



EMPower Coaching Program Contact Form

EMPower coaching program is person-centered, motivational, and informed by understandings of the neurobiology of trauma.

Your coach will work with you to explore goals related to **family stability, wellbeing, financial management, career and education, and income and employment** that are unique and meaningful to you. This program is centered upon self-directed goal achievement and strengthening mindset, self-belief, and motivation. There will be a variety of financial and non-financial incentives to further motivate you and to reflect your progress and achievement as you reach your goals.

At the end of this two-year program, you will have the knowledge, skills, and experience to set and achieve goals for your future without a coach or case management.

ELIGIBILITY REQUIREMENTS

- Female or non-binary person who has experienced homelessness, family violence or trauma.
- Motivated and ready to explore long-term goals linked to your income, stability and growth.
- Currently in stable housing for 3 + months and not in crisis.
- Able to receive Centrelink or other stable forms of income/ the right to work.
- Above 18 years of age.

BASIC INFORMATION

Name:	
Date of birth:	
Address:	
Phone number:	
Email address:	
Interpreter required: Yes OR No	Language:
Aboriginal or Torres Strait Islander?	

A BIT MORE INFO' ABOUT YOU...

Are you in safe, stable housing? Yes OR No

What type of housing are you in?

Summary of your current circumstances.

EMPower is a coaching program based around supporting women and non-binary people to set and achieve goals that will develop their economic mobility and create plans for their future. Are you motivated to set goals and if so, which areas are of particular interest? What are you hoping to achieve?

Are you currently experiencing family violence?

Is there any more information you would like to share with us?

Please email referrals to tessa@juno.org.au. From there, we will contact you to further confirm eligibility. Please contact EMPower Coach, Tessa Douglas on 0405 186 925 or via email if you have any questions.

EMPower will begin in September 2021 so you will receive a call or email before then.