



## **ABOUT THE WOMEN'S SPIRIT PROJECT – Participant 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.

Up to 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.

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
- ✓ Greater knowledge of how to better manage and cope with life
- ✓ 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. Participants will be expected to be there by 9.15am.

**Participants 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

<b>2018</b>	
Friday 4 <sup>th</sup> November	Application Closes
Friday 9 <sup>th</sup> to Sunday 11 <sup>th</sup> November	Applicant Interviews
Sunday 18 <sup>th</sup> November	Confirmation of applicants
Sunday 25 <sup>th</sup> November	Introductory Workshop 10am to 3pm
Sundays - 2 <sup>nd</sup> to 23 <sup>rd</sup> December, 2018	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
Thursday 2 <sup>nd</sup> to Sunday 5 <sup>th</sup> May, 2019	Mornington Peninsula Trek
Sunday 26 <sup>th</sup> May, 2019	Celebration Event

### What is Included:

- Life skills sessions including: communication, goal setting, conflict resolution, budgeting, mindfulness and positive parenting
- Fitness activities delivered by qualified female instructors
- Informal Mentoring support from women in the community who are members of the project
- Development of a Personal Blue Print, including goals and actions to keep you motivated
- Creation of a personal Mandala painting to bring goals to life
- Support to access child minding to be able to attend each session 9am to 12.30pm
- Camping equipment and food necessary to complete the three night and four day trek on the Mornington Peninsula
- Training manual
- All transfers to and from the trek
- Costs of camp fees
- Referral to appropriate agencies and support services where necessary.

### What is not included:

- Fitness gear and runners
- Outdoor clothing



## WHO SHOULD APPLY

We are looking for up to 25 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.

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 on 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 embark on this opportunity must be able to demonstrate the ability to commence and complete the program by completing the following:

1. Submit application form by 4 November 2018.
2. 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
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. Capacity to attend all workshops listed in the key dates section including the Introduction Workshop on Sunday 25<sup>th</sup> November, 2018
5. Participation on Mornington Peninsula Trek – 3 night/4 day, 2<sup>nd</sup> to 5<sup>th</sup> May, 2019
6. Willingness to rough it by sleeping in tents or shared accommodation
7. Fitness training at least 2-3 times a week that will enable them to complete the trek
8. All activities and administrative requirements
9. Addressing any personal issues that may from time to time impact participation in the program with support from the facilitators and external professionals (as deemed appropriate)
10. A Consent & Indemnity Form on acceptance into the program.

## 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) or contact Jodie Belyea on 0437 455 885.

