

Ultimate Meaningful Leadership



NEWSLETTER:
January 2013

Turn you Life Circumstances into Useful Learnings for Greater Leadership.

January 2013 has now started with a bang. The festive period has reminded us of the importance of family relationships.

Here are some thoughts how you may embrace your family relationships in the year ahead.

"Family Relationships" will feature in the next few newsletters - Perhaps you would like to open communications with me as to what has worked for you.

Keep Communications Going

Family Relationships require on-going communications to keep them alive, healthy and growing. Use whatever you have available to you; email, phone calls, sms, social media platforms or the traditional hand written notes, cards and letters. As human beings, we all need to feel connected, loved and important. This is a two-way street. As much as you give in this regard, you too will receive. In receiving, you too will feel the connection, love and importance. If not, well another type of conversation is required.

Do you remember how fantastic it felt the last time you received a bunch of flowers? Just the thought that someone unexpectedly drove up your driveway, or you got a call from the security at the front gate that there was a delivery for you, brings a moment of joy. Then they arrive, those flowers, those best

Leadership Development

Self-Leadership

Greater Leadership

wishes and those moments of recognition. It is a very special feeling! Is it not a natural feeling to want to be able to reciprocate in some way? This is the ebb and flow of relationship.

I still have some hand-written cards that I have received during my life that I continue to cherish. They may be from someone you think very highly of or whose opinion, feelings or achievements you find uplifting and encouraging. Use them in your sad moments of life to bring back the peace, balance and courage to go on again.

Family relationship building is probably the single most important thing that will sustain you from youth into your old age. With family, you don't have to start from the beginning - they already know your history. It is about being just who you are. And it is about bringing to them who you currently are - all the learning's, growth and maturing that is yours in this stage of your being human.

In troubled family relationships, it takes more work than when it is easy going. Even easy-going relationships take work just to keep them that way. Do you know that it takes as much energy, time and dedication to walk away from a relationship as it does to work the relationship? It really boils down to attitude. Are you willing to be committed to work at it regardless of the difficulties? There are also those relationships that no matter what you do or do not do, they just do not seem to work. My suggestion is that you take counsel as to your options. Save whatever you are able to save, do things differently, relocate if you have to - always keep intact that which is salvageable. Always keep the doors of communication open even when it comes down to just a few sentences at a time. It is tough. It could make the difference that keeps connection.

Hold yourself as being the lighthouse in the storm. Stand steady regardless. Be the beacon of wisdom that others may call on. You are capable; just take up your courage again.

You were born into your particular family for a reason. Once you find your particular family configuration meaningful to you, you can go forward with purpose. If your family is not what you want to grow into, this is meaningful in its own right. Here is the challenge that you have been waiting for. This is your life calling. Evolve into the family member that you would like to see in your family. Just by changing your attitude to yourself and to your family, you will bring a new dynamic into the family. You would have

Coaching

One on One
Safe, Sacred & Confidential

Group

Training

Speaker Events

Workshops:

Trauma-Release for
Greater Leadership

Transformation for
Greater Leadership

Transcendence for

adjusted the energy of the family. You will bring the uniqueness of yourself into the family and be able to offer a new perspective.

Are you willing to show your True-Self to yourself? Are you willing to show your True-Self to your family to keep the communications going? It will take you and only you to bring the difference that you have been looking for. Embrace your contribution, commitment and care - you are the one!

Should you feel that your life circumstances are beyond you, we can chat. We will walk a short way together and move mountains. Your life is calling you to be the best you, you can be.

Dr Barbara Johnson
Leadership Dimensions

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<http://www.Twitter.com/BeyondFulfilled>

How to assist your Clients to find Meaning in their Suffering

Psychology of VIKTOR FRANKL'S
Logotherapy -
Meaning and Purpose of Life &
Existential Analysis

What You Will Learn:

How to assist your clients to Find Meaning in their Suffering

Recommended for:

Psychologists, Teachers, Coaches, Counselors,
Social Workers

Executives, Line managers, HR

Greater Leadership

Trauma-Release for Greater Leadership

- Finding Meaning in your Leadership
- Balance of Life and Leadership
- Attunement to Life Energy for Greater Leadership

Transformation for Greater Leadership

- Stress Used and Managed

Why:

Deepen your Encounter with your clients to address their suffering

Be better equipped to assist clients' suffering, frustration, aggression, depression, anxiety and addictions.

