



# LEADERSHIP DIMENSIONS

*Leadership Dimensions*

PERFORMANCE and CONTRIBUTION

## PEOPLE SOLUTIONS



Newsletter:  
*People Solutions:*  
May 2014

Greater Staff Engagement, Performance and Contribution

## PEOPLE SOLUTIONS

### *Speedy, Sacred and Sustainable*

Where Companies employ people there is a mixture of people emotions that include despondency, despair or doubt.

Where Leadership Dimensions is, there are People Solutions that are speedy, sacred and sustainable.

Leadership Dimensions offers a process of Individual and Company Commitment to:

- Assess
- Develop
- Strategise.

### *Benefits to Company:*

- Â· Greater Staff Engagement
- Â· Greater Staff Performance
- Â· Greater Staff Contribution

Achieve less absenteeism, wastage  
and dissatisfaction

- Â· Engage with staff members more easily from a culture, vision and

Personal  
&  
Professional  
Self - Leadership  
Development  
is fundamental  
to better results

### *Benefits to Individual:*

- Â· Engage for the good of TrueSelf, Values and Stance for the sake of a better department, career, family and industry
- Â· Explore spiritual-self to gain greater maturity, wisdom and a sense of destiny
- Â· Sensitise interactions with each other as unique and dignified human beings
- Â· Self-Transcend your past and work towards others, vision, values and cause

### **Assess - Pre-Audit:**

Three Triangles Assessment Model:  
Assesses Individuals for inner motivations, attitudes and belief systems that indicate:

- Â· Job satisfaction
- Â· Engagement
- Â· Effectiveness at work
- Â· Cognitive and emotional levels
- Â· Team dynamics

### **Develop:**

- Â· Individuals identification of areas of need
- Â· Commitment contract
- Â· Counselling / Coaching as appropriate to itemised needs
- Â· Approach: Accelerated, Holistic, Non-Prescriptive, Meaning-orientation and Existential vacuum
- Â· 90 minute sessions
- Â· Location: Hillcrest office or negotiable arrangement
- Â· Flexibility of duration dependent on Individual's pace of learning and implementation
- Â· Minimum of two sessions
- Â· Flexible duration of sessions -

**First:  
Personalised  
Growth**

**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

weekly  
with monthly follow ups where  
required  
Â· Face to Face / Skype to Skype or  
Combination of both

### **Assess - Post-Audit:**

Â· Post-audit online  
Â· Feedback session 60 minutes  
Â· Identification of Areas of Shift - in  
Client and for Company

### **Behaviour Changes Implementation:**

Â· Expectations levels achieved / partial  
/ achieve over time / unobtainable  
Â· Report back to both the Client and  
the Company as to what new behaviours  
skills and tools have been  
implemented  
in the Areas of Shift

### **Strategy:**

Â·  
Report and Strategy discussion  
regarding way forward for mutual  
collaboration from:  
o Executives  
o Managers  
o Trainers  
o Teams  
o Individuals

Leadership Dimensions expands its offering of  
Strategy to include a Train-the-Trainer  
Programme in People Solutions:

### ***Train-the-Trainer Extraordinaire:***

*Ultimate Meaningful Workplaces - Group work  
Encounter Staff Members and  
use their Frustrations to  
create a better Company*

For HR Executives, Line Managers, Employee Assistance  
Programmes,  
Health and Safety Managers and Training Managers

Leadership Dimensions offers the most positive  
psychology approach to training and counselling /  
coaching. The combination of Individual and  
Company development speeds up collaboration,  
mutual visioning and implementation. Further, the

Yes, Yes YOU!  
10 Stepping Stones  
to GET ON with  
YOUR LIFE

Launch date soon to be  
announced:  
Johannesburg  
Capetown  
Durban  
Port Elizabeth  
East London

Workshops:  
Stillness

Gratitude

addition of counselling to coaching dramatically impacts ROI. Greater staff engagement, performance and contribution is made possible. This process is fast, deep and sustainable. New energy of connectivity, activity and creativity shows up by the releasing and clearing of unspoken, underlying and unattended issues that unconsciously block process, limit progress and hinder potential.

Leadership Dimensions differentiates itself further by offering a portal to explore the individual's unique spiritual dimension. TrueSelf leads to Self-Transcendence that inspires working Together for greater Meaning, Purpose and Fulfillment into company, community and country.

Call me to chat as to how we may set up *PEOPLE SOLUTIONS* within your company. Family members are included in this process.

