



LEADERSHIP DIMENSIONS

Leadership Dimensions

PERFORMANCE and CONTRIBUTION

Wellness & Sustainable Leadership



NEWSLETTER:
December 2013

*Wellness is a prerequisite Performance and Contribution at
Work and Home*

A Christmas Gift for YOU!

*A gift that will change YOU!,
Your Business and
Your Life*

This year has very much been about shifting energy. El Camino and Wild Coast was about shifting the energy at a physical, spiritual and emotional level.

Added to that, I had actively sought a financial shift. In so doing I attended five impactful "money" seminars. In next month's newsletter, I will be sharing with you a New Year Gift for You! in the form of another link (or may two, possibly even three) that will add value to you, your business and your life.

So for now, look at this link: [MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be http://DrBarbara.goYOBSN.com.](http://DrBarbara.goYOBSN.com)

Imagine BRANDING your very own company with **Your Own Branded Social Network** and in the process, you and your Free Members can earn Passive Income!

Did you get it? YOBSN - Your Own Branded Social Network.

Your YOBSN site offers **added-value** for You, your Business and the Economy in the following ways:

Wellness
Development
is
foundational
to
results
in the
workplace,
home
and
having fun

- Â. Free Members can see your very own branded page, which includes your Blog
- Â. Free Instant Messaging between the Premium Account Holder (eg schools to parents and children / estates to residents) and Free Members, saving everyone on communication costs eg sms, emails
- Â. The Premium Account Holder and Free Members earn smart points that equate to cash. No money spent earns accumulated points and members can exchange these for goods in the online Smart store.
- Â. Free software downloads
- Â. Library and University study facilities are downloaded for free
- Â. Games with prizes
- Â. Earn Passive Income through Free Membership purchasing games and/or advertising
- Â. YOBSN is about to go Mobile - imagine what that would do for your Passive Income Stream and Brand!!
- Â. Schools, charities, organizations, etc no longer need to "beg for funds" - here is a way to connect, play, advertise, earn and shop together.

Â. **The result** is that your Branding becomes top of mind and now available money is recirculated into the economy - what a wonderful way to get your product / service out there to the market place in a fresh and trendy way!

Â. This is a three way benefit, the Premium Member, the Free Member and the allocation of funds. I would call this a Win-Win-Win!

Now that's a whack of added-value!

And, this is just the tip of the iceberg. To be honest with you I am only just getting my own head into it myself. A group of us are currently in Las Vegas learning about the next level of this viral explosion - I am glad to be a part of it and invite you to be also. Happy days, Barbara

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Dr Barbara Johnson
 LD&WD - Leadership Dimensions & Wellness Dimensions
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 bj@LeadershipDimensions.co.za

Skype: Barbara.Johnson48

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MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be <http://www.Twitter.com/BeyondFulfilled>

http://MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be za.Linkedin.com/in/BarbaraJohnsonKzn

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

Sustainable Leadership relies on Wellness

Personal Leadership & Professional Leadership rely on Wellness

Formats:

- 1X1 Sessions

**Get Out of Life
What You Really Want
A GREAT LIFE**

Soooooo many great things have happened in 2013. Add to El Camino and the Wild Coast walk, I am currently in process of writing a book "Yes, Yes YOU!". The book cover is in process of design, the website is about to go live and my USA publisher has promised to come out to SA for the launch February 2014.

What this emphasises is the fact that it is only when we know what you WANT and commit to it that Life gets to move from mediocre to great.

I am happy to share with you some of my attitudes, techniques and tips in setting up a Great Life. You will discover ways of identifying what it is that you want. You will design a game plan to get what you really want. You will live in to your achievements. You will then be equipped to set yourself up for the next leap upward into an even greater life. What a wonderful way to start of 2014.

Get Out of Life What You Really Want

*Find Meaning, Purpose and Fulfillment to get your
GREAT LIFE*

What You Will Learn:

- Best techniques to achieve mind shifts
- Best techniques to realise options, choices and decision making
- Best techniques for action plans and accountability
- Best techniques to recognise, record and duplicate
- Creative cycles - work with them and not against them
- Change energy and how to make better decisions around change
- Mastering the process

Benefits:

- Getting what you really want - living a Great Life
- Self-determining, self-directing, self-motivating
- Self-esteem builder
- Present yourself with confidence and mastery
- Better bottom line for you and your business / company

Recommended for:

- People who intuitively know that there is "more to life"
- People looking for the "how" of a Great Life
- People who are willing to stay committed to a process
- People wanting to shift their energy to the next level and get the rewards of a Great Life

This is a full day workshop - with Pre-Work and Post-Work

Where:

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

Time:

09h00 to 17h30

Cost:

Dependent on numbers and frequency within companies - let's chat

Please Bring with You:

- A4 hard cover journal, colour pens/kokies, large cardboard, four magazines

- Group Workshops
- Training
- Speaker Events

**Corporate
Wellness
impacts
Workplace
and
Home**

**Better Stamina
Better Relationships
Better Performance
Better Contribution
Better Lifestyle
Better Living**

=

**Better Bottom Line
Results**

Contact:

Prior to workshop:

• Questionnaire

Post workshop:

• Skype feedback session

This highly interactive workshop will focus you. You will shift some of your beliefs. You will engage the process of mastering your own life - Great Life!

Get greater results, greater morale and bottom line evidence. Let's chat, Barbara

Dr Barbara Johnson

LD&WD - Leadership Dimensions & Wellness Dimensions

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

BJ@LeadershipDimensions.co.za

Skype: Barbara.Johnson48

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[/in/BarbaraJohnsonKzn](http://za.linkedin.com/in/BarbaraJohnsonKzn)

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Dr Barbara Johnson

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Website

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

Website:

Articles

Newsletters

Blogs

Talk Shows

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

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

Contact Information

Dr Barbara Johnson

(GIFTING you with Developmental tools
Please see box below)

LEADERSHIP DIMENSIONS

Email: bj@leadershipdimensions.co.za

Website: <http://www.leadershipdimensions.co.za>
[MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be](#)

WELLNESS DIMENSIONS

Email: drbj@wellnessdimensions.co.za

Website: <http://www.wellnessdimensions.co.za> - currently under construction
[MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be](#)

Cell: +27 (0)82 784 7656 or +27 (0)82 871 0843 Land-line: +27 (0)31 716 8226

Skype: Barbara.Johnson48

Blog: <http://UltimateMeaningfulLiving.blogspot.com>
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Gifting YOU with Developmental Tools!!! See below.....

GIFTS for YOU !!

- Financial Freedom through Joint Ventures:

drbj@wellnessdimensions.co.za
bj@leadershipdimensions.co.za

- Business Mentor:

[MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be](http://australiasbusinessmentor.com/leadershipdimensions)
<http://australiasbusinessmentor.com/leadershipdimensions>

- 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 needs for a BETTER process.

Heart warm wishes, Barbara

Save 10%

Earn 10% discounted voucher for qualified referrals.