

# Sustainable Leadership & Wellness Development



**NEWSLETTER:**  
**September 2013**

Sustainable Leadership includes Holistic Wellness.

## **What Is Your Undeclared Passion?**

At the tender age of three I declared to my family that I would be a teacher. What I saw growing up was an unbalanced world. Men were perceived greater than women. Adults were seen greater than children. Boys were seen greater than girls. Clever was seen greater than triers.

Every day I get out of bed for one reason - how may I educate so that children would have a better chance to learn and be in this world. I counsel, coach and train parents be they moms, dads, teachers, psychologists, social workers. They could be executives, line managers, coaches, counselors. I work with people who are in a position to educate others and who are willing to do so faster, better and sustainably. I work with people so that they may go home better people with a better impact on those they influence both at home and at work.

I fell in love with teaching my own children. That went on to 14 years of teaching pre-schoolers. In that process, I admired the abilities of children to bring their minds, hearts and souls to learning. For many years after teaching I would have young adults come up to me and thank me for imparting to them the love for learning.

On turning 40 my brother presented me with university fees. That was the start of my formal tertiary learning. Upgrading my education however was highly confrontational for my husband. It became the tipping point of divorce. I did a BA psychology, communications and education over six years whilst working two jobs. I went on to Change Management and Logotherapy - the psychology of Viktor Frankl's Meaning and Purpose of Life. In the process, I also became an Attunement Practitioner, T.R.E Practitioner and a Quantum Energy Coach. A total of 16 years of academic study and 30 years of informal study programmes have recently rewarded me with the title of Dr.

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

I think back to those times when I used to hide in the bathroom so that I could get the last of an assignment done. It was the best times and the worst. It was a time of breaking out of the box and taking what I wanted out of life rather than what I was "allowed" to have. It was a time of my soul finding its expression and loving whatever time I could possibly grab between working, looking after a family and doing all my own housework and garden-work. It was tough. I did it! It came with a cost! I would do it again.

Parents, love your children enough to give them a love for learning. Be kind enough to allow them to get more educated than you ever were. Academic learning and Life learning is your gift to your children. It is their job to be better educated, informed and worldly than you ever were. One thing is certain - they are going to need every bit of it to compete with seven billion others!

Let's talk options - Barbara

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Putting Things Off!

A National Pastime!

Are you a person who promises, intends and even attempts getting something done and yet the job just doesn't get done? Frustrating isn't it! .

The Oxford dictionary describes procrastination as "leave off doing, leave things undone for as long as possible". Why is this? Are you fearful of your skill level? Are you fearful of showing yourself as capable or even great at the job? Is it that if you do a good job you fear a regular commitment?

Formats:

One on One sessions  
Safe, Fast &  
Confidential

Group Workshops

Training

Speaker Events

**Wellness  
Development**

One on One sessions  
Safe, Fast &  
Confidential

Group Work

The list of excuses is inexhaustible. For some reason most of us seem to be hard-wired to stop ourselves from moving forward even with the inevitable, mundane and routine jobs. This morning I was determined to get to start this newsletter. What a lot of hurdles I had to overcome just to get to this point. First, there was Pilates, then breakfast, then varnishing of a hand-made gift, then there were the emails and of course, there was the pressure of all the Facebook and Twitter messages. All important and all wanting my attention and yet, all diluting my resolve. Oh and of course, there were all the payments that needed paying. The cycle of procrastination continues. Now I have to deal with noise levels and distractions other than my own. It is a never-ending cycle of prevention vs motivation.

It is already 11,30am. Most of the morning has gone and I am just where I had intended to be 2 hours ago. So, what is this menace that we have to contend with that we have called "procrastination". Where does it come from? What colour is it, or what is its weight? It seems like it is a living entity. How do we get to identify it and then master it? How do we claim being the master of our lives and not the victim of all the little jobs that need doing?

In the People Development work that I do - I have come to notice what the "devil" is. It is about falling prey to the internal saboteur. You know, that little voice that says "oh just do this first". The saboteur keeps us the same, never challenging or brave. It is the saboteur that keeps us from growing because it is just easier not to. The saboteur keeps us small, inconspicuous and unobtrusive.

Come to terms with the fact that there will always be a part of yourself that just doesn't want to do anything differently, be challenging, or brave. There is a part of yourself that is comfortable to remain small, easy going and unseen. And yet, life is calling you to do more, be better or even shine. Conflict reigns. Which voice do you get to listen to, discard or follow?

Just as what you do with life on a daily basis says something about you as a human being, so too does not doing something.

Scheduling is helpful, Acknowledgment could become a new reality and Gratitude brings quality of life. These are all processes that we could be discussing. Let's chat, Barbara

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**Better Wellness  
in the**

**Workplace  
and at  
Home**

**Better  
Stamina and Vitality**

**Better Relationships  
Better Performance  
Better Contribution**

**Better Lifestyle  
Better Living  
Better Loving**

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## ***FUN People Development***

Monthly Pamper Sessions

What You Will Learn:

- Best techniques to apply top quality range of cosmetics
- Best techniques to apply quality range of make-up products
- Best choice of cosmetics to suit your skin type, your age group and your preference of application
- Explore colour that suits your skin colouring, your personality and fit for work / home / special

Benefits:

- Self-esteem builder
- Self-motivation increased
- Self-care improved
- Self-image improved
- Better presentation and confidence
- Better morale
- Better customer care
- Better bottom line
- Leaders who look and enjoy the part

Recommended for:

- YOU! Especially if you are a lady!
- Your Management
- Your Staff

This is a one-time three and half hour session 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 12h30 or 14h00 to 17h30

Cost:

Negotiable on group size and frequency within an organization

Please Bring with You:

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Website

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

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Our Country,  
Our Companies,  
Our Employees and  
Our Families  
need to find  
Sustainability and Wellness  
in everyday functioning,  
results and balance.

Journal and Colour Pens

There will be a needs questionnaire to fill out and a Skype feedback session.

This highly interactive workshop focuses on participants' involvement with product and experimental use of cosmetics, effects and improvement of skin texture. Wellness Dimensions, an affiliate to Leadership Dimensions, has seen the need in the workplace to bring some light fun back into the workplace to lift spirits and morale. In the process is the enhancement of the Leadership attitude.

These FUN sessions could be included in your INCENTIVES, BIRTHDAY VOUCHERS or END OF YEAR GIFTING to staff members.

Leadership is also about looking the part. This is just another way of creating Sustainable Leadership in your company! Let's chat, Barbara

Dr Barbara Johnson  
Leadership Dimensions

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

## Contact Information

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

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Blog: **MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be** <http://UltimateMeaningfulLiving.blogspot.com>

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



Gifting YOU with Leadership and Development Tools!!! See below.....

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- Business Mentor:

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- How to create more Referrals:

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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.