



**Women Writing
for (a) Change**
BLOOMINGTON

Women Writing for (a) Change Bloomington Conscious Feminine Leadership Training – 2026 General Information

Leadership from the Authentic Self

Thank you for your interest in Conscious Feminine Leadership Training. We hope this material answers some of your questions as you consider whether CFLT is right for you at this time. We welcome women and nonbinary people from all backgrounds and lived experiences, with a special commitment to supporting the leadership of Black, Brown, and Indigenous leaders.

Please reach out if you have other questions, and we hope to see you in a Discernment Circle on May 6, May 29, June 22, or July 10! (More about Discernment Circles below.)

What is Conscious Feminine Leadership Training?

Conscious Feminine Leadership Training (CFLT) is a transformational program designed to empower women and nonbinary people to move into leadership rooted in authenticity, self-awareness, and community connection. Through writing, reflection, and shared learning, participants explore the question: **How can I lead in a way that reflects my whole, authentic self?**

In CFLT, we emphasize leadership approaches that center intuition, deep listening, and collective care—qualities often undervalued in traditional leadership spaces. We also recognize the power of more commonly celebrated leadership skills like reason, strategy, and action. By integrating these ways of knowing and leading, participants cultivate a leadership style that embraces both strength and compassion, collaboration and decisiveness.

CFLT is a deeply immersive learning community. Facilitators work to create a brave, supportive space for meaningful connection, storytelling, and self-discovery. Together, we learn by writing, feeling, doing, thinking, listening, and conversation. We develop a leadership practice that is both personally and socially transformative.

CFLT is a program of **Women Writing for (a) Change, Bloomington, Indiana**. Originally created by Mary Pierce Brosmer in 2004, the program has continued to evolve, with Beth Lodge-Rigal shaping its form in Bloomington.

Program Structure and Schedule:

- ☆ CFLT is an **in-person program** running January 2026 - May 2026
- ☆ Opening Retreat: 3 Days in January
- ☆ 13 three-hour classes, Thursday evenings, February - May 2026, in Bloomington, Indiana.
- ☆ Mentoring: Additional support from a small group and a CFLT-graduate mentor.
- ☆ Closing Retreat: 3 days in May
- ☆ Participants complete a Writing Project and a Practicum as part of the program.



A note on “The Conscious Feminine”

The “Feminine” in our title isn’t just about women. It refers to **the archetypal Feminine**, described by psychologist Carl Jung and explored by many others. The Feminine represents skills and knowledge such as intuition, listening, and nurturing—in contrast with archetypal Masculine skills such as logic, strategizing, and action. Both Feminine and Masculine qualities are present in all human beings, regardless of gender.

In a world that favors Masculine qualities in leadership, CFLT emphasizes Feminine ways of knowing and leading, allowing trainees to lead in a more balanced way. “Conscious” refers to the ability to choose: to claim the helpful, life-giving qualities of both Feminine and Masculine in ourselves and bring them into our lives and leadership.

Who Can Apply?

--We welcome women and nonbinary people of all backgrounds who are ready to step into leadership that is authentic, collaborative, and transformative. We strongly encourage Black, Brown, Indigenous, and other women of color to apply—your experiences, wisdom, and leadership are vital to this space.

--People of all racial, ethnic, and class identities

--Women and nonbinary people of all sexual orientations and gender expressions

--Adults of all ages (18+)

Next steps: What to do if you're interested

1. Join the Interest List

- If you haven't done so yet, please email contact@womenwritingbloomington.org and ask to be put on the CFLT Interest List.
- Once you're on the list, watch for emails with updates on discernment circles, applications, and other details. We won't bombard you—anything we send will be something you need to know!

2. Attend CFLT Discernment Circles

- Attend at least one (more if you can) of these discernment circles **before** submitting your application. Discernment circles are designed to help determine whether CFLT is right for you and you for it. You'll get a taste of how CFLT class sessions work, learn more about the program, and have a chance to ask questions. [Register for the free sessions here.](#) If you are unable to attend on any of these dates, please [contact us](#) as soon as possible to discuss options. (More on Discernment Circles further down.)

Discernment Circle Dates:

Tuesday, May 6, 2025, 6:30–8:30 p.m.

Thursday, May 29, 2025, 6:30–8:30 p.m.

Sunday, June 22, 2025, 2–4 p.m.

