



LEADERSHIP DIMENSIONS

Leadership Dimensions

PERFORMANCE and CONTRIBUTION

Great Staff Engagement through Personalised People Development



Newsletter
Great Staff Engagement:
January 2014

Personalised People Development is the foundation of a Great Staff Engagement

Hello,

I am Barbara Johnson,

The People Developer.

Personalised People Development is my Passion.

Leadership Dimensions, birthed in 2002, has taken Coaching to another level by adding the components of Trauma Counseling and Transcendence to the recipe for Great Staff Engagement and Sustainable Leadership.

When YOU understand your authentic self, YOU have a chance of understanding and effectively working with others. People skills start with Self-Skills; Self-Skills start with clearing away the limiting belief systems, life experiences and perceptions.

K. became CEO of four companies and attributes her success to having "done the work" to clear, clarify and to become authentic. YOU too have that potential.

Please assist Leadership Dimensions and the South African economy by inviting us to access your company programmes. Together we can give people a better chance at living into their potential, power and purpose. Imagine how this would add value to your company, your clients and our economy!

Leadership Dimensions works primarily with the uniqueness of each individual through one-on-one sessions, group work and programmes. This approach is applicable across all life circumstances, age and cultures. Safe, confidential and empowering conversational space provides enhanced Performance and Contribution. What results is

Personalised
People
Development
is foundational
to better results

First
Personalised Growth

Great Staff Engagement and Sustainable Leadership. ROI of 12% on traditional training is revolutionised!

Leadership Dimensions offers an exceptional, unique and revolutionary recipe for Leadership into the world.

I Counsel / Coach, Train the Trainer and Speak at events. How may we work together?

You Can, You Can, You Can

6 steps to Getting it Done

So you've done it - all the rush around, connecting and loving that any festive period can bring.

So now, it is back to a new year with already forgotten resolutions. Has frustration already sunk in and are YOU already feeling overwhelmed? YOU just cannot believe how quickly this first month of the year is racing by.

Well, here is the bad news - it is just going to get faster, worse and more frustrating if you keep doing what YOU have been doing in the past.

The question is, what will YOU be doing different Jan 2014 and beyond to make this year different to last year?

The good news is that it is up to YOU. The good news is that if YOU can feel the frustration, then YOU can also heal the frustration. The good news is that it is in your power to add change to the recipe. The good news is that YOU can be the change that brings about different feelings, different results and different lifestyle.

Goals and resolutions are all very well. Without a specific ingredient, these goals and resolutions will remain figments of your imagination. "What?"- you may be asking, "what?" "Anything; I will do anything to get out of this overwhelm of nothingness and hopelessness". That one ingredient is also up to YOU and in your power to add. It is - are you ready for it? - it is ACTION. Oh yes, that little sneaky word that YOU know is there but hate. So YOU can goal-write and create resolutions as much as YOU like, but without the actions not much is going to happen.

Action too requires a mind shift. Change your mind - goals alone are not enough. Goals and action is what it takes. Procrastination is going to get in the way. Self-loathing and further frustration will set in. ACT now - start anyway, whether you know how to or not - just start, before long YOU will be able to make some adjustments.

Here's a tip: work out what you like doing and delegate to others what you don't - hey presto, Procrastination is sorted!

Schedule the Actions for the Goal.

Use your computer to set up a schedule:

1. Landscaped page - write in big bold letters what the goal is:
eg. LOSS 5kgs of WEIGHT By ...

Second Business Growth

Formats:

- 1X1 Private Sessions
- Face to Face or Online
- 1X1 Private Programmes
- Group Workshops
- Train the Trainer
- Speaker Events

Engaged Staff
impact
Workplace,
Home
and
Economy

Let's develop towards:

WRITE MY BOOK By.....
GET THAT PROMOTION By

2. Beneath the goal create a table, plot 31 days across the top 1, 2, 3, etc.
3. Down the left hand-side write up what actions would achieve that goal. Include things to do, as well as things not to do; eg give away chocolates, drink 6+ glasses of water daily, daily salad, exercise, vitamins etc
Get the Title and the Subtitle, work out the target market, the purpose of the book etc
Stop giving lip to superiors, be punctual, dress appropriately, meet report deadlines etc
- If you are not sure, seek advice - talk to me about coaching!
4. Every evening tick off the applicable day of the month (top of page) and the actions (left of the page)
5. At the end of the month see your progress - repetitive actions in relationship to goal; eg lost 3kgs, 30 pages, new attitude
6. Compliment yourself on your achievements. Make adjustments if necessary: extend the date, DO NOT give up on the goal! Keep Going, YOU are almost there!!!!
Often people give up at 55% of the process - keep going - YOU are almost done!

Goals / New Year Resolutions require ACTION. Action empowers YOU. Self-esteem builds new goals - YOU become the master of your life. Creative Cycles, Change management are important ingredients - Let's chat, Barbara

Turn those **Goals**
into
Achievements
for 2014.

What YOU Will Learn:

- Best techniques to achieve your mind shifts
- Best techniques to realise your options, choices and decisions
- Best techniques for your action plans and accountability
- Best techniques to recognize, record and duplicate
- Creative cycles - work with them and not against them
- Change energy - make better decisions around change
- Mastering the process of life changes

Benefits:

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

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

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

Contact:
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Skype:
Barbara.Johnson48

- Getting what YOU really want out of your work and home
- 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:

- Frustrated free thinkers wanting more than their current belief system can offer them

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

Where:

- Le Domaine, 100 Acutts Drive, Hillcrest, Kzn, South Africa
- On-site (dates to be negotiated)

Time:

09h00 to 17h30

Dates:

Sat 01 March 2014 and / or
Wed 12 March 2014

Cost:

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

Please Bring with You:

- A4 hard cover journal, colour pens, large A2 cardboard, min of four magazines

Prior to workshop:

- Questionnaire

Post workshop:

Skype feedback session

This highly interactive workshop will focus YOU on YOU. YOU will shift some of your beliefs, emotions, attitudes, thinking and speech. YOU will engage the process of mastering your own life - a Great Life!

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

"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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LEADERSHIP DIMENSIONS

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

GIFTS for YOU !!

- Joint Ventures, please email:

BJ@LeadershipDimensions.co.za

- Business Mentor, please go to:

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- How to create more Referrals, please see:

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DrBJ@WellnessDimensions.co.za

LEADERSHIP DIMENSIONS - founded in 2002

PERSONALISED PEOPLE DEVELOPMENT

Bring about the best in YOU and your COMPANY.

Together we can make it better, bigger and faster - Barbara

Save

Let's chat about mutual referral systems.