

Sustainable Leadership & Wellness Development



NEWSLETTER:
June 2013

Sustainable Leadership requires Holistic Wellness.

El Camino A Challenge & A Reward Portugal and Spain June 2013

Have you ever just jumped into the "deep end" and had to learn how to swim very quickly?

Well, that was what it was like for me doing El Camino in Portugal and Spain. I committed to it in February and three months later, I had progressed from Garden Stroller to Athlete.

I put in place a training programme for myself that in hindsight was accurate, effective and sufficient. Everything that I incorporated prior to my leaving I actually utilized in my Camino experience.

I came back stronger and more resilient than ever. I lost 4kgs in weight and put on 20% more confidence. I landed home full of energy and zest. Now, that says a lot for someone who has just walked well over 300kms!

Whilst El Camino is not for the faint hearted, it is do-able. With the right preparation, philosophy of life and attitude El Camino is a wonderful pilgrimage of life that will show you what you are really made of.

My supplementation programme and way of eating assisted me without question based on the

Sustainable Leadership Development & Wellness Development

Personal & Professional

Formats:

complaints of the others in the group. Churning stomachs, headaches and exhaustion were not for me. Whilst we had a support van, I did not need it. One man, on day two, got in to the van with flu and never came out of it to walk again. We had hip problems, feet problems, shin problems, flu and a few other complaints supported and assisted by the "van angels". A few hospital visits also were required.

El Camino - would I do it again, yes! Did I love it, yes! Would I recommend it, absolutely yes - as long as you prepare properly for it. Whilst it was not a garden stroll, it was remarkably beautiful this time of the year in that the roads and fields boasted many hues of wild flowers. Yes, it was challenging, frustrating and exhausting. It was also do-able, invigorating and rewarding.

What is your current "El Camino" of life showing you about you? - Barbara

Dr Barbara Johnson
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<http://www.UltimateMeaningfulLiving.blogspot.com/>

Is
Wellness
important to
you?

An Exceptional Life Style Model

What You Will Learn:

One on One sessions
Safe, Fast &
Confidential

Group Workshops

Training

Speaker Events

**Wellness
Development**

One on One sessions
Safe, Fast &
Confidential

Group Work

Better Wellness

- How to set do-able goals in any aspect of your life
- How to best pace yourself physically and emotionally
- How to be better equipped as to what is useful to you
- How to shift negativity into generative thought for successful results
- How to find greater strength, resilience and enjoyment
- How to become enthused, encouraged and filled with the zest of life

Recommended for:

- Those wanting more out of life
- Those wanting to become more physically, emotional and mentally attuned

Benefits:

- Your negative energy shifted to generate better performance and wellness
- Your accelerated learning will give you better and faster results
- Your improved wellness and performance manifests in an improved life style

This is a six session programme over three 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 - please contact me for details and link

Time:

09h00 to 12h30

Cost:

Negotiable on group size and frequency within an organization. Contact me with your ideas and we will discuss a way forward.

Please Bring with You:

Journal, File, Exam pad and Colour Pens

This work is for those serious in making more of their lives.

Dr Barbara Johnson
LEADERSHIP DIMENSIONS
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SUSTAINABLE LEADERSHIP

in the Workplace
and at Home

**Better
Stamina and Vitality**

**Better Relationships
Better Performance
Better Contribution**

**Better Lifestyle
Better Living
Better Loving**

Contact:

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An Exceptional Coaching Model

What You Will Learn:

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

Cost:

Negotiable on group size and frequency within an organization. Contact me with your ideas and we will discuss a way forward.

Please Bring with You:

Journal, File, Exam pad and Colour Pens

There will be assignments to complete and feedback sessions.

Website

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

Articles

Blogs

Talk Shows

Newsletters

Our Country,
Our Companies,
Our Employees and
Our Families
need to find
Sustainability and Wellness
in everyday functioning,
results and balance.

For those who are unable to make all the workshops, notes are provided and a catch-up session.

This highly interactive workshop based on the work of Dr Viktor Frankl's Logotherapy, Meaning and Purpose of Life and Existential Analysis. It includes other modalities and models 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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"Better People,
not in spite of,
but because of,
the very circumstances
that they found
themselves in"
Viktor Frankl

Contact Information

Dr Barbara Johnson - Gifting you with Leadership and Development tools

Please see below this box:

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WELLNESS DIMENSIONS

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Skype: Barbara.Johnson48

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

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



Gifting YOU with Leadership and Development Tools!!! See below.....

Gifting YOU with Leadership and Development Tools:

- Financial Freedom through Joint Ventures:
drbj@wellnessdimensions.co.za
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- Business Mentor:
<http://australiasbusinessmentor.com/leadershipdimensions>
- How to create more Referrals:
bj@leadershipdimensions.co.za

LEADERSHIP DIMENSIONS & WELLNESS DIMENSIONS
are proud to present
Sustainable Leadership and Wellness Development
both of which bring about the best in YOU.
Chat to me about your process.
Heart warm wishes, Barbara

**Save
10%**

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

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