



THRIVER  ZONE™ **THE THRIVER ZONE MOTIVATIONAL MODEL**
 DEVELOPED BY SUSAN M. OMILIAN JD



Susan Omilian

Driven by a desire to honor the memory of her nineteen-year-old niece Maggie killed in 1999 by her ex-boyfriend, Susan Omilian vowed to help other women move on after abuse as Maggie could not. An attorney, author and motivational speaker, Susan has worked to end violence against women for the last forty years. Her award-winning work described as “life-changing” comes together in the THRIVER ZONE, a healing place for women who want to reclaim their lives after abuse.



Maggie

In Maggie’s memory, Susan originated her *My Avenging Angel Workshops*™ in 2002 based on the idea that “*living well is the best revenge.*” Through her work which has been described as providing “a component for recovering from abuse that has been virtually overlooked,” Susan has developed a motivational model enabling hundreds of women who have experienced domestic violence, sexual assault and child abuse to take the journey from survivor to “**thriver!**”

A THRIVER ZONE SEVEN-STEP MOTIVATIONAL MODEL



Based on Dr. Judith Herman’s three-stage process in her book *Trauma and Recovery* (1992), Susan’s model embraces the third stage – empowering self with restored self-esteem and bolstered self-determination to move beyond the trauma. Susan’s model fosters a healing journey for women beyond survivor to becoming a “thrivers” – a healthy, happy person with a brilliant, productive future ahead of her and her children.

Susan's Seven-Step Thriver Zone Motivational Model

- Builds on life-saving work with victims in crisis intervention/advocacy programs and therapy practices.
- Has a curriculum of worksheets, exercises, success stories easily integrated into a program or practice.
- Shows survivors how to counter negative, limiting beliefs about themselves and lift their positive energy.
- Offers post-trauma growth opportunities with visioning, goal-setting exercises that awaken their creative potential, stabilize their lives emotionally, financially and socially and open up exciting, future prospects.

Susan has found that survivors who reclaim their lives in this way are less likely to return to abusive relationships or suffer the long-term psychological consequences of the abuse they have experienced.

Workshop participants have started businesses, returned to school for advanced degrees, gotten new, better, higher-paying jobs to match their skills/talents, resumed their singing careers, became first-time homeowners, successfully managed their money and found new, healthy, relationships for themselves and with their children.

They are THRIVERS, a community of women moving forward, living well as their best revenge!



For more on Susan’s Seven-Step Motivational Model, workshops, books, trainings & testimonials, visit www.ThriverZone.com. Contact Susan at 860-236-2401 or Susan@ThriverZone.com.

Testimonials for Susan Omilian's Thriver Zone Motivational Model

“Since the murder of her niece Maggie, Susan has been an agent of positive change for survivors and offenders alike, strengthening those hurt and converting those who harm. Words can hurt but also transform and Susan’s work in the Thriver Zone shows you how.”

— **Charlene Smith, South African multi-award-winning journalist, authorized biographer of Nelson Mandela, author of *Proud of Me: Speaking Out Against Sexual Violence and HIV***

“Susan begins with a rare insight – that what makes a battered woman is not what the abuser has done to her but what he has kept her from doing for herself – and then takes survivors on a jubilant journey of self-realization. On the way, Susan helps them remake their world and get back in touch with their power and possibility.” — **Evan Stark PhD, MSW, author of *Coercive Control: How Men Entrap Women in Personal Life***

“Susan’s work offers faith, courage and dignity to women who have survived the destructive and selfish actions of abusive men. Susan’s message is ‘Don’t settle for anything less than a life that is better than ever.’ She knows that women can do it and by the time a woman has worked her way through her excellent guides for healing, she will believe it, too.” — **Lundy Bancroft, author, *Why Does He Do That?: Inside the Minds of Angry and Controlling Men***

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“Attending Susan’s workshop made a huge shift in my mindset. She reminded me I am unique, valuable and worthy. She gave me confidence to move beyond surviving, instilling in me the hope of an abundant, successful future as a thriver! My best life is yet to come.” —**Christine**

“Susan’s upbeat take-charge-of-your-life workshops are filled with the joy of positivity. She gives us tools for thriving with creative exercises and practices that continue to inspire us long after the workshop is over.” —**Chanah**

“Susan has helped me see I’m worth it! I am living well, a successfully employed single parent and active community volunteer. I dream big, focused on short and long term goals.” —**Darlene**

“Susan is such an inspiration! Her work helps us find our true selves. I’ll be forever grateful for her being in my life, showing me I could do this – live the life of a thriver after abuse!” —**Donna**

“Since taking Susan’s workshop, I am excited to be on the journey to become a thriver. Susan is a huge role model for us with the amazing good work she is doing.” —**Mary-Lynn, South Africa**

“I am proud to share the goals Susan helped me accomplish. I have completed a college degree with a 4.0 GPA and plan to attend law school. I hope to change our legal system to better recognize domestic violence in divorce and custody cases. I want to make a difference.” —**Susy**

“I am so grateful that my path crossed with Susan’s fifteen years ago. Her work has helped me grow, get out of a dark place and raise my self-esteem. I have learned to love myself more and today I am happy and healthy. I am living well and thriving!” —**Anna**