

# THRIVERZONE

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**Susan Omilian JD** is a nationally recognized expert who has worked extensively as an advocate to end violence against women. An attorney, author, trainer and motivational speaker, Susan has spent over forty years helping women reclaim their lives after violence, abuse and trauma.

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 on a college campus, 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.

To that end, Susan originated and now facilitates *My Avenging Angel Workshops™* based on the idea that "living well is the best revenge." Since 2001, her workshops have helped hundreds of women take the journey beyond abuse from victim to survivor to thriver. The motivational guidance Susan has successfully used in her unique, innovative work is contained in *The Thriver Zone Series™* of non-fiction books. With easy-to-use worksheets, interactive exercises and thriver success stories, the books include *Entering the Thriver Zone* published in 2016, *Staying in the Thriver Zone* in 2018 and *Living in the Thriver Zone* in 2020. The story of her fictional *The Best Revenge Series™* was inspired by the true events of her niece's murder. Those books include *Awaken* published in 2017, *Emerge* in 2018 and *Thrive* to come in 2022.

Susan is the author of several legal books on sex discrimination law and her articles have regularly appeared in newspapers and journals such as *The Voice: The Journal of the Battered Women's Movement* of the National Coalition Against Domestic Violence (NCADV). She speaks frequently to women survivors of abuse and to those who work with them such as victim advocates with the National Organization for Victims Assistance (NOVA) as well as Indian tribes and male and female inmate populations.

Susan holds a law degree from Wayne State University in Detroit and a BA in journalism from the University of Michigan. She currently resides in West Hartford, Connecticut.

## **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."*