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Keynote

Transform Drama: Skills for Success

Description

We get trapped in reactive drama cycles—playing victim, rescuer, or persecutor roles—especially during stressful times like work crises, holidays, or during transitions.

These patterns drain energy, damage relationships, and keep us stuck. The antidote is learning to consciously shift from reacting to choosing empowered responses that create connection, resilience and powerful, desired outcomes.



Learning Objectives

- **Lead with Clarity in a World of Reactivity** - Spot your role in the drama triangle. Identify when slipping into victim, rescuer, or persecutor mode during stress and catch yourself before the pattern takes hold.
- **Pause with Power & Interrupt Reactive Cycles** - Practice concrete techniques to pause drama spirals in real-time, especially during crises, transitions, and high-pressure moments.
- **Lead Yourself—Then Lead Others** - Replace automatic reactions with intentional moves that preserve energy, build connection, and strengthen relationships under pressure.

Testimonial

Dr. Chris was so engaging and thoughtful. She had the group participate to take first steps in our evolution of coping with our triggers. Her ability to engage us in immediate interaction and practice how to change how we respond vs. react when we are triggered was valuable.

— Heather Winandy, MentorMe Advisors

References

Nick Blawat, CEO, Value Added Food Sales, nick.blawat@gmail.com

Kimberly Townsend, President & CEO of Loretto Health & Rehab, kmtownsend63@gmail.com