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Local author Sue Ryan delivers TEDx Talk in Delaware

(March 20, 2022 – Naples, FL) Sue Ryan, inspirational speaker, three-time international best-selling author/co-author, leadership coach, and founder of Sue Ryan Solutions, was invited to Delaware, to deliver a TEDx Talk recently.

Ms. Ryan, known as a caregiving industry influencer, joined the group of seven speakers at the Winter TED Talk event hosted by the TEDx Group at Theatre N in Wilmington.

Her TED “ideas worth spreading” talk was titled: *Ultimate Freedom - Unlocking the Power of Choice*. The talk explored how the power of massive acceptance and radical presence empowers individuals to remove judgment from experiences.

“You maximize the potential and possibilities of each experience and have access to what living your best life is - moment by moment,” noted Ms. Ryan.

The passion to become a TED speaker began several years ago for Ms. Ryan. After she developed the process of massive acceptance and radical presence, she knew this was the TED topic and invested five months in preparing her talk.

Ms. Ryan knows her subjects as she has lived and navigated both the executive corporate world and life as a family caregiver at the same time for many years.

“I’m passionate about spreading the idea of massive acceptance and radical presence because it empowers us to be fully present in each moment, consciously making the wisest choices without judgement. It came to me when I was reflecting on an experience when I was my dad’s caregiver. I felt I’d really let him down and I wanted to know how to improve,” added Ms. Ryan.

About Sue Ryan:

Sue Ryan Solutions was founded in 2010 by Sue Ryan with two focuses: guiding business leaders and emerging leaders to become the greatest leaders of themselves and others, and guiding non-professional caregivers to move from feeling frustrated, overwhelmed, and sometimes frightened to confident, balanced, and supported in their journey.

Ms. Ryan brings this message through all her offerings as a speaker, leadership coach, caregiving influencer, educator, and author. These include her online course, *The Caregiver's Journey*, and her book *Our Journey of Love 5 Steps to Navigate Your Caregiving Journey*, which walks family caregivers through their entire caregiving journey. Her program, *Leadership C.A.R.E.S.*, helps businesses address the growing crisis in family caregiving. *Intentionally Navigating Transitions* is a six-week process for individuals to successfully navigate change in their lives.

For more information, please visit <https://sueryan.solutions/> or email sue@sueryan.solutions
And, to view the TEDx talk, please visit: <https://tinyurl.com/SueRyanTEDxTalk1>

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