



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 Mornington Peninsula 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 join 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 | Mornington Peninsula region with experience in the community, education, fitness, and health sectors are facilitating and 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 **Friday 18th to Saturday 19th August 2023**.

The **11 Week Spirit of Transformation Program** will be delivered from 9.30am to 2.30pm every Friday commencing on **1st September 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 Dromana Community House, 15 Gibson Street, Dromana.

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	
Friday 28 th July 2023	Applications close – Participant and Mentors
18 th & 19 th August 2023	Participant Interviews
27 th August 2023	Confirmation of Participants
1 st , 8 th & 15 th September 2023	SOT Program 9.30am to 2:30pm
16 th Sep – 1 st Oct - Term 3 School holidays	No SOT Program
6 th , 13 th , 20 th & 27 th October 2023	Weekly Program 9.30am to 2.30pm
10 th , 17 th November 2023	Weekly Program 9.30am to 2.30pm
18 th November, 2023	Women's Circle Event (TBC)
24 th November 2023	Final SOT Session

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
- 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.



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WHO SHOULD APPLY?

We are looking for up to 30 determined women, 25+ years of age, 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 ensures 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 details of two references that WSP can contact 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 11-week program
- Address any personal issues that may from time-to-time impact your ability to participate in the program with support from WSP facilitators and external professionals (as deemed appropriate)
- Complete a Consent & Indemnity Form on acceptance into the program.
- Successful and unsuccessful applicants will be notified by Sunday 27th August 2023.

FOR MORE INFORMATION

If you have any further questions or wish to obtain more information, please email us at this address: 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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