



Meaningful Living



Use Trauma to facilitate Transformation and move onto Self-Transcendence

September 2012

Dear Shona

Imagine your opportunity to use your very life frustration, trauma or suffering in such a way that it becomes the very gem of your life's growth, values and strenghts!

Leadership Dimensions - 10 years mature!! People Development - Personal and Professional

Leadership Dimensions turns 10 years this October. In 10 years I have been delighted to encounter the most amazing clients who have challenged themselves to live better lives. Through assisting, developing and maturing people in the Workplace, Schools and Families we have worked all areas of People Development. This people-centred approach highlights the uniqueness of each and every human being, in their very own unique life circumstances. The approach is non-prescriptive and uses choice and responsibility as cornerstones of development. We have worked through Trauma, Transformation and Self-Transcendence in a fast, deep and sustainable manner.

What results is Meaningful Living. Meaningful living includes the values, qualities and skills that bring about creativity, inspiration and attitude. It is the for-runner of Ulitimate Meaningful Living that incorporates humour, gratitude and reaching out beyond self towards others, cause and/or God.

[Website](#)

MOVE from that which is NOT working for you in your life circumstances. We all deserve to create life that IS working for us!

Service Offering:

- **One on One, face to face Counselling / Life Coaching**
- **One on One, Skype Counselling / Life Coaching**
- **Group Workshops - on-site, off-site**
- **Training Psychology of Viktor Frankl's Logotherapy - Meaning and Purpose of Life and Existential Anaysis**
- **Speaker Events**

You may contact me directly for any further clarification and setting up of an appointment, programme or speaker event.

Workshops

- 1 Living into your Genius
- 2 Life Beyond "Triple X" Mascara
- 3 Getting Past the Crud
- 4 Finding Meaning in your Suffering
- 5 Living a Life that is Big, Bigger, Biggest
- 6 Transcendence
- 7 Stepping Out into Humanity
- 8 Balance of Life
- 9 Attunement to Life Energy
- 10 Ultimate Meaningful Living
- 11 Stress Used and Managed
- 12 Present Yourself in a Better Light
- 13 Self as Transmitter for Better Living
- 14 Gratitude

Counselling / Life Coaching
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Ashford Radio New York City

Radio listeners around South Africa and the world were able to listen to conversations, questions and ideas related to the work of Leadership Dimensions in People Development. Leadership Dimensions' main modality in People Development is the Psychology of Viktor Frankl's Logotherapy and Existential Analysis. As a Logotherapist, I am registered with the Viktor Frankl Institutes of South Africa, USA - Dallas Texas and Europe - Vienna.

I am the only practising Logotherapist in KZN South Africa.

The main thrust of the work is Meaning and Purpose of Life. Frankl's work finds Meaning and Purpose across all circumstances, all ages, cultures and genders.

Ashford Radio ran a series of five interviews with me. The link below is for your inspiration:

<http://www.blogtalkradio.com/ashfordpublishing/2012/03/28/ashford-publishing-presents-barbara-a-johnson-1#.T4WuoQZMRE.email>

All the Ashford Radio New York city radio interviews are currently being placed on my website: www.leadershipdimensions.co.za

For further credentials please see the website above.

Please do contact me to set up an appointment for Counselling / Life Coaching, your input or questions - bj@leadershipdimensions.co.za; 082 784 7656 or 031 716 8226



Viktor Frankl's Institute Vienna March 2012

The Viktor Frankl Institute of Vienna recently held an informal enquiry: Logotherapy - into the Future. The conference was expected to attract just a few people from around the world. Some 250+ people arrived. Logotherapists from around the world brought their stories, their case studies, their successes and their questions. What transpired was that the Viktor Frankl Institute Vienna reclaimed the rightful positioning of having Frankl's Logotherapy Meaning and Purpose of Life and Existential Analysis centralised in Vienna. Dr Frankl was born in Vienna and Logotherapy was formed in Vienna in finding a gap in his work in Psychology, Psychiatry and Neurology. In the Holocaust, Frankl grounded his work as a field study experience amongst three of the Nazi concentration camps. What emerged from that experience was that some people came out of that experience "Better People, not in spite of, but because of the very circumstance that they found themselves in" (Viktor Frankl)

There is hope then for us. We too can become "Better People" in the very circumstances that we find ourselves in.

15 True-Self

16 Attitude is Everything

17 Life as a Series of Creative Cycles

18 Stillness

19 Destiny

20 Ultimate Meaningful Living

21 What's mine to Fulfil?

Personal or Professional Schools, Business, Families

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On-Site

Off-Site

Date by mutual agreement

ARTICLE:

Depression in the Workplace and Schools

Want the article? Either wait for it in next month's newsletter or email me - I am happy to send it to you and discuss a way forward for your Business or School.

Other Articles found on the Website

One on One Counselling

Get the best out of Coaching by using Counselling as a tool to clear the way and improve the results of Coaching

I am the only one in KZN who is training the work of Viktor Frankl's Logotherapy and Existential Analysis.

It is aimed at Psychologists, Teachers, Medical staff and Social Workers. The programme has been run over a 10 month process, one afternoon a month to two groups of Coaches, Counsellors and Social Workers.

It is presently being discussed as a 6 day process.

After the first session, Shanno lost a dress size by giving up the 42 year anger that she held for her brother. In the process of this programme she moved from aggressive, depressive and anxious to being compassionate and loving. In fact Shanno's brother died in her arms - they had made peace! Her family reap the rewards of her self-healing encounter with herself and her brother.

Give yourself the gift of encountering yourself and those you encounter!

Call me with your enquiry: Barbara Johnson - 082 784 7656 or 031 716 8226 / bj@leadershipdimensions.co.za - see website on www.leadershipdimensions.co.za

"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!!

Contact Information

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Closing Headline

It has been my great delight over the past 10 years to encounter my clients in the assistance and development of them as "Better People". Together we have have grown, matured and still endeavour to do more together because we are together.

**Save
30%**

Business, Schools and Families can "earn" a discounted voucher by going to the link: www.leadershipdimensions.co.za and forwarding it onto Professional Associations who pass it onto their members. Attach to your emailed referral the contact details of the correct person to contact and give the reference: Sept 2012 Newsletter.

Offer Expires: End September 2012