



**My Avenging Angel Workshops™
PROGRAM
SUSAN OMILIAN
Originator and Facilitator**

Basic My Avenging Angel Workshops™ -- The two six-hour sessions are conducted by Susan Omilian who leads women who have been abused through writing, focusing and interactive exercises so that they can see the journey they are on – from victim to survivor to “thrivers.” They connect to the “thrivers” energy inside them (the “Real You”) and find positive patterns in their lives where they have pushed through their fears. They also set new goals that flow from that fearless, “thrivers” energy so they can move permanently out of the cycle of violence and reclaim their lives.

The Archangel Follow-up (Advanced) Group is a community of the women who have taken both sessions of the basic workshop and meet regularly for support, guidance and encouragement from Susan and each other in order to stay connected with their “thrivers” energy. Activities include monthly follow-up sessions to share a pot-luck lunch, check-in on their short- and long-term goals and engage in interactive writing and creativity exercises as well as guest speakers on a variety of topics including health and wellness. Other positive, upbeat activities include summer picnics and holiday parties.

The Stepping Forward Program -- Experiencing abuse can derail a woman's dreams, curtails her education and limits her access to good jobs. Some are financially strapped due to lack of control of money during the abusive relationship and lengthy legal battles with abusive ex-partners. *The Stepping Forward Program* is an economic empowerment effort for women who have attended the basic workshop to help them focus their career goals, sharpen job skills, build their own businesses and manage finances so that they can move forward in life without severe economic and financial consequences.

- **The goal of job search/business development:** Help women obtain new or better employment and build their small businesses by providing resume writing, job search tips, job interview preparation, assistance with developing LinkedIn profiles and business coaching in order to build their confidence, identify their interests and assess their strengths, educational background and job skills.
- **The goal of financial counseling:** Increase income by learning how to budget their money, set up savings goals, deal with creditors and plan for retirement.

“Journey to the Real You” Weekend Retreats -- The annual *Archangel* weekend retreat is a time to reflect, re-energize and renew the commitment to move permanently out of the cycle of violence. Set at Mercy Center in Madison, CT in a luxurious beach house on the Connecticut shoreline, the three-day retreat allows women to unwind in a beautiful seaside location and, through writing, interactive exercises, music and dance, connect again with the “Real You,” that part of them untouched by the abuse they have experienced. They experience a community of women who understand their journey and appreciate the triumph of moving beyond abuse to reclaim their lives.

Susan provides the My Avenging Angel Workshops™ and the Archangel activities free-of-charge. Costs for the weekend retreat are underwritten by a revolving scholarship fund.



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AFFIRMATIONS FOR MY AVENGING ANGEL WORKSHOPS™

1. *Create a new life for yourself – living well is the best revenge!*
2. *Discover your inner wisdom and quiet the negative voices in your life.*
3. *Tap into your truest desires and uncover your inner strengths.*
4. *Conquer your fears so you can embrace change.*
5. *Find creative, meaningful work that you love and live the life you have imagined!*

SEVEN STEPS TO THRIVING AFTER ABUSE!

- STEP 1 – See Your Journey**
(Fairy Tale Exercise, Right Brain/Left Brain)
- STEP 2 – Quiet Inner Critic**
(Inner Critic Exercise)
- STEP 3 – Connect with the Happy Person Insider**
(“Happy Person” Letter)
- STEP 4 – Get Positive Energy**
(“What’s Important to You” Exercise 1, 2, 3s)
- STEP 5 -- Vision a New Life**
(Future Perspective Exercise)
- STEP 6 – Overcome Fears**
(“If I had no fear,” Positive Pattern/Peak Experience)
- STEP 7 – Set New Goals**
(Going Backward on Steps for New Goal)

WORKING DEFINITION OF A THRIVER!

A “thriver” is a happy, self-confident and productive individual who believes she has a prosperous life ahead of her. She is primed to follow her dreams, go back to school, find a new job, start her own business or write her story. She believes in herself and in her future so much that she will not return to an abusive relationship. She speaks knowledgeably and confidently about her experiences and is not stuck in her anger or need for revenge. Living well is her best revenge and with her eye on the higher social good, she is a fierce advocate in her community and in the broader political arena for realistic, workable solutions to eliminate and prevent domestic violence. She has found a network of women who understand and share her desire to move forward after abuse.

“Surviving is important but thriving is elegant.” -- Maya Angelou