



First Nations Women's Leadership Program Overview 2025

1 Day Workshop Series - "Building Your Resilience Story"

Program Overview

The First Nations Women's Leadership Program empowers young First Nations women (ages 16-30) to recognise and harness their inherent knowledge and leadership abilities through a series of immersive one-day workshops. These workshops foster connections, inspire self-advocacy, promote cultural strengths, and encourage participants to become strong leaders in their communities.

This project is driven by community feedback and aims to create a collaborative, inclusive environment where participants actively shape the program's development. Operating as a statewide initiative, it is supported by a First Nations-specific advisory board and ongoing input from the community and its participants.

The primary goal of the First Nations Women's Leadership Program is to empower young First Nations women with lived or generational experiences of family domestic violence, intergenerational trauma and/or homelessness.

The First Nations Women's Leadership Program is designed by and for First Nations women.

We are currently seeking to build partnerships with relevant organisations to expand the program's reach and impact.

All our workshops are culturally, and trauma informed, and participants have access to support during and after the workshop if required. However, all workshops take a lighter approach with the idea that if young women would like to more deeply engage in the program, they can opt to join our mentoring program as a participant.

Topic	Time	Facilitator	Details of Topic/Activity	Purpose
Welcome	10am (5 mins)	Kristen	<ul style="list-style-type: none">Welcome participants into the space, cuppa, participants greet each other.	<ul style="list-style-type: none">Creates a safe and comfortable presence for the day.

			<ul style="list-style-type: none"> Participant registrations/permissions. 	
YWCA & Program Introduction	10/9am 10/10:30am (30 mins)	Kristen	<ul style="list-style-type: none"> Acknowledgment of country Introduction to YWCA and FNWLP Program. Housekeeping/Break times. Outline of the day. 	<ul style="list-style-type: none"> Gives opportunity to prepare and encourage group participants into the space and introduces the topics and activities for the day.
Personal introductions for facilitator and participants; Group agreement (Ngubiji Ngubiji) activity	10/10:30am 40 minutes (Includes discussion time)	Kristen	<ul style="list-style-type: none"> A little bit about me, Facilitator shares their story (tjukurpa). (family, career, cultural connection, resilience story, and future aspirations) (15 mins) Group meditation by Uncle Jack Charles (10 mins) “Ngubiji Ngubiji” Group Agreement Activity. (15 mins) Check-In/Participant introduction. (10 mins of pair work + 15 mins group share) 	<ul style="list-style-type: none"> Establishes connection between the facilitator and the participants. Facilitates deeper connection between group participants. Promotes connection and spiritual awareness of surroundings and physical body. Cofacilitated discussion and agreement between all participants of how to create a safe and positive group experience for self and other. Promotes thought around being an integral part of the group.

				<ul style="list-style-type: none"> Acknowledgment and agreement to adhere to group boundaries and individual considerations.
Discussion on the creation of the FNWLP logo. YWCA Values and Pillars	20 minutes	Kristen	<ul style="list-style-type: none"> About YWCA Australia. FNWLP Logo creation and history. YWCA Values and Pillars. 	<ul style="list-style-type: none"> Shares the history of YWCA Australia. Story of the FNWLP logo. Introduces the YWCA In depth including advocacy pillars. Invites women to want to know more about YWCA programs and initiatives. Encourages women to be a part of the FNWLP alumni.
Lunch Break	30 mins		Lunch Break	
"Mystery of the Pen"	10 mins	Kristen	<ul style="list-style-type: none"> Discuss conviction, what it means and how it felt. Feeling your truth in your body by focusing on the black pen. Discussion around trusting and listening to your inner truth. Facilitator shares personal experience of how feeling her truth got her out of a dangerous 	<ul style="list-style-type: none"> Introduces participants to the concept of conviction. Participants experience and experiment with an embodied feeling their truth throughout their body via a narrative and visual focused group activity. Participants share and recognise similarities between the experiences of the other women in the group.

			situation.	<ul style="list-style-type: none"> Promotes the use of this “feeling” to navigate safe relationships and making wise decisions in life.
“What Does it Mean to be a Leader”	30/45 mins	Kristen	<ul style="list-style-type: none"> Participants are grouped together in pairs or more and each group is given a question to expand on What leadership is and what it means to us individually, and on a community level. Participants write down questions on the slide and journal in their notebooks provided. Open group share. 	<ul style="list-style-type: none"> Supports participants to think on what leadership is and how having an objective perspective can support a community. Encourages participants to acknowledge leadership in their own life; within themselves and those around them. Highlights characteristics of leadership. Encourages participants to think of a leader/s in their life and what impact this leader/s have on them and/or their community.
“Getting in Touch with Your Inner Dreamer”	10 mins	Kristen	<ul style="list-style-type: none"> Taking their notebooks, participants go for a walk outside focusing on grounding and thinking about their life goals/aspirations. Participants take notes to bring back and share with the group. 	<ul style="list-style-type: none"> Gives participants the opportunity to think on future goals and aspirations and reveals how aligning personal values promotes leadership.

				<ul style="list-style-type: none"> Promotes personal action and responsibility in relation to their own aspirations.
“Contradicting beliefs”	20 mins	Kristen	<ul style="list-style-type: none"> Introduction to the meaning of a limiting or contradicting belief. Participants write down their limiting beliefs (particularly effective after thinking of goals/aspirations) Facilitator shares information of the impacts of a limiting or contradicting belief and how to challenge them. 	<ul style="list-style-type: none"> Participants are given the opportunity to see how a limiting and/or contradicting belief/s may affect a goal, dream, or aspiration they have. Participants can see that a limiting belief is merely an internal narrative handed down generationally or picked up through a negative experience. Promotes self-accountability. Empowers participants to challenge their limiting beliefs.
“Building Your Resilience Story” (Art Component)	40 mins to 1 hour (depending on time)	Individual	<ul style="list-style-type: none"> Building your resilience story through art using many different mediums. 	<ul style="list-style-type: none"> Participants can create an empowering piece of art using a range of different mediums. Focussing and harnessing their inner strengths, talents, skills, and abilities. Participants are encouraged to think about the characteristics of leadership within themselves and within their family.

“Yarning Circle”	10 Mins	Kristen	<ul style="list-style-type: none"> • Participants share the stories of their art piece (if they want to). • Participants share their takeaways for the day. 	<ul style="list-style-type: none"> • Encourages speaking up. • Promotes positive vulnerability. • Promotes building confidence. • Promotes self-belief and empowerment.
Check out/Feedback	15 mins	Kristen	<ul style="list-style-type: none"> • Each participant shares one feeling word of how they are feeling at the end of the workshop. • Participants fill out feedback forms. 	<ul style="list-style-type: none"> • Opportunity for reflection. • Opportunity to provide feedback.
End of Workshop				