

the Butterfly effect



'Adventures reveal what we are made of, supporting us to grow in confidence and resilience.'

Jodie Belyea - Founder

The Women's Spirit Project

Since April 2018 the Women's Spirit Project has:

- ✓ Recruited 23 women as members of the Women's Spirit Tribe
- ✓ Raised \$70K in sponsorship & \$30k in-kind/pro-bono support
- ✓ Engaged 12 professional women as volunteers
- ✓ Secured Monash University to evaluate the project's journey
- ✓ Contracted Thomas Barnes to document our journey.

Seven weeks into the 16 week program aimed at inspiring and empowering the women through a range of fitness, health and wellbeing activities the Women's Spirit Tribe are setting their sights on their biggest challenge, the 70km through the Frankston Mornington Peninsula over four days and three nights.

Participants, mentors and working group members are gaining strength in mind, body and soul as they challenge themselves using the Women's Spirit Project's unique combination of life skills lessons, mental health exercises and fitness classes.

Now we need your help for that final push up the mountain.

You can support one woman's journey to the value of \$500 to cover all equipment, catering and logistics or you can donate enough money to purchase any of the following items.

Items	Value	Needed
Hiking Boots	\$200	17
Sleeping Bags	\$250	17
Self Inflating Mats	\$100	17
Portaloo Hire (per day)	\$100	2
Day Pack	\$80	17
Hydration Pack	\$50	17
Food + Water (per person/per day)	\$30	



Donate Now

To support the project and make your donations please visit www.gofundme.com/Womens-Spirit-Trek-2019

With your help, we can climb mountains.

Meet the founder of the Women's Spirit Project and some of the awesome women taking part in this ground-breaking project.



Jodie Belyea

WSP Founder

Masters in Business Leadership, Undergraduate qualifications in Community Development, Youth Work, Training and Business Administration.

Jodie has built a career designing and delivering dozens of adventure-based programs and activities, at state, national and international levels to people from all walks of life.

Jodie's dream has been to take those skills and give vulnerable and disadvantaged women in her local community the opportunity to participate in the same life-changing learning and activities she has experienced.

To do this, Jodie has pulled together a team of passionate women from a range of professions who live, work or play in Frankston and surrounding communities. In a short space of time, they have created the Women's Spirit Project.



Dr Ruth Jeanes

Monash University
Evaluator

Dr Ruth Jeanes, Associate Professor and Director of Initial Teacher Education in the Faculty of Education at Monash along with her colleague, Dr Lisa Hunter, will evaluate the Women's Spirit Project.

"My research focuses on the use of sport and physical activity as a community development resource, particularly as a tool to address social exclusion amongst marginalized communities. It is anticipated that the evaluation will provide valuable information on how the program can be developed and enhanced in the future and as well as evidencing its impact on the women involved.

I was particularly inspired to become involved because of the grassroots, community-driven nature of the program. As a volunteer-led initiative, it represents the type of asset-based community development program that I advocate is necessary when seeking to create social change.

Meet the team

Louise Allwright | Life Coach

Jenny Bosse | Fitness Instructor

Emma Bowler | Administration

Majella Frick | Administration

Zoe Martin | Social Worker

Kate Park | Business Manager

Emma Rigby | Registered Nurse

Noeleen Langford | Human Resources

Josephine Johnston | Administration

Leigh McNaughton | Company Director

Lorraine Riddoch | Human Resources

Juanita Sanger | Fitness & Nutrition Coach

Joanne Pascoe | Masseuser and TFT

Tapping Practitioner

Christina Sawaya | Fitness Instructor

Lesley St Clair-Paul | Administration

Kerry Strickland | Registered Nurse

Greer Watson | Graphic Designer

Hayley Wilson | Naturopath

Helen Woods | Business Coach and

Corporate Strategist



"I see the project as a way to learn to love myself again, to find my voice, and to meet other like-minded women." **Sharna Brown** - Participant



Josephine Johnston

Mentor

Bachelor of Behavioural Studies, volunteer tutor, Mother of two and grandmother to one, survivor of challenging life experiences.

It takes courage to take that first step towards change, towards self-discovery, and having done that myself, I was happy to volunteer as a mentor for the women participating in the Project.

I am passionate about keeping fit – I love to walk and practice yoga – and I know the benefits this brings to every aspect of your life. The Project's combination of life skills lessons and fitness training, and the four day trek – I just know that our participants will be changed forever by this experience.



Kerry Strickland

Working Group Member

Registered Nurse, Peninsula Health as the Aboriginal Healthy Start to Life Nurse, proud Aboriginal woman

I met Jodie when she was working within the Aboriginal and Torres Strait Islander community under the Child First banner. Jodie spoke of the big gap for vulnerable women living in the Frankston City Council and Mornington Peninsula Shire and I was instantly drawn to the program she envisioned.

Many of the families I see are socially isolated and just not where they thought that they would be at this time in their lives. Especially single mums that have fled family violence, struggle financially and have low self-esteem.

Every Sunday when I turn up I love seeing amazing women who are just so excited and eager to be there. It makes me teary even thinking about it. Their determination and resilience is amazing and I feel like we are just a bunch of women that are enjoying this journey we've started together.



Sharna Brown

Participant

Mum of three. Part-time worker.

When I heard about the programme, I was struggling with my mental health and self-esteem.

I saw the project as a way to learn to love myself again, to find my voice, and to meet other like-minded women.

Now, half-way through, I am feeling ecstatic. I've lost a bit of weight, and my mind is clear. I love that we are all in the same boat and we are all helping each other. I was really dreading the trek, but now I really can't wait.





For more information visit - www.womensspiritproject.org

The Women's Spirit Project - Our Sponsors 2019



MONASH
University



Carr
Barnett
Accountants



Silver Sponsors

A & L Windows and Doors
Thomas Barnes
Documentary Video Creator

Bronze Sponsors

Cornerstone HR
Derinya Primary School
Emerald HR Consulting
Employ Health

General Sponsors

Advanced Promotional Clothing
Anonymous donor
Abracadabra Childcare Services
Blue Bay Cheese
Mornington Peninsula Magazine
Oz Child staff
Rosie's Kitchen Pantry
Tom Glazebrook

\$1000 Sponsors

Peninsula Aquatic and
Recreation Centre