Thursday July 10, 2025, 6:30pm - 8:30pm

Register for Discernment Circles:



3. Submit an application

- The application form will be available soon; a link will be sent to everyone on the CFLT Interest email list. Applications will be accepted beginning May 7, 2025.
- If you're applying for tuition assistance, that application will be due along with your program application. That form will also be available soon.



Is CFLT for You?

Joining CFLT is a commitment to your own personal growth and to the collective learning of the group. We create a space where all voices are valued, and participants are encouraged to bring their unique lived experiences into the program.

CFLT might be a great fit if you:

- 🍃 Want to lead in a way that centers self-awareness, intention, and collaboration—whether in your community, workplace, or personal life.
- 🍃 Are interested in integrating holistic, intuitive leadership into your work, whether in education, social services, healthcare, business, activism, the arts, or beyond.
- 🍃 Feel called to facilitate Women Writing for (a) Change circles and programs (CFLT is a required step to becoming a lead facilitator).
- 🍃 Are a past CFLT participant who wants to deepen your training and reconnect with the work.

This program honors and uplifts diverse leadership—we welcome professionals, caregivers, creatives, and change-makers from all walks of life. No prior experience in writing or leadership is necessary, only a willingness to engage, reflect, and grow.

Your voice and leadership matter here. We'd love to have you in the circle.

What CFLT Offers to Participants:

- ☆ Learning and co-creation within a safe, courageous, and confidential community of creative, consciousness-seeking peers
- ☆ Skillful facilitation, by leaders with nearly 30 years of combined experience
- ☆ Respect for the life experience, diverse and intersectional identities, and unique contributions of each participant
- ☆ Writing as a foundational practice for individual reflection, communal connection, learning, and healing
- ☆ Intellectual, emotional, spiritual, and physical ways of learning—including writing, reading, small and large group work, meditation, ritual, movement, conversation
- ☆ Attention to relationships within the group, and learning about conflict in ourselves and our communities
- ☆ Training in facilitation, centered on writing circles as communities of connection, courage, and transformational learning
- ☆ Exploration of Conscious Feminine Leadership traditions, with expanded awareness of intersectional identities and power dynamics and the balancing of Feminine and Masculine elements of the self

Facilitators:

Denise Breeden-Ost, Laura Lasuertmer, and Mary Beth O'Brien have been trained as CFLT Facilitators by Beth Lodge-Rigal; see their staff bios [here](#). Guest teachers may include CFLT graduates and others with experience and insight in particular areas.



What CFLT Asks of Participants:

CFLT is a collective learning experience rooted in personal growth, leadership development, and community building. We ask participants to engage fully, bringing their whole selves into the process in a way that feels right for them.

Commitment to Growth

This program is an opportunity to deepen your understanding of leadership, reflect on your experiences, and grow in a supportive environment. We encourage openness, curiosity, and a willingness to engage in meaningful learning.

Regular Attendance

Your presence matters—not just for you, but for the entire group. While we understand that emergencies happen, we ask participants to carefully consider the schedule and plan for no more than one expected absence during the program.

Engagement with Yourself

CFLT encourages deep self-reflection, inviting participants to explore their own identities, experiences, and leadership styles. This is not therapy, but it is a space where personal stories and perspectives are valued as essential learning tools. Plan to dedicate 2–4 hours per week outside of class for reading, writing, and reflection.

Engagement with the Community

Our learning environment is co-created by all of us. We ask participants to:

- ✓ Show up with openness and trust
- ✓ Be vulnerable when they feel ready
- ✓ Embrace moments of discomfort as part of growth
- ✓ Address and heal mistakes or conflicts with care

Financial Commitment: Everyone is Welcome

At Women Writing, we **value diversity in all forms**—including economic background. We believe that financial barriers should never prevent anyone from stepping into their leadership power.

We especially encourage Black, Indigenous, Latinx, and other people of color, nonbinary, LGBTQ+, and disabled participants to apply for tuition assistance.

Your voice, your story, and your leadership are important. We are excited to welcome you!

Tuition for CFLT 2026 is \$3,350

This covers:

- Retreat lodging and meals
- Program materials*
- Mentoring support
- Two in-person retreats, a 13-week course, and a practicum

*Participants will need to purchase some books (often available used, and we have some extra copies); articles and other materials will be provided.

We understand that everyone's financial situation is different. That's why we offer:

- **Payment plans** available to all participants
- **Tuition assistance for those who need it**—simple application, no judgment
- **Additional funding to support Black, Indigenous, Latinx, and other people of color**
- **Questions? Reach out!** We're committed to making this program accessible.

