

Sustainable Leadership & Wellness Development



NEWSLETTER:
July 2013

Sustainable Leadership includes Holistic Wellness.

Your life as a Creative Cycle

For every process of your life, be it at work around developing a system, around fleshing out an idea or at home making a salad, it is all about creative cycles.

Recently I came back from El Camino in Portugal. This process too was a creative cycle allowing me to ponder, plan, do and celebrate in appropriate time-frames.

Once I had committed to doing El Camino, it was time to develop training, nutrition and a mind-set programme that would ensure my best participation and hopefully my healthy completion.

Firstly, I pondered on what I had already put in place. Walking round the housing estate that I live on was already in place, together with Pilates, weight training and stretching. Doing these already established programs with greater meaning and purpose increased my focus and strength. My biggest concern regarding El Camino was endurance to get out of bed on day 8 and day 9 and day 10 to do yet another 20 kms that day in the freezing cold. Endurance relates to stamina. Somehow, I had to find ways to enable me to complete the 17-day walk.

Secondly, I had to plan my way forward even though I had very little idea of what I was going to encounter. I was resolute to continue what I had already put in place and in fact to intensify what I

Sustainable Leadership Development & Wellness Development

Personal & Professional

Formats:

was doing. I included Aqua classes once a week. I then joined my local walking group from our estate, which walked three times a week. I also joined the church group who was organizing El Camino in their walk efforts on a Saturday morning. I learnt about different peoples' different walking styles and got a good idea what it was like to walk four times a week.

Thirdly, I just did what was needed to be done. In other words, I showed up in the gym, in the Pilates class, at Aqua and at both the walking groups whether I felt like it or not. I learnt to walk in the cold and learnt what it was like to walk 20 kms in one shot. I learnt what it was like to be physically engaged at such a level. I learnt to support my physical output with the correct balance input of food and supplements. I learnt what to eat and when to eat. I learnt that eating some foods gave me better energy and some foods messed up my digestion, created lethargic reaction and even some depression. I had only three months to transform from being a garden stroller to becoming an athlete. Over time, I began to feel stronger. What I had put in place was actually having a positive effect.

I walked El Camino - 230 Kms up the western border of Portugal and into the top of Spain. We encountered freezing cold weather, winds and physical challenges. We were thrilled, exhausted and spent.

I completed the task without once getting into the support van.

I did this with a physical challenge of leg pains since my childhood - in the words of Viktor Frankl, "not in spite of, but because of, the very circumstances that we find ourselves in". It is Frankl's Logotherapy (Meaning orientation to life) that I use in People Development with my clients.

Now, I am living into the fourth stage of the creative cycle. I came home to celebrate my success. I came home to say I have done it and I have done it well. I was in the top three walkers of our group of 25 South Africans. I was proud of my completion and I was proud that I came back better and stronger than when I had left. Not a single blister either. There were things that I did right. Success is mine because there was a time and process of doing this thing called El Camino.

What is your El Camino? What is your next life project or process that you need to attend? What Creative Cycles do you need to put in place so that your life may be orderly, designed and successful?

Let's chat. Barbara

Dr Barbara Johnson

**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

Leadership Dimensions
<http://www.leadershipdimensions.co.za>
bj@leadershipdimensions.co.za

+27 (0)82 784 7656
+27 (0)31 716 8226
Skype: Barbara.Johnson48

<http://WellnessDimensions.blogspot.com>

<http://www.Facebook.com/LeadershipDimensionsSA>

<http://www.Twitter.com/BeyondFulfilled>

<http://za.linkedin.com/in/barbarajohnsonKzn>

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

Guinea Pig for PH Balance

I used myself as a guinea pig, a case study if you will, with regard to nutritional requirements for the building of endurance and stamina for El Camino. For some 40 years I have been exploring nutrition due to my leg pains, having my own family and wanting to grow into aging from the perspective of better rather than older. Whilst I am on my way to being 60 years of age, I have never felt stronger, been more toned nor had such endurance.

Something has to be said for supporting your lifestyle with the correct nutrition. It is about your everyday food you eat and the supplementation that you take. It is all very well taking supplements in the general sense of the word but to take them purposefully for specific reasons and at specific times in the day just makes better sense to me versus letting go of expensive urine. It is about getting the optimal benefit from your supplements that will support your activity and lifestyle.

With my energy output increasing with the increased exercises I had committed to, I found that I needed to be vigilant as to when I ate, what I ate and how I ate it. And, that does for when I drank, what I drank and how I drank it as well. On rising in the morning, I would drink two long glasses of warm water to rehydrate after the night's rest. I would take a probiotic then too, to neutralize body acid build up.

