



SPIRIT OF TRANSFORMATION PROGRAM

Participant Information Sheet

About the Women's Spirit Project

The Women's Spirit Project supports and empowers women who are doing it tough and are ready to make positive, meaningful change in their lives. The *Spirit of Transformation Program* is designed to build confidence, wellbeing, connection, and practical life skills in a supportive and nurturing environment.

Program Overview

The **Spirit of Transformation Program** is a **FREE 10-week wellbeing and personal development program** for women.

- **Up to 30 women (18+ years)** will participate in each program
- **12 volunteer mentors** support participants throughout the journey
- There is **no upper age limit**

The program runs **one day per week 9.30am - 2.30pm** and does **not operate during school holidays**.

What the Program Covers

Over the 10 weeks, participants will explore a range of wellbeing, personal growth, and life-skills topics, including:

- Embracing health and happiness
- *This Is Me* – values, personality, and motivators
- Personal Growth Planning and goal setting
- Dimensions of Wellbeing
- Setting healthy boundaries
- Reframing mindset and self talk

- Mindfulness practices
- Community Resources
- Emotional regulation strategies
- Healthy habits and nutrition
- Women's health, including peri-menopause and menopause
- Art therapy (Mandala creation)
- Awareness of community support services and resources

Weekly Movement

Each week includes **one hour of guided movement**, which may include:

- Walking
- Resistance training
- Yoga or Tai Chi
- Dancing
- Fun games
- Stretching

All activities are inclusive and adaptable for all fitness levels and abilities.

Program Delivery

The program is delivered by a team of passionate women with experience across:

- Community service
- Education
- Fitness
- Health and wellbeing

They are supported by trained volunteers and mentors who provide encouragement, accountability, and connection throughout the program.

What You'll Gain From Participating

By taking part in the Spirit of Transformation Program, you can expect to experience:

- Increased self-esteem, confidence, and resilience
- Improved health, fitness and overall wellbeing
- Stronger relationships and greater community connection
- Practical tools to manage life's challenges
- Awareness of local support services and resources
- A renewed sense of purpose with clear personal goals

We promise this will be a **rewarding, supportive, and empowering experience** — filled with personal growth, meaningful connections and fun.

Program Schedule & Commitment

- **Day:** Thursday *or* Friday (program dependent)
- **Time:** 9:30am – 2:30pm
- **Commitment:** 5 hours per week for 10 weeks

Participants and mentors are expected to attend and actively participate in **all sessions**, with support available to help overcome barriers to attendance where possible.

What's Included

Participants will receive:

- Wellbeing education and movement sessions delivered by qualified professionals
- Ongoing mentor support and encouragement
- A program training manual
- Development of a personalised **Personal Growth Plan**
- Creation of a personal **Mandala artwork** to bring goals to life
- Continued connection through *Catch-Up & Connect* walks after the program

Who Should Apply?

This program is for women who:

- Are ready to make positive changes in their life
- Are committed to improving their physical, mental, and emotional wellbeing
- Are willing to actively participate and engage in group activities
- Want to create positive change for themselves and their families

A full commitment to the 10-week program is essential.

Registration & Recruitment Process

The registration form includes questions about:

- Education and employment
- Health, fitness, and wellbeing
- Personal goals and reasons for wanting to participate

This information helps us tailor the program and ensure participant safety. **All information is treated confidentially.**

To be eligible, participants must:

- Complete the registration form by the closing date. Note - The closing date may be sooner if the program reaches capacity. So you are encouraged to complete the registration form ASAP
- Attend a 1.5 hour *Meet & Greet* induction session the week before the program
- Commit to attending weekly sessions (9:30am – 2:30pm)
- Provide **two referees** (e.g. employer, support worker, educator, or trusted referee)
- Be willing to actively participate in all program activities, including movement
- Adhere to the Women's Spirit Project Code of Conduct
- Complete all required documentation, including:
 - Agreement & Consent Form

- Social Media Policy Form

Participants are encouraged to communicate openly with facilitators if personal challenges arise, so appropriate support can be provided.

More Information

For further information or enquiries, please contact:
hello@womensspiritproject.org

Please note the Women's Spirit Project is operated by part-time staff and volunteers. Responses may take **24 - 48 hours**.

Thank you for your interest in the Spirit of Transformation Program.

We look forward to supporting you on your journey toward wellbeing, confidence, and connection.