

Sustainable Leadership & Wellness Development



NEWSLETTER:
August 2013

Sustainable Leadership includes Holistic Wellness.

A Dinner Party With A Difference!

Can you imagine what it would be like to sit at a dinner party and hear good-news stories of wellness rather than the endless accounts of who is in more pain than the other?

Who or what was it that suckered us into thinking that other people are responsible for how we manage our life, what we think or who should be giving us advice?

Our medical scenario is just one of these areas for consideration. Medical aid claims are higher than ever. We are a society reliant on the medical professions to "fix" our symptoms.

Symptom fixing is a short-term solution. What hides behind symptoms is possibly re-occurring behaviour that is creating these circumstances.

What is in your environment, in your self-talk or in your belief system that is unconsciously creating these symptoms?

All too often, we get the quick solution in the form of a pill. Pills are easy, available and a fast remedy - or are they? Johnny came home having taken "his pill". With his eyes now fully dilated, he was nauseous and all he wanted to do was to "vomit it out". There is a place for prescription medicine and surgery. My question is, are we too eager to get it over and done with rather than exploring our options?

Health ought to be holistic. Holistic is about body, thinking, self-talk, attitude. It is about how we feel, it is about what we are willing to do and not do. It is

Sustainable Leadership Development & Wellness Development

Personal & Professional

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about the larger spectrum of the unique human being rather than the 15-minute glimpse.

A holistic, wellness orientated health approach focuses on long-term wellness instead of illness. It is more about the cause rather than symptom.

Prevention takes precedence over having to find a cure. Holistic wellness is easier and more cost effective in time, energy and emotions. Prevention is empowering. It places the responsibility back with self rather than with someone else. Prevention makes for a life-project rather than a scurry for symptom healing.

In making the decision to being the one responsible for your well-being you will take on for yourself a life that reflects being in charge, a free thinker and one open to many more possibilities. Your experimental approach is more likely to find the correct health-fit for you as the unique person you are.

Meaningful prevention brings rewards at many levels. Full medical aids may be reduced to just a hospital plan. Saved premiums invested provide available cash for a possible emergency. What you would let go of is fear. Replace fear-energy with life-energy, making choices and finding answers. In Japan you pay your doctor to keep you well. As soon as you are ill you do not pay.

It is time in the western world for us to take a more proactive look at our lives. Focus on what you want rather than on what you do not want. I am suggesting that we choose the attitude of wellness over the attitude of illness. That is what it comes down to, attitude. Sure, it will take some mind shifting and resistance. It is just a matter of seeing it for what it is, getting your mind around it and taking on new behaviours.

Having a wellness attitude takes as much effort as having a focus on illness. The outcome is vastly different. Energy, activities, pleasure, life meaning and purpose all shift - the choice is yours!

So what do you choose? Wellness vs Illness, Prevention vs Cure, Responsibility vs Co-dependency? Are you now ready to chat about an alternative way forward? Barbara

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Group Work

**Wellness
in the Workplace
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<http://www.UltimateMeaningfulLiving.blogspot.com/>

The #1 Tip to Becoming Happier?

Dr Dee White's blog ([MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be www.motivatingminutes.com](#)) invited my comment.

I remember as a child of being about 10 years of age, standing in the drive way of our home contemplating what "wish" I would ask for whilst cutting into my birthday cake. It was a birthday tradition in my family to have the birthday girl/ boy cut into their birthday cake and make a wish. "Happiness" would be my wish.

In becoming The People Developer ([MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be www.leadershipdimensions.co.za](#)) I have studied people from around the world in all sorts of life circumstances. I have formal and informal studies that span some 40 years. Dr Viktor Frankl realised humanity's need to satisfy the endless search to find meaning in life. Freud brought us the Principle of Pleasure and Adler the Principle of Power. Frankl brought us the Principle of Meaning. What life Principle will you live by - Happiness?

Frankl triumphantly survived WWII. He saw that some people came out of the horrific experience of holocaust and Nazi concentration camps "better people". "Better people, not in spite of but because of the very circumstances that they found themselves in". What these people had found was a way (unique to each person) to attach some sort of meaning to their experience.

Finding Meaning is the essence of happiness. It is finding what is uniquely meaningful to you as a human being in whatever your life circumstance is. Meaning brings about specific purpose and measurable fulfillment. Imagine being able to use the trauma for transformation and self-transcendence. This is the recipe for happiness.

The quest for happiness is a life journey into each of the life circumstances that present themselves to you. In the process, you get to become a better

Better Relationships
Better Performance
Better Contribution

Better Lifestyle
Better Living
Better Loving

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person - one who is truly happy.

This is the work I do with my clients - help them find their meaning. I would be happy to chat with you too. Barbara

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CREATIVE CYCLES Workshop

In the July Newsletter I wrote about the El Camino being a Creative Cycle. Creative Cycles form part of every single process, activity or phase of life - in fact life itself.

This is an Exceptional Change Management Model

Benefits:

- Work with the natural flow of all life processes
- Understand relevant phases and their time frames
- Shift aggravation to calmness, energy and consciousness
- Realization of all the presenting options
- Make better choices
- Accurate planning stage
- Action-effectiveness
- Acknowledge achievement and celebrate it

Recommended for:

- YOU!
- Coaches, Counsellors, Social Workers, Psychologists, Teachers
- Executives, Line managers, HR
- Those working with Business, Leadership and People Development

Why:

- Performance enhancement in all areas of life
- Faster and better results that count
- Improved Lifestyle
- Self-confidence and self-esteem building
- Duplicatable process

This is a half-day Programme. Groups either Private or Public. Off-site or on-site

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,

Where:

- Le Domaine, 100 Acutts Drive, Hillcrest, Kzn, South Africa
- On-site at your offices or choice of venue
- Webinar in progress - please contact me for details and link

Time:

09h00 to 14h00

Investment Options:

- a) Full Pre-Payment R700
- b) Deposit of R400 and Payment of R400 on the day
- c) Full Payment on the day R1000

Deposit:

Barbara Johnson t/a Leadership Dimensions
NEDBANK Acct: 1984 495 844
Code: 198405
Reference: Your Surname/Creative Cycle Workshop
Payment confirmation:
bj@leadershipdimensions.co.za

Please Bring with You:

Journal, File, Exam pad and Colour Pens
There will be an assignment to complete and a feedback session by Skype.

This is a highly interactive workshop. Come ready to share.

Leadership Dimensions is about People Development. This programme is about you, your lifestyle and even your clients. It will shift your understanding towards a deeper understanding of your unique life circumstances. You will in fact change the way you handle your life changes and the way you work with others. Barbara

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but because of,
the very circumstances
that they found
themselves in"
Viktor Frankl

Dr Barbara Johnson

(Gifting you with Leadership and Development tools

Please see below this box)

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WELLNESS DIMENSIONS

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Cell: [+27 \(0\)82 784 7656](tel:+27(0)827847656) or [+27 \(0\)82 871 0843](tel:+27(0)828710843) Land-line: [+27 \(0\)31 716 8226](tel:+27(0)317168226)

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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:

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- Business Mentor:

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- How to create more Referrals:

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LEADERSHIP DIMENSIONS & WELLNESS DIMENSIONS

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Sustainable Leadership and Wellness Development

both of which bring about the best in YOU and your COMPANY.

Lets chat.

Barbara

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