

Women Over Dinner

Hosting Guidelines*



**Understand these are general guidelines. Specific needs may vary based on individual preferences and circumstances.*

The intention of Women Over Dinner is to discover something inside ourselves and for others to do the same, in connection.

Step 1: Before The Meal:

Pick a date, time, and space for your dinner.

Invite 4-6 women you love to your dinner:

Sample Invitation:

Hi [invitee's name], I am hosting a dinner on [date] at [time] at [address]. The dinner has a particular format and is part of a larger women's movement. I heard about it through [how you found out about Women Over Dinner]. Let me know if you can make it.

More Info:

Instagram: @womenoverdinner Website: www.womenoverdinner.com

- If you're cooking the meal, please make it as easy and free of stress as possible. Give yourself the gift of beginning the evening without unnecessary anxiety.
- For dinners at restaurants, place your orders before you begin. Communicate with servers before guests arrive to let them know what you'll be doing so they can interrupt as minimally or quietly as possible while also tending to the needs of the table.
- If you're in a restaurant or hosting a dinner with more than one table of guests, remind everyone at the beginning to speak at a lower volume so the vibe stays intimate and the room doesn't get too loud.

Step 2: The Dinner:

- The flow of dinner will be conducted by you as the host. Read the provided *Women Over Dinner Host Script* once your guests have all sat down.

Opening Round: Why Noticings?

- We believe a woman's power is equal to her capacity to receive. Receiving attention can sometimes be challenging so in this round we practice stretching our capacity to let attention in. During the opening round, the woman receiving the Noticing may only say "Thank you." If she shrinks back or tries to deflect, you can ask her to try receiving it again and respond with just a "Thank you." This part can seem simple but have some big long term effects!

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Hosting Guidelines (continued)



The Questions: Why these particular questions?

- We believe our inestimable power and wisdom as women lives in our bodies, our sexuality, and our connection to other women. It's easy for us women to keep things surface level, or worse, collude about complaints and self criticism. The design of the provided questions, and the format of no cross talk, carves out space for each woman to find, listen to, and then choose to share her own deep inner wisdom.
- You'll read each question aloud one at a time, waiting for everyone to share their answer before moving to the next question. Try not to look ahead; it's most powerful when everyone stays present as opposed to thinking about what they will say for next questions.
- If your guest does not want to answer a question, that is okay. You can say something like, "Thank you for taking care of yourself." Show them love and approval for where they are at and simply move on to the next share.
- We want everyone to be able to share with no feedback. We share and listen without discussing after a share. When someone is done answering, you can simply say "Thank you," and remind others to do the same.

Closing Round: Why Reflections?

- "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."-Marianne Williamson
- Women are often challenged to see themselves accurately, having little understanding of how impactful they are. Like looking into a reality mirror, reflections from sisters we trust can begin to give us an accurate picture of how powerful we are.
- The format of the reflection is important. By picking a specific moment, and then describing how you felt in that moment, you are painting a map for the other person. As nice as they sound, reflections like, "You're great," or "You're powerful," without providing details or feedback about how you felt, are difficult to integrate.

Step 3: Stay Connected. We are creating a web, connecting women around the world, one dinner at a time. Share about your dinner with our instagram, email us and tell someone that your dinner happened and with how many women—we are keeping track!

Above all: embrace the flow of the dinner, and trust that it will unfold perfectly.

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Host Script



[To be read aloud once everyone has arrived and is seated]

"An invisible red thread connects those who are destined to meet, regardless of time, place, or circumstance. The thread may stretch or tangle, but it will never break."

Welcome to Women Over Dinner.

We are a global movement aimed at enlivening women's inestimable power and reshaping our world.

Tonight, we resurrect the ancient feminine art of verbal wisdom exchange.

The Women Over Dinner format is made up of three parts: A round of noticing, a series of questions, and a final round of reflections.

This format has 3 rules:

1- No Cross Talk. Tonight is unique in that we are not having a conversation or discussion. After someone gives a noticing, answers a question or gives a reflection, we will all just say "Thank You," and move our attention to the next share. We feel more free to express ourselves when we know there won't be feedback. We also gain a new depth of listening when we don't have to think of what to say in response. We simply thank them for sharing, and move our attention to the next share. Avoid the impulse to fix, comfort, or advise on someone else's share.

2- Bottom Line It. In service to the group getting through as many of the questions as possible, be mindful of the length of your share. Vulnerability and specificity carry the most potency.

3- Enjoy It All. No matter how this dinner unfolds, remember: it is already perfect. There are no wrong answers; there are no wrong experiences. Life on life's terms is perfect, and there is always room to evolve.

Can I get a verbal "Yes" agreeing to these rules?

Great, let's start. We'll go in a round, giving a Noticing to the person to our left. A Noticing is simply something we notice when we put our full attention on a woman, it can be anything like: "The first thing I noticed about you was how welcoming you felt," to "I notice your eyes are bright, and there is a flush to your cheeks." You can take a moment to look at the person and take them in before you speak. The person being noticed can only say "Thank You." Receiving attention can sometimes be challenging, so in this round we practice stretching our capacity to let attention in. I'll give one first!

[Give the woman to your left a Noticing. The round finishes when you receive a Noticing from the person to your right]

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Host Script (continued)

Well done. We are warming up! Next, I'll guide us through the curated Women Over Dinner questions. These questions are designed to be thought-provoking and sensational. We will go around the table, one question per round, and answer as many questions as possible in 30-45 minutes. You can tell the truth, lie, or pass, but your truth leads to the most intimacy. And remember, we simply say, "Thank you," after each share and move our attention to the next person.

[See provided Questions and come back to this script after about 30-45 minutes]

That's all the time we have to answer questions. We'll close by giving a Reflection to the person to our right this time. A Reflection is like a mirror. You give a reflection by choosing a specific moment from the dinner that you remember of the woman to your right. You describe the moment, and then reflect how it made you feel. Here is an example of a reflection. "There was a moment when: your posture changed as you were talking about standing up for yourself, and I felt my own strength surface." Or, another example would be, "There was a moment when you said you wanted to start selling your art, and I felt my own inner artist cheering for you." If you're receiving a Reflection, again you just say "Thank You." Make sense?

I'll start:

[give a reflection to the woman on your right, start with, "There was a moment when..." and end it with describing how you felt in that moment. The round finishes when you receive a reflection from the person on your left.]

I'll close this experience with a message from the founders:

Our intention with Women Over Dinner is to reach and connect all women, becoming a globally united community of friends and sisters.

We hope you had a meaningful experience. We hope you feel full in more ways than one. We want you to:

- **Post something from tonight:** a photo, video, testimonial, or all 3. (tag @womenoverdinner or use #WomenOverDinner)
- **Do this again:** plan another dinner with this same group. Stay connected. There will be new questions posted regularly on womenoverdinner.org
- **Reach more women:** host a dinner with new women. Guidelines for hosting can be found on womenoverdinner.org

That was a Women Over Dinner!

For more information on how to host your own women over dinner,
go to www.womenoverdinner.org | @womenoverdinner

Women Over Dinner

Questions

1. If you had the full force of women backing you, what would that look like? How would that feel? Would things be different?
2. Who was the last woman you "took down?" "Take down" can mean anything from criticizing a woman publicly to speaking ill of her to only one other person. Can you tap into why you did it?
3. Describe a moment when you experienced the invisible magnetic force of women. Examples: When you thought about someone and they called you. When you followed your intuition and something beautiful came of it.
4. Think of someone who loves you. What's something positive they know about you that others don't?
5. What are you hungry for? In your life? For the world? For women?

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Menu

STARTER:

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