

DROP the DRAMA

To Create Extraordinary Outcomes

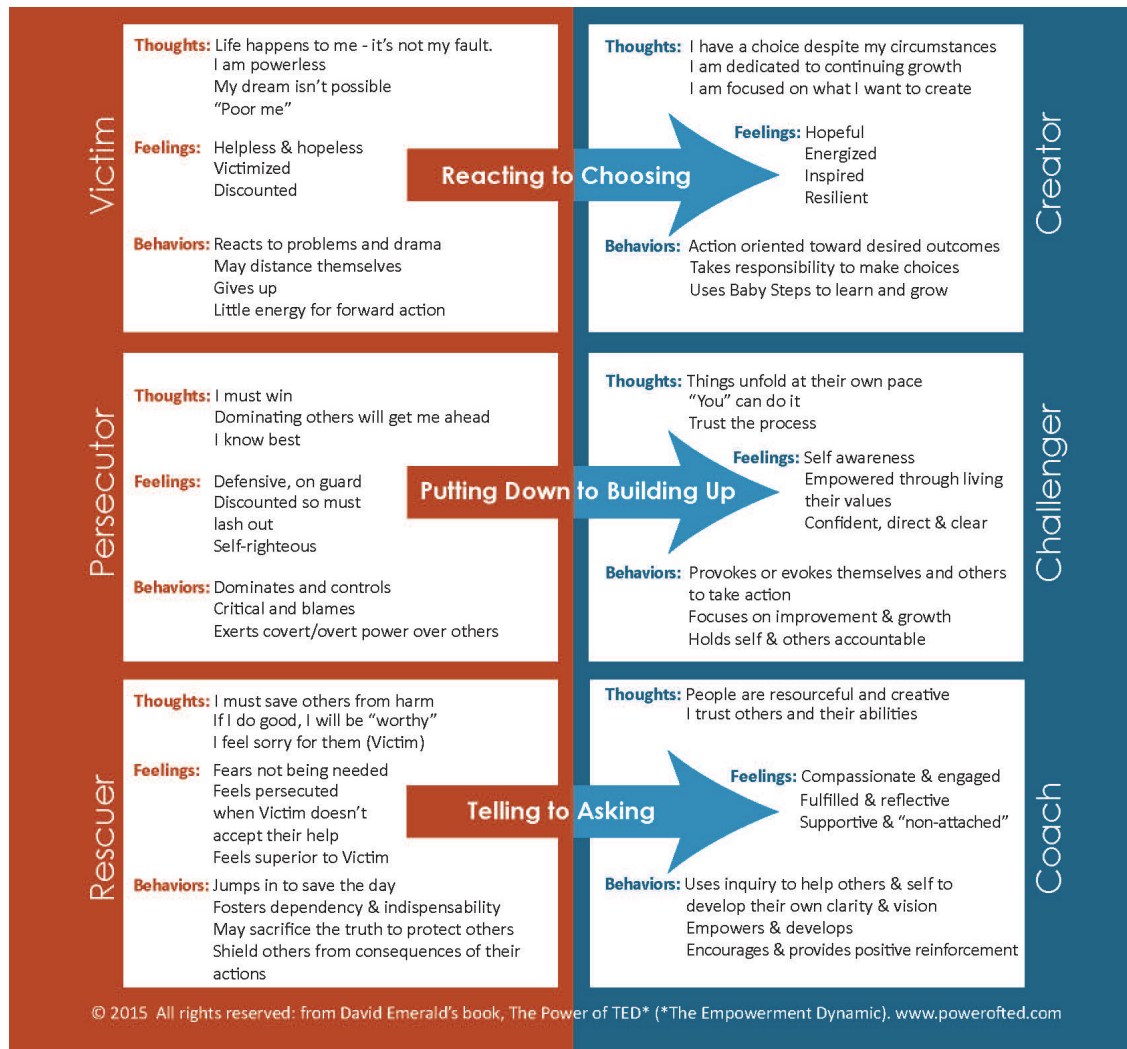


www.CheriNeal.com

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“There are two kinds of drama: the drama that leads to more drama and the drama that leads to a new mindset.” ~The Power of TED

