



SPIRIT OF TRANSFORMATION PROGRAM 2023 **Participant 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 fifteen mentors will be selected from the Frankston | Kingston region to participate in the FREE, **Spirit of Transformation Program**. There is no upper age limit.

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

As part of the program, participants will participate in an hour of fitness activity each week -- including walking, group fitness, yoga and body art classes.

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

THROUGH PARTICIPATION IN THE PROGRAM, YOU WILL EXPERIENCE:

- ✓ Increased self-esteem, confidence, and resilience
- ✓ Improved health, fitness, and wellbeing
- ✓ Greater knowledge of how to better manage and cope with life
- ✓ Awareness of support services and resources available in the community
- ✓ Better relationships and greater connectedness to 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 interviews will be held between **17th to 18th February 2023**.

The **11 Week Spirit of Transformation Program** will be delivered from 9.30am to 2.30pm every Friday commencing on **24th March 2023**. 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

2023	
Wednesday 1 st February 2023	Applications closes – Participant and Mentors
17 th & 18 th March	Participant Interviews
22 nd March	Confirmation of Participants
24 th & 31 st March	SOT Program 9.30am to 2:30pm
EASTER 10 th April to 21 st April	No SOT Program
28 th April - 09 June	Weekly Program 9.30am to 2.30pm
16 th June	Celebration Lunch
23 rd June	Final SOT 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
- Mentoring support to help motivate you and support you with the program requirements
- 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 your personal goals to life
- A hybrid delivery model will be delivered in the event of restrictions being in place due to Covid19.
- Continued support through Catchup and Connect walks
- [TBC -- Financial support to participate in the three day walk event in November 2023]



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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.

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 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 Application Form by the closing date
- Attend an informal interview with members of the WSP
- Provide two written references from either an employer or educational supervisor or close friend from the community 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
- Participate in all sessions over the 9-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 mid March 2023.

FOR MORE INFORMATION

If you have any further questions or wish to obtain more information, please email hello@womenspiritproject.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 Team Teal, thank you for your interest in joining the 'Spirit of Transformation' Program!



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