



LEADERSHIP DIMENSIONS

Leadership Dimensions

PERFORMANCE and CONTRIBUTION

PEOPLE SOLUTIONS



Newsletter:
People Solutions:
April 2014

People Solutions that offer Companies Greater Staff Engagement

Records that Impact Legacy

Organize - for Your Sake and Theirs

My Counseling and Coaching clients all report that they started 2014 faster than ever. Time seems to have gained speed leaving people sometimes feeling overwhelmed. Have you come to the realisation that it will in fact never go back to the way it used to be - lazy, sunny days that didn't seem to come to an end.

With the speed up of time, we need to manage time better. We need to prioritize and organize like never before.

For myself, 2014 started with an invitation to accept a nomination for the CEO Magazine's Award for Africa's Most Influential Women. That led me to apply for a South African passport that required me and my 84-year old mother to delve back into family history, past records and past norms. My grandmother was born at a time when births and deaths records were not officially kept. Families, threatened with purgatory for their unbaptized babies went off to the church to baptize their infants. Baptisms marked converts into the church and as such, they recorded baptizimals. 100 years later, we are digging up such records - all for the sake of my children and grandchild's access to their inheritance for South African citizenship. This is part of my legacy - to leave them with the option and

Personal
&
Professional
Leadership
Development
is fundamental
to better results

First
Personalized
Growth

the supportive documentation.

What in your busy world, are you perhaps neglecting to do? What questions do you need to be asking now, so that as times dramatically change and they always do, will you be grateful for having organised rather than using the old adage "if only"?

Our older generation know things about our families, about us and about history, events and people that we may have just glimpsed or worse still, know nothing at all about. Consider sitting down with your family's elderly and ask for information, stories or documentation that could be vital in the future, if not for you, then for your children and their children.

Keep such documentation in a Personal Documents File. Have originals photostatted and certified as true copies of the original by your lawyer or commissioner of oaths. From my experience, in some countries commissioners of oaths are not always recognized as a high enough authority to certify such copies. The safer route is therefore to ask your friendly lawyer to assist you. Have more copies photostatted and certified than you currently need. Two time-smart things happen with this approach. Give to each of your children / grandchildren a copy of each document for their own records and future needs. The balance of these copies then goes into your Personal Documents File. This way you ensure that family members have important documents for their future use and you have documents for your future use too, without having to ask your lawyer again for their time.

Prepare for the inevitable the smart way - reduce stress and get organized.

Let's chat soon, Barbara

Second Leadership Growth

Third Business Growth

Formats:

- 1X1 Private Sessions
- Face to Face and/or Online
- 1X1 Private Programmes
- Group Workshops
- Train the Trainer
- Speaker Events

*Happy Workplace &
Happy People Evolution*

A solution for every business

June / July / Aug 2014 Program

You will learn:

**Workshops:
Stillness**

Gratitude

How you can assist your Staff Members / Clients to find Meaning in their Frustrations to create Happy Workplaces and Happy People

Positive Psychology of Meaning-centered Living & Existential Analysis

Recommended for:

CEO, MD, GM, Executives, HR, Line Managers, Training Managers, Business Owners and Private Practice Owners
Psychologists, Coaches, Counsellors, Social Workers, Teachers, Health and Wellness Practitioners

Why:

Greater Staff Engagement, Greater Staff Performance and Greater Staff Contribution

To live lives in both the workplace and home that are: creative, inspired and experience gratitude, humor and self-transcendence

Better teamwork - Better results in Better time

Solution that is simple, accessible and sustainable

Solution that is fast, measurable and empowering

Solution that is economic in both time and money

Duration:

10 Week Programme

When:

JUNE / JULY / AUG 2014 - Wednesdays weekly

Start date: 04 June End date: 13 Aug

Time:

09h30 to 15h00 (tea/coffee and light lunch included)

Where:

Le Domaine, 100 Acutts Drive, Hillcrest, KZN, South Africa

On-site - on request

Webinar - on request

Investment Options:

1) Company:

a) Full Pre-Payment R12 000 per delegate

b) Deposit of R7000 and Payment of R7000 on first day per delegate

c) Full Payment on first day of Programme R16 000 per delegate

Attitude

Creativity

Inspiration

Humor

Relationships

Communications

Agreements

Loving Life

Doing it Different

Results

Goal-setting

Making Life Happen

Self-Transcendence

Bank Details:

Barbara Johnson t/a Leadership Dimensions

Nedbank Acct: 1984 495 844 Code: 198405

Reference: Your Surname/VFLogoJune2014

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Signature.....

