



## **ABOUT THE WOMEN'S SPIRIT PROJECT**

### **Informal Mentor Information**

The Women's Spirit Project aims to empower women who are doing it tough and have the courage and determination to make change in their lives.

Twenty five women, 25 years and older and 8 support people (informal mentors) will be selected from the Frankston and surrounding communities to participate in the program. There is no upper age limit.

To support the women to participate and complete the WSP we are looking for up to 12 female 'informal' mentors.

*Informal Mentoring is a mutually beneficial relationship where one or more people are drawn together to focus on supporting one or more less experienced people to succeed with a achieving a goal or task/s. Members of the relationship 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 'informal' mentor is to be a buddy for the participant 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 fitness and walking activities
- Be committed to seeing your buddy through the program, which will mean committing to the 14 weeks (Sunday) sessions.

A group of enthusiastic and motivated women from the Frankston, Mornington Peninsula with experience in the business, 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

An **Introduction Workshop will be held from 10am to 3pm on Sunday 25th November 2018** to support women to prepare for 2019 by setting goals and getting started with the health and fitness element of the program.

The **14 week Health, Well-being and Fitness Program** will commence on **Sunday 3<sup>rd</sup> February, 2018** and will be delivered from 9.30am to 12.30pm.

**Informal Mentors will be expected to participate in every session and activity. The program will be delivered at the Frankston South Community & Recreation Centre.**

In terms of time commitment, we encourage participants to discuss the program and its requirements, particularly capacity to attend workshops on Sundays and any support they may need with child minding, transport and other commitments.

Please note that this program is being run by women for women. All of the women involved are volunteers giving their time to bring this project to life.

## KEY DATES (proposed)

<b>2018</b>	
Sunday 28 <sup>th</sup> October	Mentor Training (compulsory for interested mentors)
Sunday 4 <sup>th</sup> November	Application closes – Applicants and Mentors
Friday 9 <sup>th</sup> to Sunday 11 <sup>th</sup> November	Mentor Interviews
Sunday 18 <sup>th</sup> November	Confirmation of applicants
Sunday 25 <sup>th</sup> November	Introductory Workshop 10am to 4pm
Sundays - 2 <sup>nd</sup> to 23 <sup>rd</sup> December 2018 to 20 <sup>th</sup> January, 2019	Kick Start Fitness Sessions
<b>2019</b>	
Sunday 3 <sup>rd</sup> February 2019	14 Week Program Commences 9.30am to 12.30pm
MOOMBA Long Weekend 10 <sup>th</sup> March, 2019	No training
EASTER 19 <sup>th</sup> to 22 <sup>nd</sup> April, 2019	No training
2 <sup>nd</sup> to 5 <sup>th</sup> May, 2019	Mornington Peninsula Trek
Sunday 26 <sup>th</sup> May, 2019	Celebration Event

### What is Included:

- Fitness activities delivered by qualified instructors
- Mentor Training and support from women in the community who are qualified coaches and members of the Project Working Group
- Training manual
- Development of a Personal Blue Print, 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 once in a life time opportunity. The information we request helps us to focus workshop content around the skills and interests of members and ensure there are no significant health risks that may impact a person from participating or completing the program particularly the three night four day trek. This information is confidential.

Individuals who are motivated to apply for a role as Informal Mentor must be able to demonstrate the ability complete the following:

1. Submit application form by 4 November 2018.
2. Commit to attending Mentor Training on Sunday 28<sup>th</sup> October, as well as mentor check-ins over the course of the 14 weeks of the program.
3. Attend an interview by Skype or telephone on the 9 -11 November 2018, if successful in the first stages of the selection process with members from the Women's Spirit Project team
4. Provision of 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
5. Capacity to attend all workshops listed in the key dates section including the Introduction Workshop on Sunday 25<sup>th</sup> November, 2018
6. Support participants to complete the trek across the Frankston Mornington Peninsula – 3 night/4 day, from Thursday 2<sup>nd</sup> to Sunday 5<sup>th</sup> May, 2019
7. Willingness to rough it by sleeping in tents or shared accommodation
8. Fitness training at least 2-3 times a week to be able to complete the trek
9. All administrative requirements
10. Addressing any personal issues that may from time to time impact ability to participate in the program with support from the facilitators and external professionals (as deemed appropriate)
11. A Consent & Indemnity Form on acceptance into the program
12. Successful and unsuccessful applicants will be notified late November.

## FOR MORE INFORMATION

If you have any further questions or wish to obtain more information email [womensspiritproject@ourspirit.com.au](mailto:womensspiritproject@ourspirit.com.au) contact Lorraine Riddoch on 0418194348.