$$\sigma(z) = \frac{1}{1+e^{-z}} = (1+e^{-z})^{-1}$$

$$\frac{d\sigma(z)}{dz} = -1(1+e^{-z})^{-2} \frac{d}{dz}(1+e^{-z})$$

$$= -(1+e^{-z})^{-2}(-e^{-z})$$

$$= \frac{e^{-z}}{(1+e^{-z})^2}$$

$$= e^{-z}\sigma^2(z)$$

We need to find an expression for e-2

$$\sigma(z) = \frac{1}{1+e^{-z}}$$

$$\operatorname{Recip.} \rightarrow \frac{1}{\sigma(z)} = 1+e^{-z}$$

$$\vdots e^{-z} = \frac{1}{\sigma(z)} - 1$$

Thus,

$$\frac{d\sigma(z)}{dz} = \left(\frac{1}{\sigma(z)} - 1\right)\sigma^2(z)$$

$$= \sigma(z)\left(1 - \sigma(z)\right) \text{ as required.}$$