

Donna Zajonc of The Power of TED to be Featured on Close Up Radio

SEATTLE, WA, UNITED STATES, October 3, 2024 /EINPresswire.com/ -- When faced with challenges, many of us slip into familiar reactive roles: the helpless victim, the blaming persecutor, or the heroic rescuer. These roles form the Dreaded Drama Triangle, a destructive cycle first identified by Dr. Stephen Karpman in the 1960s. Today, Donna Zajonc champions a powerful alternative: TED* (*The Empowerment Dynamic)[®], a framework developed by her business partner, David Emerald. Together, David and Donna co-founded the Center for The Empowerment Dynamic, where they continue to share this transformative work.



With almost 25 years of professional coaching experience -- and sometimes called "a coach's coach" -- Donna leads courses designed to teach coaches, HR professionals, and leaders how to break free from the drama cycle and embrace TED*. Instead of falling into reactive roles, TED* empowers individuals to shift into the more empowering TED* roles of Creator, Challenger, and Coach—offering a more constructive way to navigate both personal and professional challenges.

Donna explains, "The shift to TED* is not a quick 'one and done', rather it is a journey. It requires self-awareness and an ongoing commitment to make more empowering choices." Her work, rooted in her book *Who Do You Want to Be on the Way to What You Want*, empowers coaches to help others transform their lives by embracing TED* roles.

Books like *I'm OK, You're OK* sparked a human development revolution in the 1960s, inspiring professionals like Dr. Karpman and David Emerald and Donna Zajonc. Their shared vision promotes a purposeful and conscious way of living, a stark contrast to the Dreaded Drama

Triangle.

Close Up Radio will feature Coach Donna Zajonc in interviews on Mondays at 1:00pm, this October. Jim Masters will host on the 7th and then Doug Llewelyn on the 14th.

Listen to the shows on [BlogTalkRadio](#)

If you have questions for our guest, please call 347-996-3389

For more information about Donna and TED visit her website:

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The image contains two diagrams. The top diagram, titled 'The Dreaded Drama Triangle', features a red inverted triangle with 'DDT' in the center, 'The Dreaded Drama Triangle (DDT)' below it, and the vertices labeled 'Rescuer', 'Persecutor', and 'Victim'. A box on the right states 'Victimization = Situation' and 'Victimhood = Identity'. The bottom diagram, titled 'TED* (*The Empowerment Dynamic)*', features a blue upright triangle with 'TED*' in the center, and the vertices labeled 'Creator', 'Challenger', and 'Coach'. Both diagrams include copyright notices for Donna Zajonc, MCC.

The Dreaded Drama Triangle

Rescuer Persecutor

DDT
The Dreaded Drama Triangle (DDT)

Victimization = Situation
Victimhood = Identity

Victim

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TED* (*The Empowerment Dynamic)*

Creator

TED*

Challenger Coach

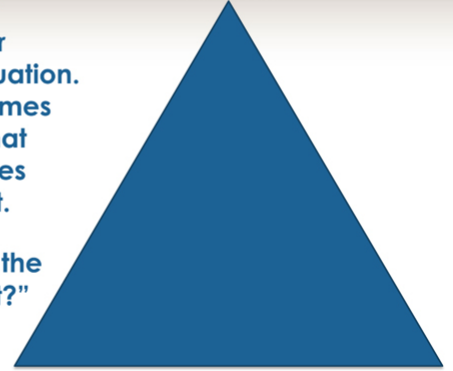
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Creator---Antidote to the Victim

A **CREATOR** owns their capacity to choose their response despite the situation. They focus on the outcomes they want more than what they don't want and takes responsibility to create it.

Creator asks: "Given the situation, what do I want?"
What is mine to do?"

Creator



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TED*
*MIT Leadership Institute

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