SPIRIT OF TRANSFORMATION PROGRAM

Participant Information Sheet

About the Women's Spirit Project

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

The Spirit of Transformation Program provides a safe, supportive and trauma-informed environment where women can build confidence, improve their wellbeing, develop practical life skills and connect with others.

Whether participating in person or online, you will be supported by experienced facilitators and volunteer mentors every step of the way.

Our aim is to help women move from feeling stuck, overwhelmed or disconnected towards greater strength, confidence, resilience and hope.

About the Program

The Spirit of Transformation is a FREE wellbeing and personal development program for women aged 18 and over.

In-person programs:

- 10 weeks
- One day per week
- 9:30am – 2:30pm (arrival from 9:15am)
- Up to 30 participants per program
- Supported by 10 volunteer mentors

There is no upper age limit, and women of all fitness levels and abilities are welcome.

2027 In-Person Programs

- **Kingston/Frankston:** Thursdays, February – May, in Frankston.
- **Casey:** Fridays, May – July, in Cranbourne.
- **Mornington Peninsula:** Dates and venue to be confirmed

  Programs do not run during school holidays.

What Will You Explore?

Each week, participants and mentors explore topics designed to support personal growth, health and wellbeing.

Topics include:

- **Health and happiness:** Gentle movement and healthy lifestyle choices.
- **Self-awareness:** Understanding your values, personality and motivators.
- **Personal growth:** Setting goals and creating a personal growth plan.
- **Wellbeing:** Exploring the different areas of health and wellbeing.
- **Healthy boundaries:** Learning to recognise and communicate your needs.
- **Mindset:** Developing positive thinking and helpful self-talk.
- **Mindfulness:** Learning practical mindfulness techniques.
- **Emotional wellbeing:** Strategies for understanding and managing emotions.
- **Healthy habits:** Nutrition and everyday lifestyle choices.
- **Rest and relaxation:** Sleep, breathing and relaxation techniques.
- **Women's health:** Including perimenopause and menopause.
- **Creative expression:** Art therapy through Mandala creation.
- **Community connections:** Learning about local support services and resources.

Weekly Movement

Movement is an important part of the program. Each in-person session includes at least one hour of gentle, guided movement. Online sessions include 15 minutes. Activities may include:

- Walking
- Resistance training
- Yoga or Tai Chi
- Dancing
- Stretching
- Fun group activities

All activities can be adapted to suit different fitness levels and abilities.

What Will You Gain?

By participating in the program, you will have the opportunity to:

- Build self-esteem, confidence and resilience.
- Improve your physical health and overall wellbeing.
- Develop positive relationships and a stronger sense of connection.
- Learn practical strategies to manage life's challenges.
- Discover local support services and community resources.
- Identify your personal goals and develop a renewed sense of purpose.

Most importantly, you will be part of a supportive group of women sharing experiences, learning together and encouraging one another.

Who Delivers the Program?

The program is delivered by experienced women from community services, education, fitness, health and wellbeing backgrounds.

They are supported by volunteer mentors and the Women's Spirit Project team.

What's Included?

As a participant, you will receive:

- Wellbeing education and movement sessions led by qualified professionals.
- Ongoing encouragement and support from a volunteer mentor.
- Weekly mentor check-ins.
- A program training manual.
- Support to develop your own Personal Growth Plan.
- The opportunity to create a personal Mandala artwork representing your goals.
- Continued connection through our Catch-Up & Connect walks after the program.

Virtual Program

The Spirit of Transformation is also available online via Zoom.

Program details:

- One evening per week, Tuesday.

- 7:00pm – 8:30pm.
- 1.5 hours per week for 8 weeks.
- Open to women everywhere.

2027 online program dates are to be confirmed.

Programs do not run during school holidays.

Who Should Apply?

The program is suited to women who:

- Are ready to make positive changes in their lives.
- Want to improve their physical, mental and emotional wellbeing.
- Are willing to participate and engage in group activities.
- Want to build confidence, connection and practical life skills.
- Are interested in creating positive change for themselves and their families.

A commitment to attending and actively participating in the full program is essential.

Registration and What to Expect

Step 1 – Complete the Registration Form

The registration 'getting to know you' form includes some questions about your health, fitness and wellbeing, personal goals and reasons for wanting to participate.

This information helps us understand your needs, support your safety and match you with a suitable mentor.

All information is treated confidentially.

Step 2 – Attend the Meet & Greet

Successful applicants are required to attend a 1.5-hour group induction session during the week before the program begins.

This is an opportunity to meet the team, other participants and your mentor, and learn more about the program.

Step 3 – Make the Commitment

Participants are expected to:

- Attend weekly sessions.
- Actively participate in program activities, including movement.
- Follow the Women's Spirit Project Code of Conduct.
- Complete all required paperwork, including the Agreement & Consent Form.

We understand that personal challenges can arise. We encourage participants to communicate openly with facilitators so we can provide support where possible.

Important: Registration forms must be submitted by the advertised closing date. Places are limited, and applications may close earlier if the program reaches capacity. We encourage you to register as soon as possible.

More Information

For further information or enquiries, please contact:

Email: hello@womensspiritproject.org

Please allow 24–48 hours for a response, as the Women's Spirit Project operates with part-time staff and volunteers.

Website: www.womensspiritproject.org

Thank you for your interest in the Spirit of Transformation Program.

We look forward to welcoming you and supporting you on your journey of growth, connection and positive change.