



# LEADERSHIP DIMENSIONS

*Leadership Dimensions*

PERFORMANCE and CONTRIBUTION

## Wellness & Sustainable Leadership



NEWSLETTER:  
November 2013

Wellness is foundational to work, home and fun

### Early Christmas Gifts for You!

As the year is chasing to a hasty close I would like to return to you my reader some of the good fortune that has come my way during 2013.

As *The People Developer*, I have continued to develop myself in all aspects of life. Life comes to us holistically in many forms and shapes. I call them the Eight Essential Aspects - namely, Intellect (IQ) Emotions (EQ), Spirit (SQ), Relationships (RQ), Body (PQ), Finance, Fun and Career.

As 2013 started out I got very involved with walking El Camino and then Wild Coast SA - that was about PQ, EQ and SQ - the training of my body, mind and spirit for endurance, stamina and sustainability. As a result, I achieved great success by being one of the top three walkers in our group of 25. Add to this the compounding impact of Wellness Dimensions being born.

This experience has enabled me to support others in and through their life changes, trauma or transformation. I am able to supply them with lifestyle products that enhance their efforts. John arrived with depression and anxiety at an emotional level and arthritis at a physical one. He worked through his mind-set of his problems and came to realise "the gift" of depression and anxiety. He found meaning and purpose of his suffering. He made the necessary adjustments around diet for his arthritis. He supported his new direction in life with a supplement programme and lifestyle changes. Wellness Dimensions was able to provide the supportive products to the Leadership Dimensions service offering of counselling and coaching.

Then 2013 shifted my financial development. I was introduced to financial gurus who not only shared their insights but also some of the vehicles that they use for their own financial development. It has been an exciting journey witnessing my shifting mind-set. I have found meaning and purpose in the frustrations that I had been experiencing. In

Wellness  
Development  
is  
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home  
and  
having fun

committing to do the work and fully engage with the process, I have already had some marked experiences. There is no going back now. A new stream of light, of knowing, or realisation has stepped into the space of what was to reveal new options to me.

New ways of thinking brings new attitudes and new actions. From the space of previously unseen opportunities, I am now in a position to see what else is possible. Courage turns into results. Better results turn into better lifestyle.

So in the light of mind-shifting, I have some gifts to share with you:

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

Second share: [MailScanner has detected a possible fraud attempt from "r20.rs6.net" claiming to be http://australiasbusinessmentor.com/leadershipdimensions](#) Geoff Kirkwood has been overseeing these newsletters and blogs for some time now. He has mentored my writing skills and online media presentation. He came out to visit South Africa in January of this year and enjoyed much attention and many contacts as a business mentor.

Third share: Early in 2014, Geoff and I will work together on a very beautiful campaign here in South Africa that will uplift our energy, our love and our hearts. Of course, I want to be a part of such wonderful project - global at that! I will definitely keep you in the loop. A belated Christmas gift to you - a surprise, all wrapped up, not yet opened - enjoy the suspense!

How can we better work together for a better world? What is your gifting to the world? Let's chat, Barbara

**PS - Did you get it?** The Universal Law of Give and Receive. Giving opens up a space to receive. Let's chat as to what happens. Barbara

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<http://WellnessDimensions.blogspot.com>

## ***Employee to Entrepreneur***

***Change your mindset for new results***

What You Will Learn:

- Best techniques to achieve mind shifts
- Best techniques realise options, choices and decision making
- Best techniques for action plans and accountability
- Best techniques for follow up, recording and duplication
- Creative cycles

# Sustainable Leadership relies on Wellness

# Personal Leadership & Professional Leadership rely on Wellness

Formats:

- 1X1 Sessions
- Group Workshops
- Training

- Change processes
- Mastering the process

Benefits:

- Self-esteem builder
- Self-motivation increased
- Better presentation with confidence
- Better bottom line
- Entrepreneur who looks and enjoys the role

Recommended for:

- New and Old Entrepreneurs who have yet to make the shift

This is a day workshop

Where:

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

Time:

09h00 to 17h30

Cost:

Dependent on numbers and frequency - let's chat

Please Bring with You:

• A4 hard cover Journal and Colour Pens

Prior to workshop:

• Needs questionnaire

Post workshop:

• Skype feedback session

This highly interactive workshop focuses on participants' involvement in making the necessary mind shifts required to become fully engaged as entrepreneurs.

Leadership Dimensions offers enhancement for Entrepreneur-Leadership attitude.

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

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# • 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:

Dr Barbara Johnson

***You Get to See it First***

*Pre-Release recognition in  
Dr Viktor Frankl's  
Logotherapy Journal*

The International Forum for Logotherapy Dallas, Texas and Vienna, Austria will be publishing an insert on me in their next journal. Here it is.....

The International Forum  
for  
Logotherapy

Journal of Search for Meaning

DIPLOMATES IN LOGOTHERAPY

Barbara Johnson

"Better People, not in spite of but because of the very circumstances that they found themselves in". Viktor Frankl's quotation caught Barbara Johnson's imagination, inspiration, and motivation to run down the corridor and advise UNISA that she was committed to do the work at any cost, over any duration and whenever the next program was scheduled.

She received A+ from Dr. Teria Shantall and an invitation to speak to her peers at the 17th World Congress on Logotherapy in Dallas, Texas 2009. She attended and presented at the Congress.

She continues to attend Logotherapy congresses whenever possible adding value where and whenever possible.

In October 2012, she received an Honorary Doctorate for 30 years of research and study in People Development in both formal and informal settings.

*PERSONAL ACCESSING OF  
SPIRITUAL DEVELOPMENT*

This Project outlined the theory of Logotherapy as being Spiritual Beings.

It also described how to develop a stable inner environment.

The project discussed Personal Accessing of Spiritual Development (PASD), which portrays personalized healing, firstly for the therapist and then for the client. It is about finding meaning in the trauma and finding who we are determined to be. It is about going beyond self as we know ourselves, to finding True-Self. In a state of Transformational True-Self life calls us toward others or cause, toward Life itself and God Himself - Self-Transcendence.

The common thread running through the project was Frankl's view of spirit as being made up of meaning, stance, defiant-spirit, right choice, self-transcendence, triumphant victory, life's calling, and eternal storehouse.

Demonstrations in developing our spiritual sides were included, against a framework of Frankl's meaning of spirit. It discussed the concept that the spiritual realm is available in every one of us and in

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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.

every circumstance.

Personal Accessing of Spiritual Development is intended to be a platform for others who would like to experience themselves as spiritual beings.

Preceptor: Teria Shantall, Ph.D., Diplomate in Logotherapy

"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

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

## GIFTS for YOU !!

- Financial Freedom through Joint Ventures:

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

- 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 needs for a BETTER process.

Heart warm wishes, Barbara

**Save 10%**

Earn 10% discounted voucher for qualified referrals.