Your leadership is valuable. You belong here. Let's find a way to make it work for you.



Payment plan and tuition discounts

Payment Plans

The following payment plan is available to all participants:

Payment	Due date	Amount
Deposit part 1	due on acceptance	\$328
Deposit part 2	Oct. 1, 2025	\$328
Payment 1	Dec. 1, 2025	\$449
Payment 2	Jan 1, 2026	\$449
Payment 3	Feb. 1, 2026	\$449
Payment 4	Mar. 1, 2026	\$449
Payment 5	Apr. 1, 2026	\$449
Payment 6	May 1, 2026	\$449
Total		3,350

Tuition Discounts

The discounts described below apply to program tuition only; we are not able to discount retreat fees.

BIPOC Funds

We offer a discount of 50% off program tuition for participants who are Black, Indigenous, Latinx, and other people of color. You can access these funds by checking the box on the application. You may access BIPOC funds **and** need-based funds.

Need-Based Funds

If the program cost prohibits you from attending, **please apply for a discount on program tuition (see chart below)**. You can apply for this discount on the program application.

As you consider whether to apply for need-based tuition assistance, and what discount you need, please keep in mind these two equally true things:

- WWf(a)C is a small nonprofit, and the tuition for this program reflects the actual cost of running it. We rely on everyone paying what they can, and we fundraise to cover gaps.
- We want everyone who feels called to CFLT to be part of this learning community, regardless of financial circumstances. If financial assistance makes the difference between possible and not-possible for you, please ask for what you need.

Tuition discount	Program tuition	Retreat costs	Total	Deposit	plus 5 monthly payments of
Full tuition	\$2,050	\$1,300	\$3,350	\$656	\$538.80
20% discount	\$1,640	\$1,300	\$2,940	\$656	\$456.80
35% discount	\$1,332.50	\$1,300	\$2,632	\$656	\$395.30
50% discount	\$1,025	\$1,300	\$2,325	\$656	\$333.80

Readings and Resources Include:

- ☆ *Holding Change*. adrienne maree brown. AK Press, 2021.
- ☆ *The Four Fold Way*. Angeles Arrien. Harper San Francisco, 1993.
- ☆ *The Tao of Leadership*. John Heider. Humanics Limited, 1985; Bantam, 1986.
- ☆ *Women Writing for (a) Change: a Guide for Creative Transformation*. By Mary Pierce Brosmer, WWf(a)C Founder. Notre Dame University: Sorin Press, 2009.
- ☆ Articles and selected chapters from: bell hooks, Rebecca Solnit, Margaret Wheatley, Parker Palmer, and others, TBD

A full reading list and resource compendium will be available one month prior to training start.



Discernment Circles

Attendance at one or more **discernment circles** (at no cost) is required before submitting your application. A discernment circle is a 2-hour writing circle, where you can experience the style and process used in CFLT, hear more about the program, and ask questions.

Discernment Circle Dates:

Tuesday, May 6, 2025, 6:30–8:30 p.m.

Thursday, May 29, 2025, 6:30–8:30 p.m.

Sunday, June 22, 2025, 2–4 p.m.

Thursday July 10, 2025, 6:30pm–8:30pm

Register for Discernment Circles Here:



History of CFLT

What is now CFLT began as the Feminist Leadership Academy (later Conscious Feminine Leadership Academy), developed by the founder of Women Writing for (a) Change, Mary Pierce Brosmer, in 2004. The program was created for several purposes:

- ☆ To prepare Conscious Feminine leaders to carry the work of WWf(a)C into the future;
- ☆ To support those in a conscious transition from one phase of life or vocation to another;
- ☆ To support Conscious Feminine leaders within their current vocations.

The program continues to evolve; the version called Conscious Feminine Leadership Training was created by WWf(a)C Bloomington founder Beth Lodge-Rigal in 2012. Mary Beth O'Brien, Laura Lasuertmer, and Denise Breeden-Ost have received training and ongoing mentoring from Beth Lodge-Rigal in the development of this 2026 program.

Women Writing for (a) Change Bloomington would like to thank **Dr. Gina Forrest**, and **Dr. Gloria Howell** for their thorough review of these materials through a lens of diversity, equity, and inclusion. Their insightful comments and detailed suggestions were invaluable in improving the clarity and thoughtfulness of the information provided here.

Thank you for your interest in CFLT, we hope to see you in a Discernment Circle or hear from you soon!

