



THE TED* LETTER™



By David Emerald

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Power of TED* Combo Package includes The Power of TED* (*The Empowerment Dynamic) AND the exclusive TED* Companion Workbook. Get Free Shipping in the USA for a Limited Time on the Combo Package - [Order Today](#).

Recommended Reading
Mastery

"Practicing and Conscious Competence"

"Your life is a kind of learning laboratory where you're constantly experimenting with your own higher knowing, always increasing your capacity to design your life and to choose your response to what happens to you... The question is, are you creating consciously or sleepwalking through your life..."

From the Chapter 9 ("Shift Happens") of [The Power of TED*](#)

Living consciously is at the heart of the **Power of TED*** (*The Empowerment Dynamic)™. Making "shift happen" between the **Victim** and **Creator** orientations, and their related **Dreaded Drama Triangle (DDT)**™ and TED* roles and relationship dynamics, requires learning new ways of thinking, interacting and taking action.

Sustainably making the shifts into a Creator Orientation and TED* is simple, though anything but easy. Many individuals have voiced disappointment and frustration that comes with learning that such a shift takes time - and lots of practice. "Now that I know about this way of being, why can't I do it all the time?" That question comes up a lot. And insight into the answer can be found by considering the various stages we all go through in learning a new skill - let alone a new way of thinking and being.

The 'stages of learning' framework has been part of my training and development toolkit for a long time. According to a listing in **Wikipedia**, (from which the descriptions below are quoted) the model was developed by Noel Burch of Gordon Training International in the 1970's. The four stages can be applied to learning any new skill.

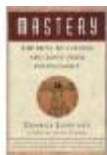
Here's a brief description and how the stages of learning will help you shift from the DDT to TED*.

(1.) Stage One - Unconscious Incompetence: "The individual does not understand or know how to do something and does not necessarily recognize the deficit. They may deny the usefulness of the skill. The individual must recognize their own incompetence and the value of the new skill before moving to the next stage..."

As referenced in **The Power of TED***, much of humanity is sleepwalking through their human experience. The default way of thinking and interacting is rooted in the Victim Orientation, which is problem-focused, anxiety-based and reactive in nature. This results in life experience that is characterized by the DDT.

Movement from this stage requires Awareness that an

By
George Leonard



[Buy online](#)

"I heard about TED* through a colleague of mine. I immediately bought the book and fell in love with it... it truly was an 'epiphany' for me. I was raised in the victim cycle and very much of my family still resides in it. My personal vision is to break this cycle for my children. TED* has given me hope to creating a better future!"
M.S. via email

"I read your book as part of my continued training as a collaborative attorney... The 'lessons' in TED* are helpful to me not only to recognize issues about my clients, but it also helps me be present for the participants in a much different way. Thanks for your inspiration."
K.S. via Email

"I LOVE this book!!!! It is essentially a tiny tool box packed with incredibly powerful and effective tools for handling challenging situations and people. All of this presented in a most engaging, easy-to-understand-and-apply format."
P.M. via Facebook

"I found *The Power of TED** a year or 2 ago when I was trying to get off the Drama Triangle. I thought if I refreshed my knowledge of it, I could figure out what I needed to do to get off it. So I did a Google search. In addition to finding information about the Drama Triangle, TED came up in the search. To quote Robert Frost, 'And that...and that has made all the difference.' My life has changed significantly. Thank you."
C.K. via email

"I feel compelled today to tell you how much these messages inspire me... Your messages through the TED*

alternative - the "antidote" also known as TED* - is available. The assumption of those who are in this stage is that "this is just the way things are." From this perspective, a "good day" is one in which there is a lack of drama. There is no awareness that there can be a more resourceful, satisfying and empowered way of living life.

(2.) Stage Two - Conscious Incompetence: "Though the individual does not understand or know how to do something, he or she does recognize the deficit, as well as the value of a new skill in addressing the deficit. The making of mistakes can be integral to the learning process."

This is the stage in which readers and workshop participants find themselves. They become aware of the possibility of adopting a Creator Orientation and are intent on learning how to grow into the TED* roles of **Creator, Challenger and Coach**.

