

Ultimate Meaningful Living

Live a Life Meaningful to YOU!!

How to use your Trauma to facilitate your Transformation, Self-Transcendence and BEYOND!!!

Newsletter: October 2012

Imagine your opportunity to use your life Trauma, suffering or frustration in such a way that it becomes the very gem of your life's growth, values and strenghts! It is now possible through a fast, deep and sustainable approach that sees you as a Unique Human Being with Unique Life Circumstances.

Happy Birthday Leadership Dimensions - What a journey!!

10 Years ago, two weeks before the birth of my Grandson Aidan, Leadership Dimensions was born. It was a Wednesday afternoon, I walked back into my corporate office realising that my work there was complete. I had set up a marketing department and had trained others to do it. I knocked on my CEO's office door and requested to see him. He asked me when I wanted to leave, I suggested that Friday afternoon. He assisted me to do just that. On Monday morning, I reflected on what I would do with the rest of my life. So often colleagues, parents and children had sought my assistance in life and business matters. The results of a Meyers Briggs test, shouted "Mentor/Coach". I went into private practise to assist and develop people. I added Counselling to Coaching as I came to realise that it is only after the crud is seen, opened up and released that coaching has the opportunity of doing what it is supposed to do. I found the Psychology of Viktor Frankl's Logotherapy - Meaning and Purpose of Life and Existential Analysis. This was the piece that I would work with for the rest of my life. The work resonated at my soul level. I am now registered with the Viktor Frankl Institutes in South Africa, Dallas, Texas, USA and Vienna, Austria. Frankl's Logotherapy is about what makes our existence meaningful to us as unique individuals who find ourselves in unique circumstances.

10 years down the line, I counsel, coach, train and speak in "Ultimate Meaningful Living", a term Frankl coined himself. The unique human being with their own unique circumstances, explore values of living to include creativity, inspiration, attitude, gratitude, humour and self-transcendence.

Workshops:

Finding Meaning in your Suffering

Balance of Life

Attunement to Life Energy

Stress Used and Managed

Present Yourself Better

Living Beyond "Triple X" Mascara

Living into Your Genius

True-Self and Transcendence

I feel privileged to be involved with such a powerful approach that is in the process of evolutionising psychology, teaching and care for others.

Offering:

- One on One, face to face Counselling / Coaching
- One on One, Skype Counselling / Coaching
- Workshops
- Training: Psychology of Viktor Frankl's Logotherapy - Meaning and Purpose of Life and Existential Analysis
- Speaker Events

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Gifting You with 3 People Development Tools

As my gift to you and in the spirit of sharing Leadership Dimensions' 10th Birthday with you, I offer you 3 developmental tools:

1 Australia's Business Mentor

<http://australiasbusinessmentor.com/leadershipdimensions>

I have been working with Geoff Kirkwood with regard to building my business - I have changed my thinking and attitude and therefore some behaviours. In the process, I have learnt some new skills and implemented new procedures and I have expanded my exposure reach. This is bringing me new results. I have found that working alongside Geoff as a Business Marketing Coach to be very encouraging and affirming. We have set up deadlines, accountability sessions, a reason to record what I have been doing. There is also a huge sense of achievement and stepping stones as to what needed to happen and beyond.

2 More Referrals To and From your Business

People do business with People. It is in getting to know

Creative Cycles of Living

Stillness

Destiny

Ultimate Meaningful Living

People Development
Personal or Professional

Counsellor and Coach
Trainer and Speaker
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Training:

Psychology of Viktor Frankl's Logotherapy
Meaning and Purpose of Life and
Existential Analysis

and trust People that business has the opportunity to happen. What it takes is long-term relationships; the time and effort to get to know and trust people. In this way, referrals happen. Should referrals be what you and your business requires for further growth, then please drop me an email and we will set up some time to chat about you and what your business is about.

3 Webinars to Grow You and Your Business

Webinars are about online video conferencing and video emails. Video conferencing brings a group of many hundreds into the same virtual conference space. In that space, you will see a Power Point Presentation presented to you by a Host. This interactive digital media format allows for the flow of information to you and from you. A discussion is possible amongst the group. We could set up a scheduled open meeting to demonstrate.

