



Sustainable Leadership & Wellness Development



NEWSLETTER:
April 2013

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

Leadership Dimensions has given birth to Wellness Dimensions.

Wellness Dimensions is all about just that - wellness - your wellness. Wellness on a physical level, mental level, emotional level and yes, dare I say spiritual level as well. Look around you. See those who do and those who do not possess wellness. See the difference? Wellness on all levels is vital, required and optimising. Your wellness will bring about your sustainability, creativity and longevity. Your wellness is about your stamina and vitality. Your wellness is about moving forward, loving life and creating more and more living.

Imagine having more energy for your work and home relationships. Imagine waking in the mornings wanting to get work, wanting to mow the lawn, or wanting to do the monthly grocery shopping. Imagine knowing that you will enjoy it, create something that you have yet to think about and even come back for more. Why? Why not? Why not have an enjoyable career, an enjoyable family life and an enjoyable life? Why not be fully yourself, fully engaged and having blast of a lifetime?

Hey, so what is the alternative - well you are

Sustainable Leadership Development

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Wellness Development

Personal and
Professional

probably more aware of this side of the coin already anyway. Its more like operating on minimal cylinders. Just like a car without oil; it is just a matter of time before you blow up, break down and die a miserable death.

Your wellness is your choice and your responsibility. It takes you and only you to get into the programme of wellbeing. Yes it takes some thinking, decision making, some planning and possibly even some rearranging in your life - hey your life, your decision. Know that the info, support and products are there for you. It is a matter of doing something about it because you are the only you we have in this world.

What was it that you were going to be doing in this world? What was your dream about? What is your legacy about? Hey, remember all that? Well this is now your time to be doing something more, better, bigger than you have been. This is your time to get well again, to drop a few kilos, and to put the zest back into your life. Smile again, wear your changes on your sleeve and brag of how fabulous you feel.

"Eish" (as they say in South Africa) imagine what that would do for your business, career, home life, sex life, relationships - do I need to say anymore?

This is your time - shine like the star you are - get well! Barbara

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Sustainable Leadership

Self-Leadership

Ultimate Meaningful Leadership

Sustainable Leadership

Formats:

Counseling

Coaching

One on One sessions Safe, Sacred & Confidential

Group Workshops

What do you see?

Take a look in the mirror. Do you like what you see? Are you up there with the best, or just getting along? Are you concerned about who you are in the world in your work place or at home?

The solution is at hand.

So why is it important to see who you are, what you are about and what your contribution to the world is about? Why, because you are the only you.

"If not you, then who? If not now, then when?" - Niche

When was the last time you took a course, went to a conference or just pigged out on a programme for the sake of just loving it? Could you be doing master chef, or master life or master photography? Could you be doing a something more or something less so that you could have the life that you are yearning for?

Last weekend I attended PSASA - Professional Speakers Association of South Africa's conference in Johannesburg. Sixty national and international professional speakers shared "How to" skills and techniques. Every monthly meeting inspires me. Every conference excites me and challenges me to be more, do more and to give more.

To what continuous education programmes are you committed? What are you implementing from such programmes - or are they just filling space in your diary and distracting yourself for short periods of time? To what is it that you are committing your life to? What hours of attendance or lack of, are impacting on who you are becoming or not? How much time, money and effort are you investing in you to becoming the person you are born to be? Not always will you see why or how, but I say to you, just do, because you know it is the right thing for you to be doing. Be part of the process anyway. Let the process feed your soul, your philosophy of life, your actions. Let the process be the light and follow anyway because it is in the right direction for you.

Training

Speaker Events

Wellness Development

One on One sessions
Group Work

Safe, sacred and
confidential

Better Health in the
Workplace
and at
Home

Better
Stamina and
Vitality

Better relationships
Better performance
Better contribution

Better lifestyle

I love the space from the norm, the upliftment and to return with renewed energy that continuous education brings to me. It changes the mundane into the special. It brings newness, insight and permission to take courage. It is about growth in self so that you may offer others more of who you authentically are. It is about sharing more of self in a better, improved and generative way - why would you not want to be growing yourself??? It is researched that 5% of the world is strong, positive and encouraging. That leaves 95% who are not. What side of that stat do you want to be sitting on? For myself, I want the 5% - lonely sometimes being there, but sure as I know anything, that is certainly my preference - what is yours?

Go out and find something you can join and enjoy. Go out and find something that makes you a better person for having this type of experience, these people to learn from and this opportunity to pour yourself into.

Make your life one that you will remember, be grateful for and leave a legacy. Barbara

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SUSTAINABLE LEADERSHIP

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

Better living
Better loving

**Sustainable
Leadership
Development**

&

**Wellness
Development**

**Personal &
Professional**

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- 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:

- 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 are provided and a catch-up session.

This highly interactive workshop based on the work

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Website

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

Articles

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Talk Shows

Newsletter

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

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.

Contact Information

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



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

Gifting YOU with Leadership-Development Tools:

Business Mentor:

<http://australiasbusinessmentor.com/leadershipdimensions>

How to create more Referrals:

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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 Johnson

**Save
10%**

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