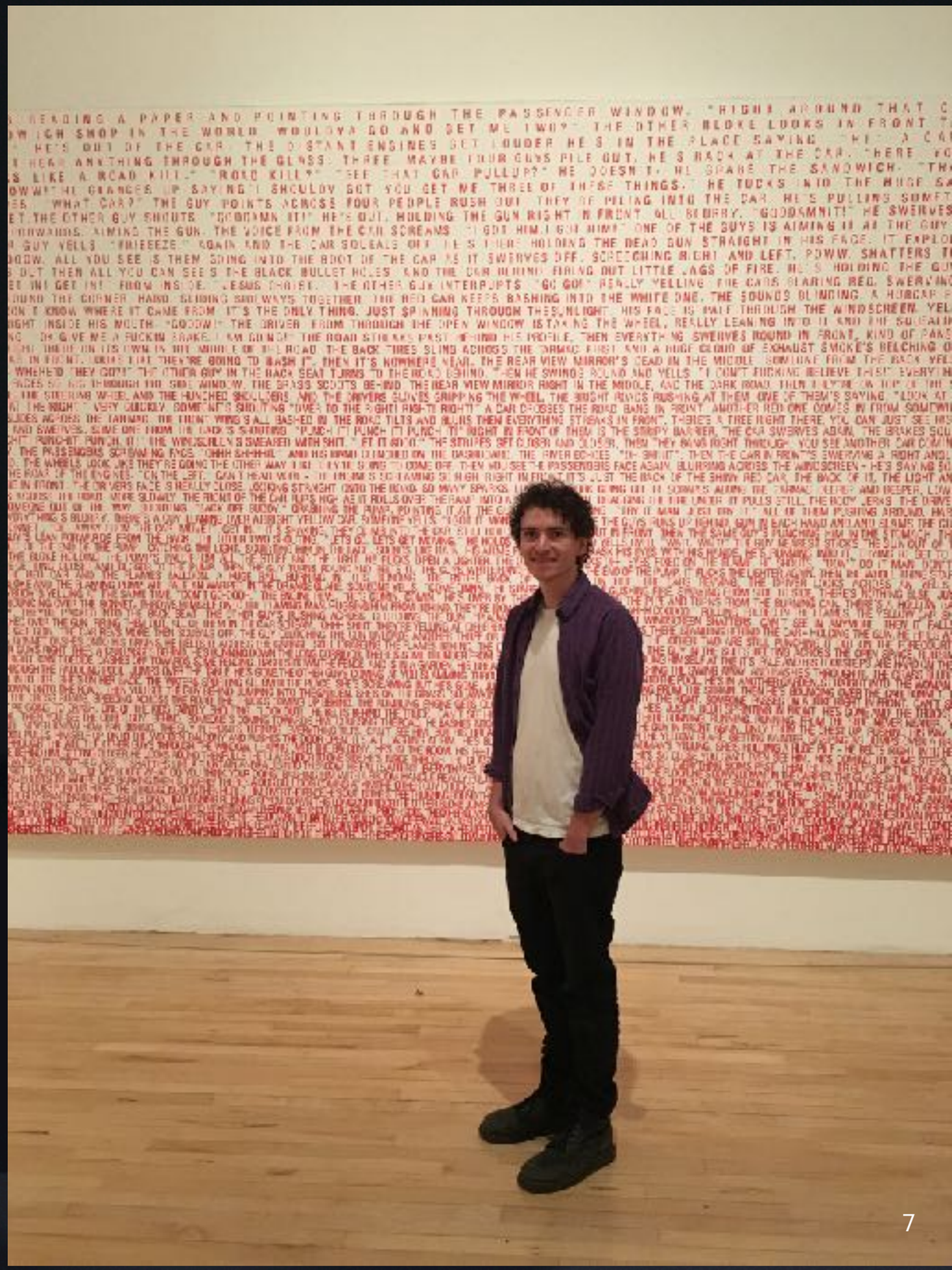
Most helpful events

- Trying to compensate for my weaknesses in childhood
- Change from left handed to ambidextrous
- Successes big or small
- Love of stories and reading
- Becoming a father
- Computers for writing

Helping

Helping my son through dyslexia

- Brain Gym - left right coordination
- Stories and reading
- Kumon maths
- NLP
- History
- Sports
- Encouragement
- Support with interests



Now

- Still have to be careful with left and right
- Prone to certain spelling mistakes
- Need a team of friends to read my writing
- Social, creative, pluralistic, practical, imaginative
- Better teacher
- Understanding of people
- More accepting of failure - if there is such a thing

Life is a long journey.
Look for the opportunities of self development.
Nurture and enhance self esteem.
Find other interests and passions.
Keep future possibilities alive whilst focussing on what is practical now.
We are all part of a giant web.

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