



# SUSAN DUNLOP

Survivor Advocate | Educator | Facilitator | Writer

Founder of Lead Believe Create with  
Susan Dunlop and Blue Borage

## Empowering Courageous Conversations for Healing and Change

### ABOUT SUSAN

Susan Dunlop is the founder of Lead Believe Create and Blue Borage, leveraging over two decades of leadership in healthcare, now practicing as a certified trauma-informed coach and facilitator in The Empowerment Dynamic. She is committed to breaking cycles of unhealthy interpersonal dynamics, guiding organisational leaders and workforces, school teams and families towards healthier interactions and transforming anxiety-driven reactions into passion-driven, purposeful actions.

### WHAT THEY SAY

"Susan's influence has empowered our team with the tools to strengthen emotional intelligence and reduce drama — both at work and in life."

**B. McLaughlin, Vice Principal, Jockey Club Sarah Roe School, Hong Kong**

### A UNIQUE PERSPECTIVE

#### Insights, Takeaways and Learnings

- Moving from silence to agency as a lived experience leader
- Recognising and breaking generational patterns of harm
- Trauma-informed communication tools for leaders and teams
- Cultivating resilience through values-aligned action
- The Empowerment Dynamic® (TED®) as a daily practice for change
- Building conscious cultures in organisations and communities
- How storytelling shifts public narratives and drives systems change

### SIGNATURE SPEECH / KEYNOTE TITLE

1. Moving from Silence to Agency as a Lived Experience Leader
2. Recognising and Breaking Generational Patterns of Harm
3. Trauma-Informed Communication Tools for Leaders and Teams
4. Cultivating Resilience Through Values-Aligned Action
5. The Empowerment Dynamic® (TED®) as a Daily Practice for Change
6. Building Conscious Cultures in Organisations and Communities
7. How Storytelling Shifts Public Narratives and Drives Systems Change
8. Lived Experience as a Compass — Illuminating Gaps and Catalysing Change
9. The Ripple Effect of Storytelling — Healing Through Authentic Narrative
10. Trauma-Informed Leadership in Action — Building Trust-Based Teams
11. From Silence to Empowerment — Preventing Harm and Supporting Survivors

### WATCH SUSAN SPEAK (UPLOADING SOON)



Survivors don't choose this path, but once we know the truth, we can't unsee it. We carry superpowers we never asked for: vigilance, clarity, the ability to read what's missing in the spaces others walk past. Where systems stall, we step forward. Where silence lingers, we speak. We don't move out of anger, we move out of love. For those still waiting to be seen. For the children who deserve better. For the world we know is possible. We lead, not because it's easy, but because it's necessary.

SUSAN DUNLOP



## WHO IS SUSAN DUNLOP

Susan Dunlop is the founder of Lead Believe Create and Blue Borage, leveraging over two decades of leadership in healthcare and now practicing as a certified trauma-informed coach and leadership facilitator. She is dedicated to breaking cycles of reactive behaviour, guiding organisations, school teams, and families toward healthier, purpose-driven ways of relating. A respected voice on sibling sexual abuse, Susan speaks candidly and compassionately about all aspects of this hidden trauma. She spent four years immersed in studying its origins, family dynamics, subtle markers, and the long-term impacts on survivors. Susan champions *Resolve* by Alice Perle, Australia's first memoir to confront sibling sexual abuse, creating a catalyst for essential conversations and systemic awareness. Her mission is clear: to dissolve the stigma and silence surrounding survivors, advocating for prevention, early intervention, and community-led healing. Through Blue Borage's Conversation Café series, Susan brings together survivors, advocates, practitioners, educators, and families — building a global movement for sustainable change. Her work ensures survivors are not just seen and heard — they are empowered.

## WHAT OTHERS SAY

Susan's work created a ripple effect of healing and visibility that reached me when I needed it most. Her voice was the first I found — and it gave me the courage to start my own healing journey. Blue Borage fosters a community of safety, strength, and transformation, much like the borage bloom itself: resilient, protective, and quietly powerful. **Mattie D. UK**

Susan has an amazing way of making personal connections in such a respectful way. I highly recommend her as an exceptional TED® facilitator and mentor. **Rae Richardson, Director of Nursing, Buderim Private Hospital, Australia**

## WHY BOOK SUSAN

With a rare blend of lived experience, professional leadership, and trauma-informed education, Susan brings audiences powerful insights on healing, resilience, and courageous leadership.

As Australia's first certified facilitator of The Empowerment Dynamic® (TED\*®) and 3 Vital Questions®, Susan offers a fresh, human-centred approach to breaking cycles of drama and fostering conscious leadership. Audiences leave inspired and equipped with practical tools to foster empowered conversations and meaningful change — in organisations, communities, and their own lives.

- Over 25 years of leadership and coaching experience
- Survivor-led perspective, bridging personal and systemic change
- Global advocacy ally with 5WAVES and IncestAware Alliance
- Certified trauma-informed coach and professional leadership facilitator
- Experienced speaker, facilitator, and contributor to national and international events

## CONNECT



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[Susan Dunlop](#)



[Coffee & Contemplation  
with Susan Dunlop](#)



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