

# New York City 7+1

## *WomentoWomen: Bridging our Difference*



### **Join Us**

The Chambers Group invites you to join us in a seven month intensive change journey with women.

We will uncover, engage and empower the collective potential of women in our rich difference of age, gender identity, race, class, affectional orientation, ethnicity, culture and spiritual practice. Bridging our difference, we gather our strength to change our lives - at home, at work, in our communities and in our world. In our community of women, we will journey through the **7Chambers™**, a powerful container designed to challenge, inspire and motivate both personal and collective change.

*What we create among us, will transform the world.*

### **What is a Chambers: 7+1?**

*It is a deep personal journey... through the 7chambers*

*within a community of women seeking to explore and connect across all aspects of our rich identities.*

Women across difference struggle to find common ground and forge authentic alliances needed to benefit our personal and professional lives. As women, bridging our many differences, we seek to fully engage our heads, hearts and spirits in service of creating our highest dreams. Learning how to build bridges capable of supporting these alliances and sturdy enough to traverse the rocky terrain of gender identity, race, age, affectional orientation, class and more is essential to us all. Our work will increase the power and influence of all women.

### **Who are we?**

We seasoned consultants and executive/life coaches - bringing wisdom across race, gender identity, class, culture and spiritual practice - and a wealth of experience to the challenges of relationships, competency and claiming our success. Barbara E. Riley, EdD and Delyte D. Frost, PhD have shared many lives of deep inquiry into our interiors and our relationship across difference. We know that our many identities of difference are the core source of our power and effectiveness.



visit our website  
for a journey  
through the  
7chambers



## How will we work?

We will gather 7 Saturdays sharing ourselves, our questions, meals and our new learnings. Our journey comes from *Are You Ready for Outrageous Success? enter the 7chambers and create deep, lasting change*. We will explore each Chamber as we work with the Percept Orientation™, Gestalt methodology, Cycles of Women's Development, Quantum Physics, our Legacies, journals, Dominant/Subordinated Dynamics, art, movement, music, bodywork, and our many forms of Guidance.

We will create the 7+1BLOG to ensure, expand and amplify our connections between sessions.

Our work will include *peer coaching* as a powerful method to enrich and sustain our growth.

## What are the participant requirements?

We are seeking women of all races, gender identities, cultures, age and spiritual practice who are wanting to explore self and others in a deep way. A commitment to attend each session and complete the entire seven months is required. Joining us as a friendship or partnership across race, gender identity, culture, age and/or other difference is most valuable. Our community is limited to 16 women. We will work to balance the diversity among us as women to ensure a rich journey. Applying with a colleague or friend across difference provides a tuition reduction.

## Where will 7+1 be held?

Sessions will be held at THE CENTER for Lesbian, Gay, Bisexual & Transgender Community, New York, NY. Close to subway and Penn Station.

208 W 13th St  
New York, NY 10011  
(212) 620-7310

[www.gaycenter.org](http://www.gaycenter.org)



## What is the cost?

Tuition for 7+1 is \$2100.00 for an individual or \$1600 per person when you enroll with a friend or colleague, totaling \$3200.00 for a partnership of two women across difference. This cost includes your copy of Are You Ready for Outrageous Success?, lunch and breaks of healthy food. Tuition is payable prior to the first session or in three installments. A \$300.00, non refundable deposit will confirm your place.

We believe in abundance and inclusion of all women - if you know our community is where you need to be, and cannot afford the tuition - contact us to make arrangements for barter or to explore a student rate.

## For questions and to apply:

Please contact our NYC Sponsors, who are apprenticing with Barbara and Delyte in this 7+1.

Jennifer Bruner, jenbruner@gmail.com & Nicole Cofield, nicole.d.cofield@gmail.com  
2009 is the year of outrageous success! Come be a part of this powerful experience.

## DATES: Saturdays for 7 months

May 16	September (TBD)
June 13	October 3
July 11	November 7
August 8	

*Ancient wisdom tells us all intent to create  
must move through seven stages to reach completion.  
7+1 is completion - and beginning anew.*