### *The People Developer*

Dr BARBARA JOHNSON

LEADERSHIP DIMENSIONS

Skype: Barbara.Johnson48

Practice No: THO 079989

## *Happy Workplace & Happy People Evolution*

*A solution for every business*

*June / July / Aug 2014 Program*

### **You will learn:**

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

Attitude

Creativity

Inspiration

Humour

Relationships

Communications

Agreements

Loving Life

Doing it Different

Results

Goal-setting

Making Life Happen

Self-Transcendence

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

Negotiable on volume and repetition

**2) Private Practice - less 15% discount**

a) Full Pre-Payment R10 200 per delegate

b) Deposit of R6000 and Payment of R5 900 on first day per  
delegate

c) Full Payment on first day of Programme R13 600 per  
delegate

# Trauma, Transformation & Transcendence

## Viktor Frankl's Logotherapy - Meaning-centered living and Existential Vacuum

### *Speaker Events*

### *Training*

### *Counseling*

### *Coaching*

**Deposit:**

Dr Barbara Johnson t/a Leadership Dimensions  
 Nedbank  
 Account: 1984 495 844  
 Code 198405 - Randburg

**Reference:**

Your Company Name of Your Surname / VFLogoJune2014

**Confirm Payment:**

[bj@leadershipdimensions.co.za](mailto:bj@leadershipdimensions.co.za)

**Bring with You:**

Journal, file, exam pad and colour pens

This program includes reflective time, assignments and shared feedback sessions in a safe sacred and confidential space.

For those who are unable to make all the workshops, notes will be provided.

This highly interactive workshop is about Viktor Frankl's Logotherapy - an approach to psychology, You and Your Clients. It will shift your premise of coaching, counseling, training and philosophy.

This programme is highly personal and enriching - it is **evolutionising psychology for a better way to work with people!**

**Presented by KZN's only Logotherapist  
 Dr Barbara Johnson  
 Viktor Frankl Institutes SA, Europe and USA**

## Registration Form

Company:
Name:
Practice Registering Body (if Applicable):
Land Line: Cell:
Email:
Postal Details:
How did you hear about this Programme?
<b>Registration Process</b>
Registration processed only with Proof of Payment sent to <a href="mailto:bj@leadershipdimensions.co.za">bj@leadershipdimensions.co.za</a>
Bank Details:
Barbara Johnson t/a Leadership Dimensions
Nedbank Acct: 1984 495 844 Code: 198405
Reference: Your Surname/ <b>VFLogoJune2014</b>
I declare that all the particulars on this form are true and correct. I undertake to comply with the agreements of this registration and the confidentiality of the group. I undertake to protect the copyright of Leadership Dimensions and under no circumstances to make the study material available for use by any other person.

Engaged Staff  
 impact  
 Workplace,  
 Home  
 and  
 Economy

Let's develop towards:

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

Signature.....

Date.....

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Together we can  
revolutionize the  
12% ROI of  
traditional training!

## Acknowledged, Vulnerable and Witnessed

### *Living into a Better Life*

In April I turned 60 years young. I am more determined than ever to live fully into my passions, processes and potential.

Four weeks after completing the Otter Trail, I am still suffering from sore, swollen and bruised feet. Whilst some recovery is going on at a physical level, there is also something going on in my internal landscape of spirit.

After I shared my Otter Trail story in a Toastmasters Competition, I came to realise that I had in fact had my vulnerability witnessed by my audience. There was now no going back to old ways of thinking. My new attitude was about my future - a future of being Safe, Sacred and Sustainable. I had crawled my way up the slippery mud of the Otter Trail mountains and tip toed my way down through the shard rock and thorn bushes. I had mentally pulled my future into my present now, one-step at a time. With each step, I affirmed that I was safe, that this was a sacred journey and that I could sustain myself by just being present, conscious and moving forward.

This story acknowledged the facts of my experience - without judgement. In telling the story, I found myself highly vulnerable. I had in fact, unconsciously, asked my audience to witness my story and me in the depths of my process. This vulnerability has now become the foundation of my commitment to live into my life feeling safe, on a sacred journey, which I can sustain. It has given me control back of my life and relieved me of doubt, despondency and possible despair. I am the master of my now and my destiny - a destiny that I look forward to living into.

What thinking, attitude or belief, do you want to

Let's make your  
Training Budget  
count for  
something significant  
this year

**Contact:**  
Barbara Johnson  
Skype:  
Barbara.Johnson48

"Better People,  
not in spite of,  
but because of,

change in your life? To what would you change it?  
In creating a new attitude, behaviour and goal, how  
will you implement and manage the changes? How  
would you know that you have achieved it?

What wonderful questions to live in to. Do you need  
assistance? Let me know. Chat soon, Barbara

PS

I came across this wonderful quotation by  
Confucius:

To put the world in order  
We must first put the nation in order  
To put the nation in order  
We must first put the family in order  
To put the family in order  
We must first cultivate our personal life  
And to cultivate our personal life  
We must first set our hearts right.

Love and Light, Barbara

the very circumstances  
that they found  
themselves in"  
Viktor Frankl

## Contact Information

Dr Barbara Johnson

LEADERSHIP DIMENSIONS

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



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



# GIFTS for YOU !!

- Joint Ventures, please email:

[BJ@LeadershipDimensions.co.za](mailto:BJ@LeadershipDimensions.co.za)

- Business Mentor, please go to:

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- How to create more Referrals, please see:

**[MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be http://DrBarbara.goYOBSN.com](http://DrBarbara.goYOBSN.com)**

[DrBJ@WellnessDimensions.co.za](mailto: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.