



SPIRIT OF TRANSFORMATION PROGRAM 2025

Participant Fact Sheet 2025

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 fifteen mentors will be selected from the Frankston / Kingston region to participate in the FREE, **Spirit of Transformation Program**. There is no upper age limit.

The 10-week program will cover the following topics:

- Understanding self – values, learning styles, behavioural styles
- Goal Setting
- Boundary setting
- Mindfulness & Meditation sessions
- Awareness of and links to support services and resources available in the community.
- Health and Nutrition sessions
- Reproductive Health

As part of the program, participants will participate in an hour of fitness activity each week -- including walking, group fitness, yoga and body art classes.

A group of enthusiastic and motivated women from the Frankston |Kingston region with experience in the community, education, fitness, and health sectors will deliver the program with support from volunteers and mentors.

THROUGH PARTICIPATION IN THE PROGRAM, YOU 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.

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



WWW:WOMENSSPIRITPROJECT.ORG E: HELLO@WOMENSSPIRITPROJECT.ORG

ABN 17 631 807 148

PROGRAM OVERVIEW

Participant interviews will be held on **Thursday 24th April & Thursday 2nd May 2025**.

The **10 Week Spirit of Transformation Program** will be delivered from 9.30am to 2:30pm every Thursday commencing on **16th May 2025** and concluding on **31st July 2025**, program does not run during school holidays.

Participants and Mentors will be expected to participate in every session. Participants will be supported by staff, volunteers, and mentors to attend sessions and engage in activities.

The program will be delivered in Frankston with venue TBC.

Please note that this program is being delivered by women for women, professionals with a range of skills and qualifications in the education, fitness, health, wellbeing sectors. Contract staff and volunteers will also be supporting the delivery of the program.

KEY DATES

| 2025 | |
|--|--|
| Thursday 6 th March 2025 | Mentor Applications closes |
| Thursday 13 th March 2025 | Mentor Interviews |
| Friday 4 th April 2025 | Participant Applications closes |
| Thursday 27 th March 25 9.00am – 4.00pm & Thursday 3 rd April 25 9.00am – 1.30pm | 1.5 days Mentor Training sessions |
| Thursday 24 th April & Thursday 2 nd May 2025 | Participant Interviews |
| Thursday 15 th May 2025 | SOT Program commences 9.30am to 2.30pm |
| Thursday 22 nd & 29 th May 2025 | SOT Program 9.30am to 2:30pm |
| Thursday 5 th , 12 th , 19 th & 26 th June 2025 | SOT Program 9.30am to 2:30pm |
| Thursday 3 rd July 2025 | SOT Program 9.30am to 2:30pm |
| Thursday 10 th & 17 th July 2025 | No SOT Program – School Holidays |
| Thursday 24 th July 2025 | SOT Program 9.30am to 2.30pm |
| Thursday 31 st July 2025 | Final SOT Session Women’s Circle Celebration Lunch |

WHAT IS INCLUDED

- Training & fitness activities delivered by qualified professionals and educators
- Mentoring support to help motivate you and support you with the program requirements
- Training manual
- Development of a Personal Growth Plan, including goals and actions to keep you motivated
- Creation of a personal Mandala (painting) to bring your personal goals to life
- Continued support through Catchup and Connect walks.



WWW:WOMENSSPIRITPROJECT.ORG E: HELLO@WOMENSSPIRITPROJECT.ORG

ABN 17 631 807 148

WHO SHOULD APPLY?

We are looking for up to 30 determined women who are committed to improving their life physically, mentally, and emotionally so that they can work towards being the person they want to be for themselves and their families and bring to life personal goals and aspirations. Your commitment to the program is five hours every Thursday for the duration of the 10 weeks.

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 focus workshop content on the skills and interests of participants and ensure there are no significant health risks that may impact a person from participating or completing the program. This information is treated confidentially.

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

- Complete the Application Form by the closing date of 4th April 2025.
- Attend an informal interview with members of the WSP.
- Commit your time of 5 hours (9.30am – 2.30pm) every Thursday during the course of the 10-week program.
- Provide two written references from either an employer or educational supervisor or close friend from the community that can talk to your suitability to participate in the program.
- Willingness to actively participate in all elements of the program including fitness activities, adhere to the WSP code of conduct and complete all administrative requirements
- Participate in all sessions over the 10-week program including
- Address any personal issues that may from time-to-time impact your ability to participate in the program with support from the facilitators and external professionals (as deemed appropriate)
- Complete a Consent & Indemnity 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 hello@womensspiritproject.org

Please note the Women's Spirit Project is operated by part-time staff and volunteers. It may take us 24-48 hours to respond to your enquiries.

On behalf of Team Teal, thank you for your interest in joining the 'Spirit of Transformation' Program!



WWW:WOMENSSPIRITPROJECT.ORG E: HELLO@WOMENSSPIRITPROJECT.ORG

ABN 17 631 807 148