Date.....

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and Economy

Let's develop towards:

- Better Relationships
- Better Performance
- Better Contribution =
- Better Bottom Line Results
- Better Company Growth

Beyond doing your Best

When Life calls - Best You have the Resources

Suddenly, a place on the Otter Trail came up. There is a 12 to 18 month waiting list to do this world-renowned 42km South African trail. With just a few days before my 60th birthday, I seized the opportunity of ticking this box.

This rugged trail hugs the Tsitsikamma coastline of the Eastern Cape. It closely follows the pounding surf and zigzags where the coastal plateau rises to elevations of 200 meters with cliffs that drop steeply into the sea. Coastal or indigenous forest and fynbos vegetation cover most of the trail. We drank from the "black waters" of rivers; brownish whiskey colored waters marked by the tannins of plants and soils.

Little did I know that my expectation of an "undulating walk" would turn into five days of hiking up and five days of hiking down mountains steeper than I had yet imagined. Little did I know that I would come home, looking like "a wild woman of Borneo", shell shocked and traumatized.

Certainly, this was the hardest "adventuring" I had done. El Camino and Wild Coast walks last year were pale against this adventure. Simply put, this

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was a very humbling experience. I dug deep within myself to complete the trail. I thank God for the support of those who were with me.

I learnt that whilst my eating and supplementation habits are better than most, I have room for improvement when it comes to muscle strengthening.

If you are a hiker - this is for you.

If you are a walker - like I am, get training in hiking.

On the last night, I sat down on the beach looking up at the viewing-point platform that was the next day's first port of call. I wondered how on earth I would get up there. The extremes still seemed foreign to me and yet I was called to do just that. Day four was by far the worst of days, having the extra distance to travel, the dark hours of early morning hiking and having to cross the Bloukrans River by 09h15. I fought back the tears that day and yet here I was yet again required to go beyond my very best to achieve something I had no idea of yet being able to achieve.

We were a party of 10 people: four people in their 20's, two people in their 40's and four of us about 60. One of those four 60ish was a master mountain climbing trainer. The other two were the trip organizers with their 40-year-old son and daughter-in-law. For the past six months, they had done serious training for the trip. And then there was me, who at the last moment jumped on board believing I could walk just about anywhere now that I had moved from garden stroller to athlete for El Camino last year. We all found it hard and in fact traumatic - except for Dave the mountain climbing trainer.

Otter Trail is definitely a trek worth doing if you are a strong hiker. For myself, I crawled my way up the mountains and tiptoed my way down the mountains through the shale rock and thorn bushes. You need to be a mountain climber for The Otter Trail with the right boots, strong muscles and enduring psyche to go along with it.

this year

Contact:

Barbara Johnson

Skype:

Barbara.Johnson48

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

Dr Barbara Johnson

LEADERSHIP DIMENSIONS

Email: BJ@LeadershipDimensions.co.za

Website: www.LeadershipDimensions.co.za

Skype: Barbara.Johnson48

Land Line: +27 (0)31 716 8226

Cell: +27 (0)82 784 7656

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



Gifting YOU with Developmental Tools!!! See below.....

GIFTS for YOU !!

- Joint Ventures, please email:

BJ@LeadershipDimensions.co.za

- Business Mentor, please go to:

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- How to create more Referrals, please see:

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DrBJ@WellnessDimensions.co.za

LEADERSHIP DIMENSIONS - founded in 2002

PERSONALISED and PROFESSIONAL LEADERSHIP DEVELOPMENT

Bring out the best YOU and the best COMPANY.

Together we can make it better, bigger and faster - Barbara

Let's chat about mutual introductions.