



SPIRIT OF TRANSFORMATION PROGRAM

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

Program Overview

The **Spirit of Transformation Program** is a **wellbeing and personal development program** for women.

- **Up to 30 women (18+ years)** will participate in each program
- **10 volunteer mentors** support participants throughout the journey
- There is **no upper age limit**

In Person Programs: 10-week program - FREE. One day per week 9.30am - 2.30pm - usually a Thursday or Friday.

Virtual Programs: 8-week program - \$15 per week. Tuesday evenings 6.45pm - 9.00pm.

What the Program Covers

Each week 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 & 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 gentle 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.

What You'll Gain From Participating

By taking part in the Spirit of Transformation Program, you can expect to experience:

- Increased self-esteem, confidence and resilience
- Improved health, fitness and overall wellbeing
- Stronger relationships and greater community connection
- Practical tools to manage life's challenges
- Awareness of local support services and resources
- A renewed sense of purpose with clear personal goals

We promise this will be a **rewarding, supportive and empowering experience** — filled with personal growth, meaningful connections and fun.

In Person Program Schedule & Commitment - FREE

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

2026 Programs:

~ Kingston/Frankston: Held on Thursdays in Carrum from March - June.

~ Casey: Held on Fridays Cranbourne from May – August.

~ Mornington Peninsula: Date & Venue to be confirmed

(Programs are not held during school holidays)

Virtual Program Schedule & Commitment - \$15 per week

- **Day:** Tuesday (program dependent)
- **Time:** 6.45pm – 9.00pm
- **Commitment:** 2 hours per week for 8 weeks
- **Online:** Zoom platform

2026 Programs:

Open to everyone! Online from March – June

(Programs are not held during school holidays)

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's Included

Participants will receive:

- Wellbeing education and movement sessions delivered by qualified professionals
- Mentor support and encouragement plus a weekly check in
- A program training manual
- Development of a personalised **Personal Growth Plan** to help you move forward
- Creation of a personal **Mandala artwork** to bring goals to life
- Continued connection through *Catch-Up & Connect* walks after the program

Who Should Apply?

This program is for women who:

- Are ready to make positive changes in their life
- Are committed to improving their physical, mental and emotional wellbeing
- Are willing to actively participate and engage in group activities
- Want to create positive change for themselves and their families

A full commitment to the 10-week in person or 8-week virtual program is essential.

Registration Process

The registration form includes questions about:

- Education and employment
- Health, fitness and wellbeing
- Personal goals and reasons for wanting to participate

This information helps us tailor the program, to ensure participant safety and to match you appropriately with a mentor. **All information is treated confidentially.**

To be eligible, participants must:

- Complete the registration form by the closing date. Note - The closing date may be sooner if the program reaches capacity. So, you are encouraged to complete the registration form ASAP
- Attend a 1.5 hour *Meet & Greet* group induction session the week before the program
- Commit to attending weekly sessions (9:30am – 2:30pm)
- Provide **two referees**
(e.g. employer, support worker, educator or trusted friend / family member)
- Be willing to actively participate in all program activities, including movement
- Adhere to the Women's Spirit Project Code of Conduct
- Complete all required documentation, including:
 - Agreement & Consent Form

Participants are encouraged to communicate openly with facilitators if personal challenges arise, so appropriate support can be provided.

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 the Spirit of Transformation Program.