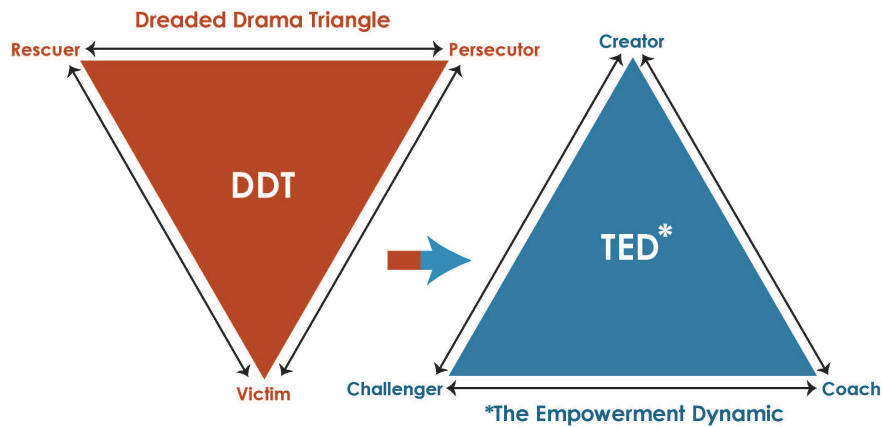


The *Dreaded Drama Triangle* (DDT) is like quicksand. You step into it and it sucks you under, often for days or weeks. DDT shows up when we respond in **fight, flight, freeze or appease** mode. The cost is in precious minutes, pennies, energy and calories.

“When you are looking for a Rescuer, you may be thinking like a Victim without even realizing it.” ~The Power of TED

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Victim

Thinks they are powerless and at the mercy of life circumstances. Is unwilling to take responsibility for what happens in their life.

Persecutor

Thinks they must win at any cost. Controls others through blame, criticism, and oppressions.

Rescuer

Intervenes on behalf of the Victim to save them from perceived harm. Fosters dependency by reliving the Victim from taking responsibility.

Creator

Focuses on vision and desired outcomes. Takes full responsibility for initiating action to achieve their desired outcomes.

Challenger

Sparks learning by challenging assumptions and the status quo. Focuses on improvement and development by holding people accountable for taking action.

Coach

Empowers people through inquiry to gain clarity.

FISBE: Focus Inner State Behavior

*"Where people put their Focus engages in them an emotional Inner State, which then drives their **BE**havior." ~The Power of TED*

