

Sustainable Leadership



NEWSLETTER:
March 2013

Sustainable Leadership is the quest of the Leader and Potential Leader.

Freeing self of Toxic Family Relationships

In continuing the theme and open discussion from last month on Family Relationships, I have a story for you.

A client has a daughter with whom he has an estranged relationship for no apparent reason. It was one of those relationships that he was damned if he did and damned if he didn't. It got so bad that he suffered a decline in his health and an increase in his self-doubt. Because of the rejection and abuse, based on "just expressing myself" he examined his role in the situation.

Some options were explored and he settled on doing two things:

- Doing the unexpected
- Praying for her

In having come to the realisation that he had in fact done everything in his power to assist, love and cherish his daughter, it was now the time to do something differently that would hopefully relieve him of his suffering.

He made a call to his daughter and in a very calm, matter of fact manner, brought to her attention the emails that she had recently sent to him. Based on each one of us having a choice to be in a

Leadership Development

Personal and Professional

Self-Leadership

Ultimate Meaningful Leadership

Sustainable

relationship with another or not, he advised his daughter that he chose to take time and space from their relationship. He asked her how that was for her. "Fine" she said. On that note, he did just what he had proposed - he took his time and space away from their relationship. Absence of abusiveness gave him the opportunity to heal.

His "joy" energy allowed him to seek and find something that would add to his life. It was at a dinner party that he was listening to the adventures of another who was off to a golf championship.

He made contact with a golf school, got himself a teacher and bought the right equipment to make a start. He was so excited with this new life project that he was up at 6am every morning three times a week to T-off at 7am. So engaged was he with his golf that the estranged relationship with his daughter seemed far away. For the first time in years, he was able to focus on living with happiness rather than the erratic, illogical and abusive perceptions that were going on in his daughter's head.

In addition, Mr Client was able to pray for his daughter. This too had changed something for him. He came to speak openly about the relationship with others. No longer was he alone to suffer his grief.

Mr Client had taken his leave of the abusive behaviour (not his daughter) and was enjoying his life again. His whole life opened up for him. He continues to pray for her and her family on a daily basis. There is now a possibility of a renewed relationship with his daughter given that he has educated himself and has set boundaries as to what kind of behaviours are acceptable or not in their relationship.

Toxic relationships are here to test you. Toxic relationships can teach you a great deal about yourself. Toxic relationships soon wear out their "usefulness". Toxic relationships need to change or be dumped.

Healthy family connections need to be meaningful, purposeful and fulfilling. It is in family connections that we get our greatest learnings, joys and growth. It is in our family connections that we experience more about ourselves than anywhere else. Happiness is our birth-right. If happiness is not evident, it is best to check out your choices, your responsibilities and what it is that you are role modelling.

So do the unexpected if necessary and pray in the process.

Leadership

Coaching

One on One sessions
Safe, Sacred &
Confidential

Group Workshops

Training

Speaker Events

It takes two to be in a relationship. Relationships take work, communication and adjustments. Hold on to the relationships that have something going for them, those that have potential and those that bring a smile to your face. There is nothing sweeter than a relationship that inspires, excites and makes life worth living.

Happy days! Barbara

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Self-Leadership
Ultimate Meaningful Leadership
and
Sustainable Leadership

An exceptional Coaching Model

What You Will Learn:

- How to assist your clients to Find Meaning in their Suffering, Frustration and Trauma

Workshops:

Self-Leadership

Ultimate Meaningful
Leadership

Sustainable
Leadership

- Be better equipped to assist with client symptoms by getting to cause
- Shifting Clients quickly, safely and sustainably from Trauma to Transformation and then into Transcendence
- How to find Self-Leadership and Ultimate Meaningful Living
- How to coach your clients for Sustainable Leadership

Recommended for:

- Coaches, Counsellors, Social Workers, Psychologists, Teachers
- Executives, Line managers, HR
- Those working with Business, Leadership and People Development

Why:

- Shift negative energy to generative Performance
- Accelerated learning equals faster and better bottom line results
- Improved Performance equals improved Contribution
- Self-Transcendence to Legacy development

This is a ten session Programme over two months in either public or private groups, off-site or on-site

Where:

- Le Domaine, 100 Acutts Drive, Hillcrest, Kzn, South Africa
- On-site
- Webinar in progress - please contact me for details and link

Time:

09h00 to 15h30 for each of 10 sessions

Investment Options:

Leadership Development

Personal & Professional

Contact:
Dr Barbara
Johnson

+27(0)82 784

- a) Full Pre-Payment R7000
- b) Deposit of R4000 and Payment of R4000 on first day
- c) Full Payment on first day R10 000

Deposit:

Barbara Johnson t/a Leadership Dimensions
NEDBANK Acct: 1984 495 844
Code: 198405
PayPal available

Reference:

Your Surname/Coaching Model

Payment confirmation:

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 there will be a catch-up session.

This highly interactive workshop is based on the work of Dr Viktor Frankl's Logotherapy, Meaning and Purpose of Life and Existential Analysis. It includes other modalities and models that have been tested over 10 years of Leadership Dimensions' existence and work in Leadership and People Development. This programme is also about you and then 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.

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Website

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

Articles

Blogs

Co-Create a Fabulous Future

A workshop that will open your mind to endless possibilities

Refresh your attitude, belief system and creativity

Be inspired and bring gratitude back into your daily living

Learn how to:

- 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 Self-Leadership and Ultimate Meaningful 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: Call me to set up a workshop date

Times: 09h00 to 16h30

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

Investment Options:

- a) Full Pre-Payment R1 800
- b) Deposit of R1 000 and Payment of R1000 on day
- c) Full Payment of R2 500 on day

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

Reference: Your Surname / Fabulous Future

Payment Confirmation to:
bj@leadershipdimensions.co.za

Talk Shows

More!

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

Bring with you:

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

Minimum sized groups of 16.

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

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

10%

