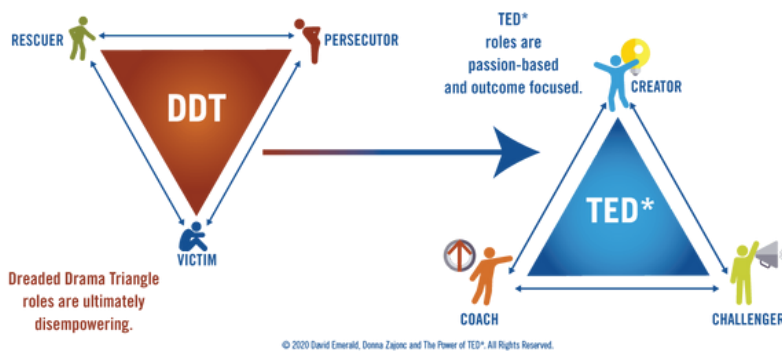


Your First Step to Empowered Living

A Four-Week Personal Growth Journey

Move from Drama to Empowerment - Baby Steps to Lasting Change

- Learn to focus on what you want rather than what you don't.
- Increase awareness of your drama roles, how you react when "triggered" and practice ways to shift those patterns.
- Boost your ability to 'choose' rather than react impulsively.
- Incorporate the empowering roles of Creator, Challenger, and Coach into everyday life.
- Build healthier and more conscious relationships with others.
- Feel empowered, not diminished, when facing life's challenges.



The Introductory Program includes:

- Four live, facilitated small-group sessions via Zoom, starting with an introductory session, followed by three 60-minute sessions over six weeks.
- Individual licenses for the Center for the Empowerment Dynamic's platform, with access to the six-unit Power of TED® self-directed eLearning course.
- Participation in the Center's community space, events, and blog.
- A 27-page interactive Power of TED® workbook, applying TED* principles to life.

Dates and Times:

These will be coordinated to accommodate your availability and time zone.

Special Introductory Offer: AUD\$197 per person

(This includes lifetime access to each individual license for the platform and the facilitated live sessions)



About Susan

Susan Dunlop, founder of Blue Borage, is a passionate advocate, coach, and facilitator dedicated to empowering individuals. Since 2017 Susan has coached and trained organisational leaders and teams. Blue Borage was founded in 2024, to support those affected by trauma, and their allies, to break cycles of dysfunction, chaos, and poor communication—often at the root of abuse. A licensed TED*® and 3 Vital Questions® facilitator, Susan blends self-awareness with personal empowerment. She helps individuals experience deep personal growth and live a vision-inspired life. A survivor herself, Susan is committed to fostering empathy, vulnerability, and a new way of thinking and communicating. She has seen how poor modeling of communication led to abuse starting and continuing. The harm of that can last into adult life unless we choose to change. Susan's life changed by practicing the work she now delivers. Her vision is to create a space where people feel seen, heard, and supported as they embrace their courage and become models of what is possible. Susan delivers TED*® training with heart, creating compassionate spaces for vulnerability, growth, and learning.

What Others Say

Susan is highly skilled in her practice, which she delivers in a personalised manner making it accessible to all. Susan's influence has positively impacted our staff and empowered us with the knowledge and skills to continue our focus and commitment to strengthening our emotional intelligence and reducing life and workplace drama.

- **B McLaughlin, Vice Principal**

Jockey Club Sarah Roe School, Hong Kong

Susan's knowledge and professionalism is second to none. She has an amazing way of making holistic, personal connections in such a respectful way. I would highly recommend Susan, she is an exceptional TED facilitator, coach, mentor, leader and entrepreneur.* - **R Richardson, Director of Nursing, Buderim Private Hospital, Australia**

Feeling stuck in endless cycles of drama or at risk of being drawn into other people's drama?
Prepare to be reinvigorated with possibilities!

Susan will guide you towards a life-changing paradigm shift with TED* (*The Empowerment Dynamic)®, offering a refreshing approach to how you perceive challenges, equipping you to proactively create the life you desire.



DO YOU WANT GREATER SATISFACTION, JOY AND RESILIENCY IN YOUR LIFE?

No matter where you are in life, this program starts your journey toward personal empowerment. While you cannot escape drama completely, you will learn how to quickly recognise reactive behaviours and shift into your true Creator self.

Join Susan for a Personal Journey

Learning to transform drama into empowerment is a priceless gift TED* teaches. The Empowerment Dynamic accelerates your ability to self-observe and notice your internal conversation.

Key Benefits

By waking up to your thinking patterns and how you relate to yourself and others, you have the chance to choose a more positive response to life's challenges and create an empowered life.

"Susan's program stimulated profound, purposeful change for me. Her approach, combining coaching and introspection, led me from self-doubt to confidence, aligning me with my passions and goals."

— J. Hamley, Gold Coast, Australia

What Others Say About the Power of TED* (from David Emerald's book):

... really smart and helpful information about... stronger, saner and healthier ways of behaving.'

- Elizabeth Gilbert, Author of *Eat, Pray Love* and *Big Magic*

"The Power of TED will help you escape from the traps of victimhood. Applying its lessons will enable you to become truly proactive and develop high trust in yourself and others."

- Stephen M.R. Covey, bestselling author of *The Speed of Trust*

'This powerful little book points the way toward fulfilling, empowering relationship'

- Gay and Kathlyn Hendricks Ph.D., authors of *Conscious Loving*

Contact Susan to Arrange this Small Group Experience:



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