This is a ten session Programme over two months

When:

2013 February:

Wed 06, Thurs 07, Wed 13, Thurs 14, Wed 27, Thurs 28

2013 March

Wed 06, Thurs 07 and Wed 13

Catch up session - optional - Thurs 14

Where:

Le Domaine, 100 Acutts Drive, Hillcrest, Kzn, South Africa

(Also available on Webinar - please contact me for details and link)

Time:

09h00 to 12h30

Investment Options:

a) Full Pre-Payment R6000

b) Deposit of R4000 and Payment of R3000 on first day

c) Full Payment on first day R8000

Deposit:

Barbara Johnson t/a Leadership Dimensions

NEDBANK Acct: 1984 495 844

Code: 198405

PayPal available

Reference:

Your Surname/VFLOGOFeb2013

Payment confirmation:

- Present Yourself Better

- Living Beyond "XXX Mascara"

- Living into Your Genius

- True-Self Leadership

Transcendence for Greater Leadership

- Creative Cycles of Living and Leadership

- Stillness

- Destiny

- Ultimate Meaningful

bj@leadershipdimensions.co.za

Please Bring with You:
Journal, File, Exam pad and Colour Pens

There will be assignments to complete and feedback sessions.

For those who are unable to make all the workshops, notes will be provided and a catch up session: 14 March 2013 starting at 9 until 12.30 at Le Domaine.

This highly interactive workshop is about Frankl, You and Your Clients. It will shift your understanding of therapy, philosophy and client approach towards a deeper understanding of unique clients in unique life circumstances. This programme is highly personal and enriching and is in fact evolutionising the way we work with people.

Presented by KZN South Africa's only Logotherapist - Dr Barbara Johnson - Registered with Viktor Frankl Institutes SA, Europe and USA

Co-Create a Fabulous 2013

A workshop that will open your mind to endless possibilities

Refresh your attitude, belief system and creativity

Be inspired for 2013 and bring gratitude back into your daily living

Learn how to:

Living and Leadership

Leadership Development

Personal & Professional Beyond the norm True-Self to Ultimate Meaningful Leadership

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- Work with Acknowledgement
- Shift Energy to achieve more of what has worked for you
- Re-Adjust what has not worked for you
- Start living elements of Ultimate Meaningful Living and Leadership on a daily basis
- Create a direction in your life that brings you more joy, peace and accomplishments
- Co-Create with others and the Universe

When: Thurs 10 Jan / Friday 18 Jan and Friday 08 Feb 2013

Times: 09h00 to 12h30

Where: Le Domaine, 100 Acutts Drive, Hillcrest, Kzn, SA

Investment Options:

- a) Full Pre-Payment R500
- b) Deposit of R300 and Payment of R300 on day
- c) Full Payment of R750 on day

Deposit: Dr Barbara Johnson t/a Leadership Dimensions
Nedbank / Account 1984 495 844
Bank code 198405

Reference: Your Surname / Fabulous 2013 / 10 Jan or 18 Jan or 08 Feb

Payment Confirmation
to: bj@leadershipdimensions.co.za

Bring with you:

- Journal
- Colour pens
- 2 Magazines
- 2012 Diary
- 2013 Diary

Get your company to attend and receive a gift.

See

Website

<http://www.leadershipdimensions.co.za>

for

Articles

and

Talk Shows

"Better People, not in spite of,
but because of, the very
circumstances that they found
themselves in"
Viktor Frankl

Contact Information

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Blog: <http://UltimateMeaningfulLiving.blogspot.com>



Gifting YOU with 3 Leadership-Development Tools!!! See below.....

Gifting YOU with 3 Leadership-Development Tools:

1 Business Mentor:

<http://australiasbusinessmentor.com/leadershipdimensions>

2 Webinars:

<http://vcp3.videocontrolpanel.net/?meeting=6696507>

Email me re meeting opening date and time -

Subject line: Webinar OPEN Meeting Date and Time

3 How to create more Referrals:

bj@leadershipdimensions.co.za

Ultimate Meaningful Leadership brings about the best in all of us.

Chat to me about your process.

Heart warm wishes, Barbara Johnson

**Save
10%**

Earn 10% discounted voucher for yourself and your company's Leadership Training for qualified referrals.

Offer Expires: End 2013