



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 Mornington Peninsula 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 & 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

As part of the program, participants will participate in an hour of movement activity each week – this may include walking, resistance fitness, yoga, thai chi, dancing.

A group of enthusiastic and motivated women from the Frankston |Mornington Peninsula 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 Meet & Greet induction sessions will be held on **Friday 29th August 2025**.

The **10 Week Spirit of Transformation Program** will be delivered from 9.30am to 2:30pm every Friday commencing on **12th September 2025** and concluding on **28th November 2025**.
(The 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 Mornington

Location: TBC

Address: TBC

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

KEY DATES

2025	
Friday 1 st August	Mentor Interviews
Friday 15 th August & Friday 22 nd August	Mentor Training sessions - 1.5 days
Friday 29 th August	Participant Meet & Greet Induction session
Friday 12 th September	SOT Program commences from 9.30am to 2.30pm
Friday 19 th September	SOT Program 9.30am to 2:30pm
Friday 26 th September & Friday 3 rd October	No SOT Program – School Holidays
Friday 10 th , 17 th , 24 th & 31 st October	SOT Program 9.30am to 2:30pm
Friday 7 th , 14 th , 21 st November	SOT Program 9.30am to 2.30pm
Friday 28 th November	Final SOT Session Women's Circle Celebration Lunch

WHAT IS INCLUDED

- Training & movement 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.



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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 Friday for the duration of the 10 weeks.

REGISTRATION & RECRUITMENT PROCESS

The registration 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 registration Form by the closing date.
- Attend the Meet and Greet Induction session with members of the WSP on 29th August 2025.
- Commit to the 5 hours (9.30am – 2.30pm) every Friday during the course of the 10-week program.
- Provide two referees from someone such as an employer, educational supervisor, support worker or friend 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
- 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)
- Participate in all sessions over the 10-week program
- Complete an Agreement & Consent Form
- Complete a Social Media Policy Form

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 Women's Spirit Project, thank you for your interest in joining the 'Spirit of Transformation' Program!



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