



SPIRIT OF TRANSFORMATION PROGRAM 2026

Mentor Fact Sheet 2026

The Women's Spirit Project aims to empower women who are doing it tough and have the courage and determination to make positive change in their lives.

Thirty women, 25 years and older and 15 mentors will be selected from the Kingston / Frankston region to participate in the FREE, **Spirit of Transformation Program**. There is no upper age limit.

'Mentoring is a mutually beneficial relationship where one or more people are drawn together to focus on supporting less experienced people to succeed with achieving a goal or tasks. Mentors are acquainted with mentoring concepts, and the relationship has some structure, but the role is not formally recognised.'

In the case of the Women's Spirit Project, the role of the mentor is to be a role model and buddy to 2 to 3 participants throughout the course of the 10-week program and:

- Provide a listening ear, encouraging words and positive energy
- Be on hand to assist with completion of workshop activities and reflections on learning from each of the modules
- Actively participate in all activities including fitness sessions
- Be committed to checking in with your participant on a weekly basis throughout the program.

The 10-week program will cover the following topics:

- Understanding self & others – values, personality motivators
- Personal Growth Plan - Goal Setting
- Setting Boundaries
- Mindfulness
- Support services and resources available in the community.
- Healthy Habits and Nutrition sessions
- Health through perimenopause and menopause
- Strategies for emotional regulation
- Art Therapy

Each week mentors and participants will participate in at least one hour of various movement activities which may include things like walking, group fitness, yoga, thai chi, dancing.

A group of enthusiastic and motivated women from the Frankston / Kingston region with experience in the community, education, fitness and health sectors lead the program.

We promise this will be a rewarding experience, providing personal growth, new connections and fun!



THROUGH PARTICIPATION IN THE PROGRAM, PARTICIPANTS WILL EXPERIENCE

- ✓ Increased self-esteem, confidence, and resilience
- ✓ Improved health, fitness and wellbeing
- ✓ Better relationships and greater connectedness to community
- ✓ Greater knowledge of how to better manage and cope with life
- ✓ Awareness of support services and resources available in the community
- ✓ A sense of purpose and direction with clear goals to work towards

PROGRAM OVERVIEW

Mentor interviews will be held on **Thursday 5th February 2026**.

Successful Mentors will be required to participate in 1.5 days of **Mentor Training on Thursday 19th and Thursday 26th February**.

Successful Mentors will be required to participate in the Participant Meet & Greet Induction Session **on Thursday 5th March**.

The **10 Week Spirit of Transformation Program** will be delivered from 9.30am to 2:30pm every Thursday commencing on **12th March 2026** and concluding on **28th May 2026**, the program does not run during school holidays.

- Mentors will be required to arrive by 9.00am for a pre-brief and stay until 3:00pm for the program debrief each Thursday.

Participants and Mentors will be expected to participate in every session. Mentors are required to undertake a weekly check-in with their participant. Mentors and Participants will be supported by staff throughout the course of the program.

The program will be delivered in Carrum

Location:

Address:

KEY DATES - SPIRIT OF TRANSFORMATION (SOT)

2026	
Thursday 5 th February	Mentor Interviews
Thursday 19 th February 9.15am – 3.30pm & Thursday 26 th February 9.30am – 12.30pm	1.5 days Mentor Training sessions
Thursday 5 th March	Participant Meet & Greet Induction Session
Thursday 12 th March	SOT Program commences from 9.30am to 2.30pm
Thursday 19 th & 26 March	SOT Program 9.30am to 2:30pm
Thursday 2 nd April	SOT Program 9.30am to 2:30pm
Thursday 9 th & 16 th April	No SOT Program – School Holidays
Thursday 23 rd & 30 th April	SOT Program 9.30am to 2.30pm
Thursday 7 th , 14 th , 21 st May	SOT Program 9.30am to 2.30pm
Thursday 28 th May	Final SOT Session Women's Circle Celebration Lunch



WHAT IS INCLUDED:

- Training & movement activities delivered by qualified professionals and educators
- Mentor Training and support from women in the community who are qualified professionals and members of the Women's Spirit Project's Board of Management
- Training manual
- Development of a Personal Growth Plan, including goals and actions to keep you motivated
- Creation of a personal Mandala (painting) to bring personal goals to life.

APPLICATION & RECRUITMENT PROCESS

The application form requires detailed personal information covering a range of topics including education, employment, fitness, health and wellbeing and the reasons for wanting to participate in this opportunity.

The information we request helps us to understand your skills and interests and to ensure we partner you with appropriate participants. Also, we need to ensure there are no significant health risks that may impact you from participating in the activities within the program.

This information will be treated confidentially.

Individuals who are motivated to embark on this mentor opportunity must be able to:

- Complete the application form by closing date.
- Attend the 90-minute group interview on Thursday 5th February
- Commit to 1.5-days Mentor Training on Thursday 19th & 26th February.
- Commit your time of 6 hours (9.00am – 3.00pm) every Thursday during the course of the 10-week program.
- Attend Participant Meet & Greet Induction session 5th March to provide support with members of the Women's Spirit Project.
- Commit to short weekly check-ins with your participants (via text, phone, online or in person) over the course of the 10-week program.
- Provide details of two references that WSP can contact from either an employer, educational supervisor or close friend from the community that can talk to your suitability to mentor in the program
- Willingness to actively participate in all elements of the program including movement activities, adhere to the WSP code of conduct and complete all administrative requirements
- Address any personal issues that may from time-to-time that impact your ability to participate in the program with support from the facilitators and external supports/professionals (as deemed appropriate)
- Complete an Agreement & Consent form on acceptance into the program
- Complete a Social Media Policy Form
- Successful and unsuccessful applicants will be notified a week after interviews.

FOR MORE INFORMATION:

If you have any further questions or wish to obtain more information, please email us at:
hello@womensspiritproject.org

Please note the Women's Spirit Project operates with part-time staff and volunteers.
It may take us between 24-48 hours to reply to your enquiries.

On behalf of the Women's Spirit Project, thank you for your interest in the Spirit of Transformation Program – we greatly appreciate your support!

