SPIRIT OF TRANSFORMATION PROGRAM

Mentor Information Sheet

About the Women's Spirit Project

The Women's Spirit Project supports and empowers women who are ready to make positive, meaningful change in their lives through movement, mindfulness, connection and personal growth.

The **Spirit of Transformation program** is designed to gently support women — all within a safe, trauma-informed space. It builds confidence, wellbeing, connection and practical life skills in a supportive and nurturing environment.

Whether they join us **in person** or **online**, they'll be guided each week and supported by mentors to move them from possibly feeling stuck, exhausted or disconnected to building strength, resilience, confidence and hope — moving from surviving to truly thriving.

Each program welcomes **up to 30 women (18+ years)** and is supported by **10 - 12 dedicated volunteer mentors**. There is no upper age limit.

About Mentoring

Mentoring is a **mutually beneficial relationship** where individuals come together to support, encourage, and guide others to achieve personal goals. While mentors are familiar with mentoring principles and work within a structured framework, the role is informal, relational and deeply human.

Within the Women's Spirit Project, mentors play a vital role in helping participants feel **seen, supported and encouraged** throughout their weekly journey.

The Role of a Mentor

As a mentor, you'll be a positive role model, support and buddy for the entire group and specifically to 3-4 people throughout the program and are asked to:

- Provide a listening ear, encouragement and positive energy
- Support participants during workshops, reflections and activities

- Actively participate in all sessions, including movement activities
- Complete a brief **weekly check-in** with each participant
- Encourage accountability, confidence and self-belief
- Promote empowerment

Program Content

Over the program, participants (and mentors) will explore a range of wellbeing, personal growth, and life-skills topics, including:

- Embracing health and happiness through gentle movement and wellbeing
- This Is Me – values, personality, and motivators
- Personal Growth Planning and goal setting
- Dimensions of wellbeing
- Setting healthy boundaries
- Reframing mindset and self-talk
- Mindfulness practices
- Emotional regulation strategies
- Healthy habits and nutrition
- Rest, Sleep and Breath techniques
- Women's health, including perimenopause and menopause
- Art therapy (Mandala creation)
- Awareness of community support services and resources

Weekly Movement

Each week includes **at least one hour of guided movement for 'In Person' programs and 15 minutes for 'Virtual' programs**, which will vary with programs but may include:

- Walking
- Resistance Training
- Yoga or Tai Chi
- Dancing
- Stretching and fun group activities

All activities are inclusive and adaptable for all fitness levels and abilities.

Program Delivery

The program is delivered by experienced women from the:

- Community sector
- Education
- Fitness
- Health and wellbeing fields

Delivery is supported by volunteers, mentors and the Women's Spirit Project team. We promise this will be a **rewarding experience** that offers personal growth, meaningful connection and fun.

In Person Program Schedule & Commitment

- **Day:** Thursday *or* Friday (program dependent)
- **Time:** 9:30am – 2:30pm (arrival 9.15am)
- **Commitment:** 5 hours per week for 10 weeks

2027 Programs:

- Kingston/Frankston: Held on Thursdays in Carrum from February – May (CLOSED)
- Casey: Held on Fridays Cranbourne from April – July.
- Mornington Peninsula: Date & Venue to be confirmed.

(Programs are not held during school holidays)

Virtual Program Schedule & Commitment

- **Day:** Tuesday (program dependent)
- **Time:** 6.45pm – 8.30pm
- **Commitment:** 1.5 hours per week for 7 weeks
- **Online**: ZOOM

2027 Programs:

Open to previous mentors from a past in-person SOT program.

Participants and mentors are expected to attend and actively participate in **all sessions**, with support available to help overcome barriers to attendance where possible.

What You'll Gain as a Mentor

Through your involvement as a mentor, you will:

- Strengthen your confidence, leadership skills and self-awareness
- Deepen your own wellbeing practices and personal resilience
- Experience meaningful connection within a supportive community of women
- Expand your knowledge of wellbeing strategies, community services and trauma-aware support
- Gain a strong sense of purpose through giving back and impacting other women's lives

Mentor Process Overview

Stage 1: Complete online application

Stage 2: Attend a Mentor Group Interview

Stage 3: Successful mentors complete **1.5 days of Mentor Training (lunch provided day 1)**

Stage 4: Attend the Participant *Meet & Greet* Induction Session

Stage 5: Participate in the 8 week vitual or 10-week in person program

- **Mentor commitment:**

  In Person: 9:00am – 3:00pm (includes pre-brief and debrief)

  Virtual: 6.450pm - 8.45pm (includes pre-brief and debrief)

Mentors are expected to attend all sessions and complete all activities with their participants, along with a brief weekly participant check-in.

Ongoing support is provided by staff throughout the program.

What's Included

Mentors will receive:

- Mentor training and ongoing support
- Wellbeing education and movement sessions delivered by qualified professionals
- Support from experienced women and members of the WSP Board
- A training manual
- Development of a **Personal Growth Plan**
- Creation of a personal **Mandala artwork**

Application Process

The mentor application form gathers information about:

- Education and employment
- Health, fitness and wellbeing
- Skills, interests and motivation for mentoring

This helps us partner mentors appropriately and ensure safe participation. All information is treated confidentially.

*** You do not need to have had any formal experience mentoring.**

To be eligible, mentors must:

- Complete the application form by the closing date
- Attend a **90-minute Mentor Group Interview**
- Commit to **1.5 days of Mentor Training**
- Commit to: In person **6 hours per week (9:00am – 3:00pm)** during the 10-week program or Virtual **2 hours per week (6.45pm – 8.45pm)** during the 7-week program
- Attend the Participant *Meet & Greet* Induction
- Complete short weekly check-ins with participants
- Provide **two referees** (employer, educator, or community referee)
- Actively participate in all program activities, including movement
- Adhere to the Women's Spirit Project Code of Conduct
- Complete required documentation, including:
    - Agreement & Consent Form
    - Social Media Policy Form

Successful and unsuccessful applicants will be notified **within a few days of interviews**.

More Information

For further information or enquiries, please contact: **hello@womensspiritproject.org**

Please note the Women's Spirit Project operates with part-time staff and volunteers. Responses may take **24–48 hours**.

Thank you for your interest in mentoring with the Spirit of Transformation Program.
Your support plays a vital role in empowering women and strengthening our community.