



EMPower Coaching Program



EMPower is a life-changing coaching program that gives women the skills and confidence to thrive and achieve greater economic freedom.

Focused on long-term goals, EMPower guides you in setting and achieving goals across **family and housing, career and education, finances, and health and wellbeing.**

Your coach will work with you to develop your skills, build confidence, address barriers that may be holding you back and provide you with support and encouragement throughout the program.

'The future looked like a jigsaw before I joined EMPower, and now all of the pieces are slowly, carefully and happily being put into place.' - Current EMPower Participant

EMPower involves

- Regular one-on-one coaching for up to 18 months
- Support to set and achieve consistent goals across family and housing, career, finances, and wellbeing
- Group workshops on finances and savings, employment, and enterprise
- Connection and peer support group around goal setting, mindset, and wellbeing
- Support to connect to training, employment services and short courses that suit your needs

At the end of your coaching journey, you will be on your way to realising your life goals. Some of the many amazing achievements include connecting to dream careers, finding work, becoming financially independent, paying off debts and securing affordable housing.



EMPower uses a breakthrough economic mobility approach to coaching and poverty reduction. It has assisted over 200,000 participants across the US and Europe. *Juno is trialling this important approach in Australia with the support of the Lord Mayor's Charitable Foundation, Phyllis Connor Memorial Fund and Erdi Foundation.*

Is EMPower for me?

EMPower involves committing to making long-term changes and life goals which you'll then set out to achieve. The time you invest will have huge benefits for you and your family in the long term.

This program will suit you if you are:

- Currently in stable housing and not in crisis
- A woman who has experienced homelessness, family violence or trauma
- Motivated and ready to explore long-term goals linked to your income, stability and growth
- Able to receive Centrelink or other stable forms of income/ the right to work
- Above 18 years of age

How can I join?

Fill out the attached application form and send it to tessa@juno.org.au. If you have any questions, please call Tessa on **0405 186 925**.



JUNO

juno.org.au
admin@juno.org.au
03 8692 2020

