



## SPIRIT OF TRANSFORMATION PROGRAM 2025

### Mentor Fact Sheet 2025

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 to 3 participants throughout the course of the 10-week program and:

- Provide a listening ear, encouraging words and positive energy
- Be on hand to assist with completion of workshop activities and reflections on learning from each of the modules
- Actively participate in all activities including fitness sessions
- Be committed to checking in with your participant on a weekly basis throughout the program.

The 10-week program will cover the following topics:

- Understanding self – values, learning styles, behavioural styles
- Goal Setting
- Boundary setting
- Mindfulness & Meditation sessions
- Awareness of and links to support services and resources available in the community
- Health and Nutrition sessions
- Reproductive Health

Each week mentors and participants will join one 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 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
- ✓ Better relationships and greater connectedness to community
- ✓ Understanding of mentoring and improved coaching skills
- ✓ A sense of purpose and direction with clear goals to work towards.

## PROGRAM OVERVIEW

Mentor interviews will be held on **Thursday 27<sup>th</sup> March 2025**.

Successful Mentors will be required to participate in 2 days of **Mentor Training on Thursday 3<sup>rd</sup> and Thursday 24<sup>th</sup> April at FRANKSTON DOLPHINS JUNIOR FOOTBALL CLUB**.

Successful Mentors will be required to participate in participant interviews **on Thursday 1<sup>st</sup> and Thursday 8<sup>th</sup> May at FRANKSTON DOLPHINS JUNIOR FOOTBALL CLUB**.

The **10 Week Spirit of Transformation Program** will be delivered from 9.30am to 2:30pm every Thursday commencing on **15<sup>th</sup> May 2025** and concluding on **31<sup>st</sup> July 2025**, program does not run during school holidays. Mentors will be required to arrive by 9.00am for a pre-brief and stay until 3:00pm for the program debrief each Thursday.

Participants and Mentors will be expected to participate in every session. Mentors are required to undertake a weekly checking with their participant. Mentors and Participants will be supported by staff throughout the course of the program.

**The program will be delivered in Frankston**

**Location: FRANKSTON DOLPHINS JUNIOR FOOTBALL CLUB**

**Address: Overport Park, [159 - 169 Overport Road, Frankston South VIC 3199](#)**

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

2025	
Thursday 20 <sup>th</sup> March 2025	Mentor Applications closes
Thursday 27 <sup>th</sup> March 2025	Mentor Interviews
Friday 24 <sup>th</sup> April 2025	Participant Applications closes
Thursday 3 <sup>rd</sup> April 25 9.15am – 3.30pm & Thursday 24 <sup>th</sup> April 25 9.30am – 12.30pm	1.5 days Mentor Training sessions
Thursday 1 <sup>st</sup> May & Thursday 8 <sup>th</sup> May 2025	Participant Interviews
Thursday 15 <sup>th</sup> May 2025	SOT Program commences 9.30am to 2.30pm
Thursday 22 <sup>nd</sup> & 29 <sup>th</sup> May 2025	SOT Program 9.30am to 2:30pm
Thursday 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> June 2025	SOT Program 9.30am to 2:30pm
Thursday 3 <sup>rd</sup> July 2025	SOT Program 9.30am to 2:30pm
Thursday 10 <sup>th</sup> & 17 <sup>th</sup> July 2025	No SOT Program – School Holidays
Thursday 24 <sup>th</sup> July 2025	SOT Program 9.30am to 2.30pm
Thursday 31 <sup>st</sup> July 2025	Final SOT Session Women’s Circle Celebration Lunch



**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
- Development of a Personal Growth Plan, including goals and actions to keep you motivated
- Creation of a personal Mandala (painting) to bring personal goals to life.

**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 20<sup>th</sup> March 2025.
- Commit to 1.5-days Mentor Training on Thursday 3<sup>rd</sup> & 24<sup>th</sup> April 2025.
- Commit to weekly mentor check-ins with your participants over the course of the 10-week program.
- Commit your time of 6 hours (9.00am – 3.00pm) every Thursday during the course of the 10-week program.
- Attend Participant interviews to provide support with interviews with members of the Women's Spirit Project and meet participants.
- 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
- 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 supports/professionals (as deemed appropriate)
- Complete a Consent & Indemnity Form on acceptance into the program
- Complete a Social Media Policy Form
- Successful and unsuccessful applicants will be notified a week after interviews.

**FOR MORE INFORMATION**

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

[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!**

