

ENTER THE THRIVER ZONE

with Award-winning Advocate and Author

Susan M. Omilian JD

Susan is available for workshops, presentations and trainings.



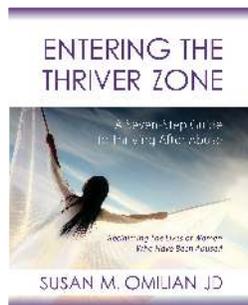
Susan Omilian

In the early morning hours of October 18, 1999, Susan received a phone call that her nineteen-year-old niece Maggie had been shot and killed by her ex-boyfriend on a college campus in Michigan. Maggie was brilliant and beautiful, an athlete and a musician who wanted to go to law school and help others. At the moment of her death, Maggie didn't have the chance to survive so Susan vowed to work with women helping them not only to survive but thrive after abuse as Maggie could not.

In Maggie's memory, Susan originated and has facilitated since 2002 her *My Avenging Angel Workshops™* based on the idea that *living well is the best revenge*. Described as "life changing" and "a component for women recovering from abuse that has been virtually overlooked," Susan's work has helped hundreds of women break the cycle of violence and live happy, productive lives after violence and abuse by taking the journey from victim to survivor to "**thriver!**"



Maggie



Susan has published several workbooks containing the motivational guidance she has successfully used in her workshops and trainings. These books include *Entering the Thriver Zone: A Seven-Step Guide*

to Thriving After Abuse published in and *Staying in the Thriver Zone: A Road Map to Manifest a Life of Power and Purpose*. With simple easy-to-read work sheets, invigorating writing exercises and inspirational success stories, these workbooks help women take the critical "next-step" beyond surviving to reclaim their lives after domestic violence, sexual assault or other physical or emotional abuse.

In 2017, Susan also published a novel, *Awaken: The Awakening of the Human Spirit on a Healing Journey*. a gripping story inspired by her niece Maggie's story. The novel illustrates the signs of abuse in a relationship through the use of a story and gives hope and encouragement to victims that they can heal and thrive after abuse. Coming sequel is *Emerge: The Opening of the Human Heart to the Power of Love*.

Susan is an experienced key note speaker, workshop facilitator and trainer who has presented her work to victim advocates, service providers and survivors and their families. She can speak on these and other topics.

- **ENTERING THE THRIVER ZONE: Living Beyond Abuse In Our Lives – including Train the Trainer**

When Susan's nineteen-year-old niece was killed in 1999, a victim of dating violence, Susan transformed the tragedy into a unique opportunity to help others move beyond abuse and violence in their lives. Susan now empowers survivors with the motivational guidance contained in her workbooks: *Entering the Thriver Zone: A Seven-Step Guide to Thriving After Abuse* and *Staying in the Thriver Zone: A Road Map to Manifest a Life of Power and Purpose* developed in her *My Avenging Angel Workshops™*. Her work, described as "life changing," has helped hundreds of women transform their lives and discover "living well is the best revenge." Be inspired by and inspire others with Susan's award-winning, innovative work for the journey from victim to survivor to thriver!

Appropriate for groups of survivors, victim advocates or service providers who work individually or in groups with survivors.

- **TELLING MAGGIE'S STORY: Exploding the Myths about Dating Violence**

Maggie was a smart, strong-willed young woman who knew how to take care of herself. How could she become a victim of dating violence? In telling about Maggie, her nineteen-year-old niece killed by an ex-boyfriend, Susan explodes the myths about dating violence and illustrates the warning signs of abuse in a relationship. Her talk helps audiences see Maggie's tragic death as a cautionary tale as well as a catalyst for the kind of action needed to address dating violence in our communities.

Appropriate for students (middle school to college), parent groups and general public.

Contact Susan at 860-236-2401 or by email at susan@ThriverZone.com.
Visit www.ThriverZone.com and view her *Thriver* video on YouTube.com.

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Susan Omilian JD, a nationally recognized expert has worked extensively as an advocate to end violence against women. An attorney, author and motivational speaker, she has spent the past forty years in efforts to help women who have been abused reclaim their lives.

In the 1970s, she founded a rape crisis center and represented battered women in divorce proceedings in the early 1980s. She also litigated sex discrimination cases including helping to articulate the legal concept that made sexual harassment illegal in the 1990s.

With the death of her nineteen-year-old niece Maggie who was shot and killed in October 1999 by her ex-boyfriend, Susan's work on behalf of women became more personal and immediate. She vowed to help other women move on after abuse and create a new life for themselves and their children as Maggie could not.

Her current efforts include the publishing of *The Thriver Zone Series™* for women, no longer victims, beyond survivors, now thrivers, on the brink of a new life. The two workbooks in the series are *Entering the Thriver Zone* published in 2016 and *Staying in the Thriver Zone* in 2018. *Awaken*, a novel, the first in *The Best Revenge Series™*, was launched in 2017 with the second book in the three-book fiction series, *Emerge*, coming in October 2019.

Susan is the originator and facilitator of *My Avenging Angel Workshops™* which have helped hundreds of women since 2002 take the journey from victim to survivor to thriver. She is the author of several books on sex discrimination law and her articles have appeared in newspapers and journals including *The Voice: The Journal of the Battered Women's Movement* published by the National Coalition Against Domestic Violence (NCADV).

She has spoken nationally on topics related to women who have been directly impacted by violence and abuse as well as to those who work with them – including victim advocates with National Organization of Victims Assistance (NOVA), inmate populations, and Indian tribe organizations.

Susan holds a law degree from Wayne State University in Detroit and a BA with Honors in Journalism from the University of Michigan.

Susan's Personal Mission Statement

"I am a woman of power whose mission in life is to be a catalyst for change for victims of violence against women. Today I celebrate my life by building a community of strong, independent, productive women who have survived abuse and are thriving in well-being, love and joy."