

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

SEATTLE, WA, UNITED STATES, October 10, 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 a two-part interview with Jim Masters on Monday October 14th at 1pm Eastern and with Doug Llewelyn on Wednesday October 23rd at 1pm Eastern

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: www.powerofted.com

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The top diagram, titled "The Dreaded Drama Triangle", features a red inverted triangle. The vertices are labeled "Rescuer" (top left), "Persecutor" (top right), and "Victim" (bottom). The center of the triangle contains the text "DDT The Dreaded Drama Triangle (DDT)". To the right of the triangle is a box with the text "Victimization = Situation" and "Victimhood = Identity". Below the triangle is the copyright notice "© 2024 - Power of TED* and Donna Zajonc, MCC" and the TED* logo.

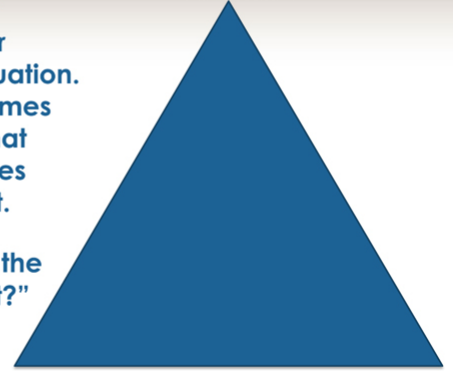
The bottom diagram, titled "TED* (*The Empowerment Dynamic)", features a blue upright triangle. The vertices are labeled "Creator" (top), "Challenger" (bottom left), and "Coach" (bottom right). The center of the triangle contains the text "TED*". Below the triangle is the copyright notice "© 2022 - Power of TED* and Donna Zajonc, MCC" and the TED* logo.

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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