



## 2023 SPIRIT OF TRANSFORMATION

### Mentor Information

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 15 mentors will be selected from the Frankston | Kingston region to participate in the FREE, **Spirit of Transformation Program**. There is no upper age limit.

*Mentoring is a mutually beneficial relationship where one or more people are drawn together to focus on supporting less experienced people to succeed with achieving a goal or tasks. Mentors are acquainted with mentoring concepts and the relationship has some structure, but the role is not formally recognised*

In the case of the Women's Spirit Project the role of the mentor is to be a role model and buddy to 2 participants throughout the course of the 11-week program and:

- Provide a listening ear, encouraging words and positive energy
- Be on hand to assist with reflections on learning from each of the modules
- Actively participate in all activities including fitness sessions
- Be committed to seeing your buddies through the program, which will mean committing to all sessions and attending Catchup and Connect walks (5 walks over 11 weeks).

The 11-week program will cover the following topics:

- Goal Setting
- Problem Solving
- Mindfulness & Meditation sessions
- Communication skills training
- Awareness of and links to support services and resources available in the community
- Health and Nutrition sessions
- Boundary Setting

Each week participants will participate in an hour of fitness activity including walking, group fitness, yoga and body art classes.

A group of enthusiastic and motivated women from the Frankston | Kingston region and with experience in the community, education, fitness, and health sectors are volunteering their time to lead the program.

We promise this will be a rewarding experience, providing personal growth, new connections, and fun!

### THROUGH PARTICIPATION IN THE PROGRAM, YOU WILL EXPERIENCE



- ✓ Increased self-esteem, confidence, and resilience
- ✓ Improved health, fitness, and wellbeing
- ✓ Understanding of mentoring and improved coaching skills
- ✓ Better relationships and greater connectedness to community
- ✓ A sense of purpose and direction with clear goals to work towards.

## PROGRAM OVERVIEW

Interviews will be held between **Friday 10<sup>th</sup> & Saturday 11<sup>th</sup> February 2023**

Successful Mentors will be required to participate in 2 days of **Mentor Training – Friday 24<sup>th</sup> and Saturday 25<sup>th</sup> February**.

The **11 Week Spirit of Transformation Program** will be delivered from 9.30am to 2:30pm every Friday commencing on **24<sup>th</sup> March 2023**. Mentors will stay until 3:00pm for an opportunity to debrief each Friday.

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 at a location on the boarder of Frankston and Kingston.

The five Catchup & Connect Walks held every second Sunday over the course of the 11-week program will be conducted across the Frankston | Kingston region.

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

## KEY DATES

<b>2023</b>	
Wednesday 1 <sup>st</sup> February 2023	Applications closes – Participant and Mentors
10 <sup>th</sup> & 11 <sup>th</sup> February	Mentor Interviews
17 <sup>th</sup> & 18 <sup>th</sup> February	Confirmation of Mentors
24 <sup>th</sup> & 25 <sup>th</sup> February	Mentor Training Session (compulsory for mentors)
17 <sup>th</sup> & 18 <sup>th</sup> March	Participant Interviews – all mentors to assist
22 <sup>nd</sup> March	Confirmation of Participants
Friday 24 <sup>th</sup> & 31 <sup>st</sup> March	SOT Program 9.30am to 3pm
EASTER 10 <sup>th</sup> April to 21 <sup>st</sup> April	No SOT Program
28 <sup>th</sup> April - 09 <sup>th</sup> June	Weekly Program 9.30am to 3pm
16 <sup>th</sup> June	Celebration Lunch
23 <sup>th</sup> June	Final Session
Sunday Fortnightly from 9.30am to 11.30am -	Catchup and Connect Walks – five in total
17-19 November, 2023	TO BE CONFIRMED: Frank to Schanck, Walk Event



**What is included:**

- Training & fitness activities delivered by qualified professionals and educators
- Mentor Training and support from women in the community who are qualified professionals and members of the Women's Spirit Project's Board of Management
- Training manual and journal
- Development of a Personal Blueprint, including goals and actions to keep you motivated
- Creation of a personal Mandala painting to bring personal goals to life
- A hybrid delivery model will be delivered in the event of restrictions being in place due to Covid19.
- Support structure through Catchup and Connect walks

**APPLICATION & RECRUITMENT PROCESS**

The application 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 around the skills and interests of participants and ensure there are no significant health risks that may impact a person from participating in or completing the program. This information will be treated confidentially.

Individuals who are motivated to embark on this opportunity must be able to:

- Complete the Application Form by closing date
- Commit to Mentor Training as well as mentor check-ins over the course of the 11-week program.
- Attend an informal interview with members of the Women's Spirit Project
- Provide two references from either an employer or educational supervisor or close friend from the community who 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
- Participate in all sessions over the 11-week program including 5 Catchup & Connect Sunday walk sessions
- Address any personal issues that may from time-to-time impact your ability to participate in the program with support from the facilitators and external professionals (as deemed appropriate)
- Complete a Consent & Indemnity Form on acceptance into the program
- Successful and unsuccessful applicants will be notified between late February and early March.

**FOR MORE INFORMATION**

If you have any further questions or wish to obtain more information, please email

[hello@womensspiritproject.org](mailto:hello@womensspiritproject.org)

Please note the Women's Spirit Project operates with part-time staff and volunteers. It may take us between 24-48 hours to reply to your enquiries.

**On behalf of Team Teal, thank you for your interest in the Spirit of Transformation Program – we greatly appreciate your support!**