With today's lifestyle you need to place specific attention on acidity and alkalinity so that you create a PH balance in the body. A PH balanced body is a healthy body. Cancer thrives in acid conditions. In creating a PH balanced body, I got to digest well,

in the Workplace
and at Home

Better
Stamina and Vitality

Better Relationships
Better Performance
Better Contribution

Better Lifestyle
Better Living
Better Loving

Contact:

Dr Barbara Johnson

+27(0)82 784 7656

+27 (0)82 871 0843

+27 (0)31 716 8226

have clear thinking and dramatically reduce the pain in my legs.

It has become apparent to me that the old ratio recommendation of 1:2 acid to alkaline is actually just not adequate. Whilst I eat very well, mostly vegetables and fruit, with nuts, seeds, some fish and some chicken, I realised that I still needed a greater alkaline component to keep my body balanced and feel good to prevent my leg pains. With no leg pains, I could sleep at night. I would wake then feeling energised versus angry and restless. Becoming conscious of what works/does not work for me worked wonders for my health and wellbeing. No longer is it about "healthy" and "unhealthy" food. It is more about, the balancing act of the food in the digestion tract that is PH balanced.

To be honest, this has become quite a scientific approach. Variables, times of day, combinations, water input and supplementation all need attention. Then there is also blood group, age, exercise output, lifestyle, emotions, etc. Much to consider but if you are serious about your life, your health, the quality of your longevity it is all very worthwhile. Also very rewarding and satisfying.

Incredible is the uniqueness of each one of us. Finding the balance is in itself a fascinating balancing act.

In the process of all this, Wellness Dimensions was born. My fascination with nutrition whilst using my 40-year experience and myself as a case study created a company that offers a service to others who are wanting more quality of life through holistic wellness.

Are you serious about your health, your well-being and your lifestyle? Then let's chat, Barbara

Dr Barbara Johnson
LEADERSHIP DIMENSIONS
www.leadershipdimensions.co.za

bj@leadershipdimensions.co.za

Asset Development

A way to enjoy longevity

Clients' most common concerns are around the lack of money or time or both.

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.

What are your thoughts about having enough money and time for now and for your retirement? Here are some ideas:

Save 20 - 30% of your salary each month from the age of 20:

Discipline is the key here. Compound interest is vital. Leaving the nest egg to grow uninterrupted is required. The reality of this approach is that 95% of us had the intention to do this but life got in the way and the funds disappeared. Money and time remain an issue.

Inherit money / lottery:

You will require financial planning, investments and a keen eye to watch for changes in the market place. What is the chance of either inheritance or lottery winnings actually happening for you? Should you be so lucky, more than likely, instant gratification will reduce your newfound wealth back to where you started. Money and time again, remain an issue.

Trade hours for money:

You work each month starting with a zero base, trading your expertise or services for a money value. The reality of this approach is that if you don't show up at your job, then there is no money value coming in. Money and time are an issue here too.

Asset Development:

Assets, once set up over time, bring in a money value whether you show up or not. The reality of this approach is that it does take determination and persistence to set up. It seems to me that this is the way to enjoy quality longevity of life. Money and time issues are set aside for a better lifestyle.

Are you looking to develop a life plan that will take you down a path to your passion, potential and purpose where money and time are not an issue? Are you looking for your better quality longevity and lifestyle? Let's chat, Barbara

Dr Barbara Johnson
Leadership Dimensions
<http://www.leadershipdimensions.co.za>
bj@leadershipdimensions.co.za

+27 (0)82 784 7656
+27 (0)31 716 8226
Skype: Barbara.Johnson48

<http://WellnessDimensions.blogspot.com>

<http://www.Facebook.com/LeadershipDimensionsSA>

<http://www.Twitter.com/BeyondFulfilled>

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

<http://za.linkedin.com/in/barbarajohnsonKzn>

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

Contact Information

Dr Barbara Johnson

(Gifting you with Leadership and Development tools Please see below this box)

LEADERSHIP DIMENSIONS

Email: bj@leadershipdimensions.co.za

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

WELLNESS DIMENSIONS

Email: drbj@wellnessdimensions.co.za

Website: <http://www.wellnessdimensions.co.za> - currently under construction

Cell: +27 (0)82 784 7656 or +27 (0)82 871 0843 Land-line: +27 (0)31 716 8226

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
bj@leadershipdimensions.co.za
- 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 and your COMPANY.

Chat to me about your process.

Heart warm wishes, Barbara

Save 10%

Earn 10% discounted voucher for qualified referrals.