

Sustainable Leadership & Wellness Development



NEWSLETTER:
May 2013

Sustainable Leadership requires Holistic Wellness.

Is Stress Killing You?

Stress is a natural part of every day. It is the body's way of reacting to a challenge or threat.

However your current stress level may be killing you.

Why is stress on the increase? Because the global community is going faster and faster and is focused on performance - it is performance driven.

Stress management is our number one concern, negatively influencing your sustainable Leadership.

Sustainable Leadership is a holistic approach to leadership and is required for work/home balance.

A solution is at hand. Leadership Dimensions can assist you with this.

Stress management starts with wellness. Your internal philosophy, attitude, thinking and behaviour are a part of this wellness. So is your physical wellness.

Your conscious mind does only 20% of your thinking. Your subconscious mind does 80%. Your subconscious mind needs the nutrition of generative messages. What are you doing about this part of your stress management and your wellness?

This is where Leadership Dimensions can assist

**Sustainable
Leadership
Development
&
Wellness
Development
Personal &
Professional**

you. Connect with me, Barbara to discuss. My details are below.

Get your Stress Management to work generatively for you and change your life for ever! - Barbara

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

Does Measuring get Results?

Absolutely..... and I can prove it!

You may already be a good sports person, sales person or community person.

Would you like to be great rather than good?

Then start measuring - it's that simple!

In 5 sleeps I am on my way to walk the El Camino. What has made a world of difference to results is this little gadget connected to my hip - a pedometer.

What I am measuring is getting me results. These results I did not have until I became consciously involved.

Formats:

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
in the Workplace
and at Home

What "pedometer" are you using to measure your activity? What is motivating you to do a little more today? Research tells us that with as little as a 0.03% increase of better daily action the compounding impact is huge.

Just every day to do a discipline, or a series of disciplines, that brings momentum. Momentum turns into critical mass. It is like just one person moving a big wheel - hard, heavy and very time consuming. What if you do it on a daily basis, even get some others to help you - before long the momentum speeds up and before long there is a motion way beyond your involvement.

Here is where Leadership Dimensions can help!

Because you want to be contributing better to your sport, your company and your community you need to phone Barbara on +27 (0)82 784 7656 / +27 (0)31 716 8226.

Together we can set up workshops, coaching and/or speaker events around what measurement tools are encouraging you and your staff, you and your family, you and your community. Barbara

Dr Barbara Johnson
LEADERSHIP DIMENSIONS
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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

**Better
Stamina and Vitality**

**Better Relationships
Better Performance
Better Contribution**

**Better Lifestyle
Better Living
Better Loving**

Contact:

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Website

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:

- 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

<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.

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

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.

themselves in"
Viktor Frankl

Contact Information

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Skype: Barbara.Johnson48

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

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:

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.