



Course Outline

In this course, participants will learn how to drastically transform their everyday drama into resilient and resourceful relationships that improve personal relationships and organizational outcomes. By applying the 3 Vital Questions and the Power of TED* (*The Empowerment Dynamic)[®] framework, students will learn to catch themselves sooner in their reactive drama and communicate in new and empowering ways.

Unit 1: What is the Cost of Drama?

- Page 1. The Journey Begins
- Page 2. Introducing the 3 Vital Questions
- Page 3. The Workbook
- Page 4. Your Workplace Drama

Unit 2: What Do You Focus On?

- Page 1. The First Vital Question
- Page 2. Reflect on Your FISBE
- Page 3. Observe Your Fisbe

Unit 3: The Two Mindsets

- Page 1. The First Vital Question Cont.
- Page 2. Review of the Two Mindsets
- Page 3. The Problem vs. Outcome Orientation
- Page 4. Triggers, Thoughts, Feelings and Behaviors
- Page 5. Your Drama Situation

Unit 4: Facing Life's Dramas - The Roles We Play

- Page 1. The Victim Orientation
- Page 2. The Dynamics of the Victim, Persecutor, and Rescuer
- Page 3. DDT[™] Scenario Exercise
- Page 4. DDT Roles
- Page 5. Observing Which Role You Play

Unit 5: Liberating Workplace Drama with TED*

- Page 1. The Antidote
- Page 2. When Were You a Creator?
- Page 3. TED* (The Empowerment Dynamic)
- Page 4. The Story Behind the Story
- Page 5. Practice the TED* Roles

Unit 6: Making Shifts Happen

- Page 1. Choice Points
- Page 2. Shifting from Victim to Creator
- Page 3. Shifting from Persecutor to Challenger
- Page 4. Shifting from Rescuer to Coach
- Page 5. Shifting from the DDT[™] to TED*

Unit 7: The Magic of Dynamic Tension

- Page 1. Introducing the 3rd Vital Question
- Page 2. The Challenges of Tension
- Page 3. Harnessing Dynamic Tension
- Page 4. Action Planning Worksheet

Unit 8: Embrace the Journey

- Page 1. Putting What You've Learned into Action
- Page 2. A Lifelong Practice
- Page 3. Course Conclusion: Moving Forward