



First Nations Women's Leadership Program Overview 2025

1 Day Workshop Series - "Creating Your Vision"

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
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Welcome	10am (5 mins)	Kristen	<ul style="list-style-type: none"> • Welcome participants into the space, cuppa, participants greet each other. • Participant registrations/permissions. 	<ul style="list-style-type: none"> • Creates a safe and comfortable presence for the day.
YWCA & Program Introduction	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.
Introductions: facilitator and participants; Acknowledgment To Country; Group meditation; 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 share a little about themselves. • Acknowledgment to Country. • Group meditation by Uncle Jack Charles (10 mins) • Ancestor cards, each person chooses a card around the circle, group share. (5 mins) • “Ngubiji Ngubiji” Group Agreement Activity + participant introductions (15 mins) 	<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.

				<ul style="list-style-type: none"> • Promotes thought around being an integral part of the group. • Acknowledgment and agreement to adhere to group boundaries and individual considerations.
"Unpack Your Baggage"	15 minutes	Kristen	<ul style="list-style-type: none"> • Introduction to timeline visualisation. • Group visualisation of individual timeline, forgiveness/letting go component to past baggage. • Group share. 	<ul style="list-style-type: none"> • Provides awareness of the power of visualisation. • Empowers individuals to make a strong decision to not let past hurts or hurdles interfere with the future. • Provides an inner awareness of how powerful deciding to let go of the past can be.
"Shake It Off"	10 mins	Kristen	<ul style="list-style-type: none"> • Dance, Shake, Deep breathing to Taylor Swift song "Shake it off" 	<ul style="list-style-type: none"> • Promotes empowerment through dance and breath. • Provides an embodied experience of shifting through a challenging mindset to an optimistic outlook.
Lunch Break				
"Values"	30 mins	Kristen	<ul style="list-style-type: none"> • Brene Brown values sheet, participants are encouraged to 	<ul style="list-style-type: none"> • Introduction to values.

			<p>circle their top 10 values.</p> <ul style="list-style-type: none"> • Participants then highlight their top three values and address any conflicts these may have with their other values, or their sense of autonomy. (e.g. No “shoulds” • Participants write down questions on the slide to journal around in their own time in relation to living in alignment with their personal values. 	<ul style="list-style-type: none"> • Encourages participants to think or identify their personal values. • Bridges the gap between an individual’s value and their current environment. • Challenges participants to think and journal around how to live more in alignment with their values. • Addresses any current conflicts between values and/or current environment.
“Introduction to vision boarding”	20 mins	Kristen	<ul style="list-style-type: none"> • Introduction to vision boarding 	<ul style="list-style-type: none"> • Introduces participants to the concept and purpose of vision boarding. • Encourages participants to apply a sense of purpose to the activity. • Informs individuals on how a vision board can support their future. • Promotes a sense of relaxation through a creative outlet.

“Creating Your Vision” (Art Component)	2 hours (depending on time)	Individual	<ul style="list-style-type: none"> • Create Your Vision; using poster paper and many different art mediums. 	<ul style="list-style-type: none"> • Participants can create an empowering vision board using a range of different mediums. Focussing on building a visual representation of living in alignment with values.
“Yarning Circle”	10 Mins	Kristen	<ul style="list-style-type: none"> • Participants share the stories of their vision board (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"> • Encourages speaking up. • Promotes positive vulnerability. • Promotes building confidence. • Promotes self-belief and empowerment.
End of Workshop				