Depression in the Workplace and Schools

Do you have staff members or students who regularly take off sick?

Would you be able to recognise depression in a work colleague or fellow student?

Do you know the full cost of a staff member being away sick?

In South Africa, research tells us that every employee takes an average of 16 working days a year in sick leave. This is costing our country millions of rands in time, lack of performance and lost revenue. What are your country's, company's or school's stats on this? It has become of world concern; the amount of depression that is relevant in the workplace and in schools is increasing.

Depression can be overt or covert. A depressed person who proclaims that they are depressed is easier to assist. For those who mask depression, assistance is more difficult. For these people, they may realise that something is not right but are unable to put their finger on the actual problem. They may be in denial or even just refuse to show their reality to another. You could look at a work colleague or fellow student and put it down to them "just being like that" - quiet, isolated or non-committed. Depression has a sneaky way of showing up. You could be feeling quite content and even making some moves forward. Bam!! That sms arrives, a harsh remark or even a subtle abusive smirk from someone. It is as if a baseball bat hit you. Flattened and disheartened, it is as if you have been pinned to the floor

Speaker:

Meaning and Purpose related to you specific needs or areas of concern

Article:

"Workshop Bullies.....
and what we can learn"

can be found in my Blog:
<http://Ultimatemeaningfulliving.blogspot.com>

Perhaps your Business or School
has had similiar experiences

Other Articles may be found on the
Website
www.leadershipdimensions.co.za

unable to move a muscle. What sets in is your feeling of belittlement, misery and even ideas of suicide.

As a Counsellor and Coach, one of my favourite techniques that I share with my clients is Journaling. I have used it over a span of 10 years. For myself, I have used it for some 25 years - it was a saving grace in my very own abusive marriage. Journaling is my gift to you. Use it, to express both the difficult and the joyous circumstances of your life. It puts the power back into your hands, gives you both choice and responsibility. Journaling is all about being with self and finding the respect of self to heal self.

Journaling is applicable in business, in families and in schools - in fact it is a tool for everyone. It is a tool for CEO's, retirees, or those just looking for a greater True-Self experience.

Journaling is a process of writing down. It creates a place to land your thoughts, your feelings and your concerns. It is a private and personal process and it is not open to anybody else's reading. In this way, you can write down exactly what is going on within yourself without any holding back, limitations or fear of judgement.

Journaling allows you to concretise the internal energies of thoughts, feelings and attitudes to make them visible. So often, when you get to see it, you will realise that the reality of it really looks nothing like what you imagined it to be. When you get to see it, you are able to choose acceptance or even dismissal. When you get to see it, you can create an action plan that will move you through and out the other side. Depression hits when you feel confused, have no clarity and don't have a way forward. Journaling allows you to see the problem for what it is, makes it a work-in-progress and allows you to tick off the action plan = solution!! Solutions bring success! Success brings happiness. With happiness comes new thinking, new attitude, new behaviours and continued new results. Sick leave drops off and greater attendance and performance is evident. Isolation and non-committal drops off and great contribution is evident.

People of all ages have reported that Journaling has "changed their lives", "has brought sweet understanding at last" or has "saved them from suicide".

Journaling could be the very solution that you are looking for that will bring back perspective, balance and clarity. It will save you much, much more than the costing of my training for your staff! See my website for more information: www.leadershipdimensions.co.za

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"Better People, not in spite of, but because of the very circumstances that they found themselves in" Viktor Frankl. You too are required to being that Better Person

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

We all deserve to live the best lives that we can. We were after all, born for "best" rather than mediocrity.

Life is ours for the asking and sometimes for the taking. It is up to us to make up our minds as to what we will stand for and that which we will not stand for. Make a choice! Then take the responsibility for that choice - and love it all the way through!!

you know yourself to be - enjoy the journey!

Contact Information

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Closing Headline

Ultimate Meaningful Living brings about the best in all of us -
enjoy the process.

Heart warm wishes, Barbara Johnson

**Save
30%**

Voucher offered by you going to the link:
www.leadershipdimensions.co.za and forwarding it on.

Please provide referred contact details of the correct person to
contact and give the reference: Oct 2012 NL 30%.

Offer Expires: End OCTOBER 2012