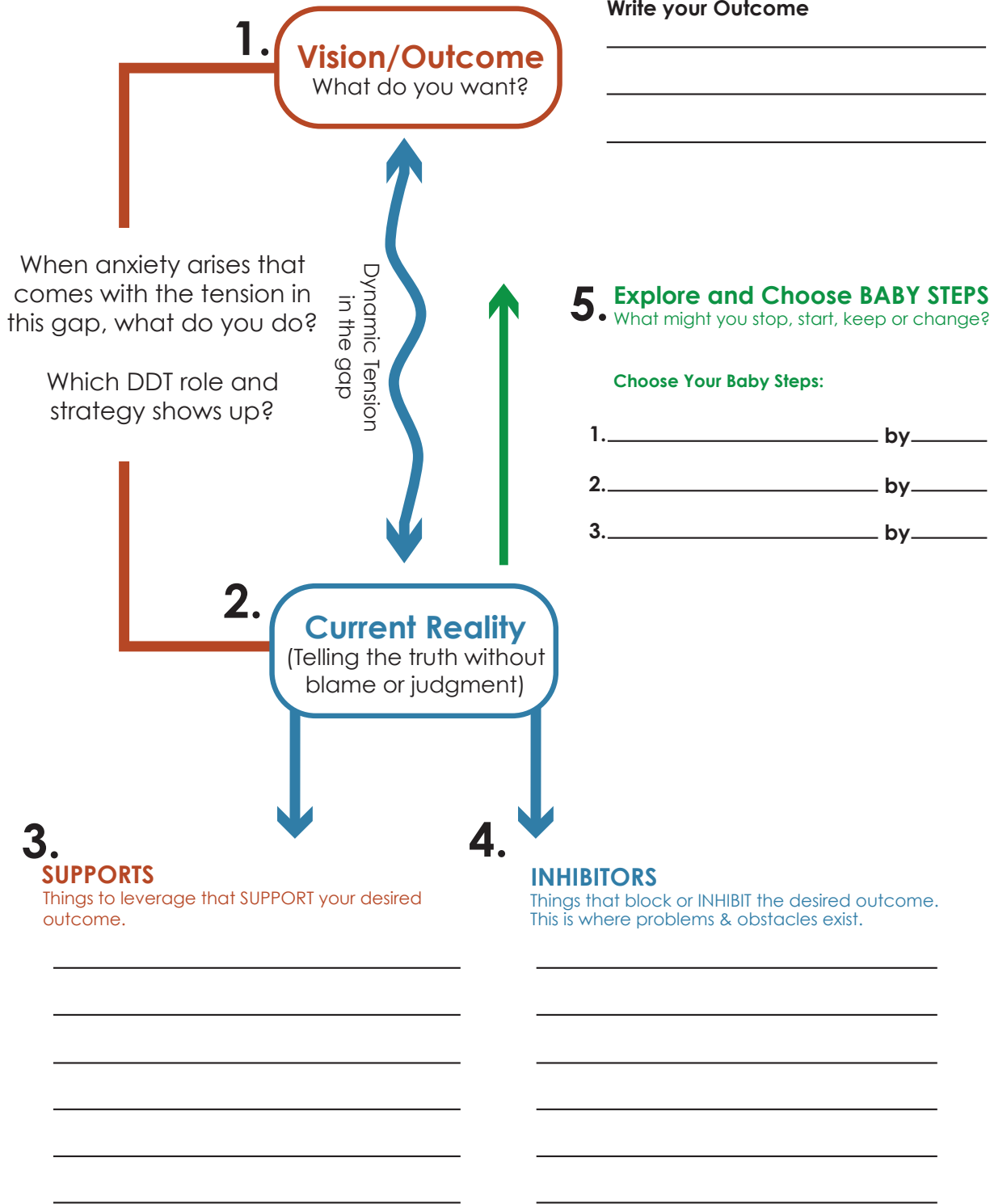
The 3 Vital Questions

Question	DDT	TED
1. Where are you putting your focus?	Problem	Outcome
2. How are you relating?	Anxiety	Passion
3. What actions are you taking?	Reacting	Baby Steps

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TED* DYNAMIC TENSION WORKSHEET



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Meet Cheri Neal, MM, CPC, CEO

Speaker, Trainer, Coach



Cheri Neal runs the speaking and coaching firm *Candid Coaching and Conversations*. She works with people who seek to turn adversity into opportunity so they may live engaged, fulfilling, and prosperous lives. A dynamic edutainment speaker and trainer, Cheri mixes a refreshing blend of education, energy and entertainment, engaging participants with fresh concepts for enhancing their lives at work, at home and in their communities.

After Cheri's keynotes and workshops, audiences have...

- Ideals for creating better team cohesiveness;
- Enlightened solutions and actionable take-aways;
- A deeper understanding for how their responses create their outcomes;
- Increased energy and motivation to achieve greater success

Her clients include the International Institute for Municipal Clerks Conference, Illinois Municipal League Conference, Lake County Municipal League, Townships of Illinois Conference, Lake County's Lakeshore Chamber of Commerce, University of Wisconsin-Parkside and others.

Cheri has served in full-time elected office since 2001, as well as many boards and commissions, earning numerous awards for her dedication to community engagement and collaboration. She holds a double Bachelor of Science in Psychology and Human Behavior in Society and a Master's Degree in Management with a Certificate in Leadership. She has been a certified and accredited Life Coach since 2006 and a TED* practitioner since 2015.

Her passions include being a Mom and empty-nester, raising Monarch butterflies, growing Zinnias, golfing, running half-marathons, pit crewing for hot air balloon festivals, and assisting others in living their BEST life!

**Thank you for the opportunity to be of service.
Please keep Cheri in mind for your next event or referrals.
Your business is appreciated!**



"Cheri brought a "common sense" approach to the presentation, along with an "up Beat" positive, solution to many of our day to day conflicts. Cheri is the right choice to present this seminar, because she also uses it day to day with her Optimistic personality. I am very happy I was able to attend her presentation."

~ Lorna Yates- Office Manager, Lakeshore Chamber of Commerce