They become aware that there is a different set of skills and ways of being than they were used to in the Victim Orientation and DDT. Learning is the prerequisite for, eventually, progressing into the next stage.

(3.) Stage Three - Conscious Competence: "The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires concentration. It may be broken down into steps, and there is heavy conscious involvement in executing the new skill."

The way that we gain competence and proficiency is through practice. There are many times in which I have to remind people that TED* is "descriptive, not prescriptive." In other words, TED* describes a more resourceful way of being, but cannot be codified into some set of specific steps that, if taken, will result in always living in this way. Each of our lives and our constellation of relationships are different and, therefore, the ways in which we learn to make "shift happen" are unique to our particular life experience.

So, we work the Dynamic Tension between the vision of TED* and our current realities. We try things. Some work and some don't. Over time, we learn from our experience about how to more consistently and consciously apply TED*.

George Leonard, in his wonderful book entitled **Mastery**, points out that the way of gaining any level of mastery is that we must learn to love the practice itself. In practicing the practice of living as consistently as possible from a Creator Orientation and relating to and with others through TED*, over time we may find some days in which we actually dip into the final stage of learning.

(4.) Stage Four - Unconscious Competence: "The individual has had so much practice with the skill that it has become 'second nature'."

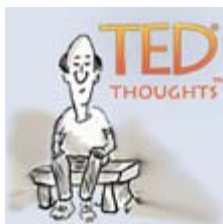
This is my ultimate vision - for myself and for you - that by practicing the practice we live into the capacity to have the TED* ways of being, interacting and taking action become second nature and sustainable. Given the realities of our human experience - in which there will always be some level of drama that shows up - I don't know if this stage is possible to attain on a sustained basis.

Letter, as well as *The Power of TED** book, which I have read many times, have kept me focused on a Creator mindset, rather than succumbing to victimhood. I have armed myself with the principles you have set out in your book, and these have helped me through many tough medical tests, etc. Through everything, I have continued to live and enjoy the beauty of life without allowing my circumstances to persecute me. Thank you for being such an inspiration!"
S.D. via email

"Yesterday morning, I sat down to start your book, *The Power of TED**...and didn't put it down until I completed it. It's been a long time since I've done that...if ever... I found myself rereading it last night and this morning, reviewing the terms and acronyms and want you to know that I am grasping on to points of light that I have discovered in moving towards attaining the perspective of the 'Creator.' It's not going to be easy sledding, but I just want you to know that your work has provided me a perspective that I hadn't held. We'll see how it goes. Thank you and take good care."
M.G. via Email ?



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- [Don't Curse the Darkness,](#)

However, I am fully committed to living my life dedicated to the possibility.

In the meantime, let's practice the practice - at work, at home, in our communities, and in all our interactions.

Announcing the first "[TED* for Coaches](#)" Webinar Series! Begins October 11, 2011

This webinar series is designed specifically for coaches, whether you are an independent coach, a coach within an organization or a team leader. This six-session series will be facilitated by Donna Zajonc, PCC (Director of Coaching and Practitioner Services for The Power of TED*) and Barb McAllister, PCC (an independent coach and office TED* Practitioner). [Click here for more information](#) or [register](#) online.

Are you wanting to take a "deeper dive" into TED* - in an amazingly reflective environment?

November 27th - December 2nd at Esalen (Big Sur, California): The Empowerment Dynamic: An Integral Experiential Exploration
- David Emerald and Bert Parlee, PhD facilitate a deep, deep dive into TED* in a most amazing venue. For more information: <http://www.powerofted.com/assets/pdfs/TED-Esalen-Flyer.pdf> or to register, go directly to the Esalen website: <http://webapp.esalen.org/workshops/10293>

New and Improved TED* Workbook

We are excited to announce the release of an updated and revised version of "*A Personal Guide to Applying The Power of TED**," with new content and now in a more convenient size. [Click here to order.](#)

The spread of TED* continues! If you would like to sponsor a TED* workshop in your community, [contact us.](#)

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- Light a Candle
- No Problem
 - When the Pace of Life Makes you Stumble
 - One Breathe at a Time

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"Thank you for writing this wonderful book! My copy is getting quite dog-eared from reading and re-reading it."
H.R. via email

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To the Creator in you!

David Emerald

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