



# Personal Empowerment Program

## Role of the Coaches:

Coaching provides WYI participants with an opportunity to improve or change aspects of their life that are important to them in a safe and confidential way with a structure to help them stay committed and accountable to their goals.

Coaching is a focused and effective way of creating new possibilities, or making changes in their lives that maybe costing them in terms of health, vitality, relationships, money, wasted time and painful thoughts and feelings. Sometimes its about the need to make important changes, or the need to generate a new direction, purpose, new positive habits, create new awareness, identify limiting beliefs, or build self esteem and confidence.

### Coaching:

- Looks at where the participant is now and bridges the gap to where they want to be
- Is a confidential and trusted conversation
- Is an empowering process to achieve what they want in the time frame they want
- It is a dialogue which explores, motivates, challenge, provokes, co-creates and celebrates
- Helps participants to identify goals and sets steps to achieve those goals
- Is honest, open, reflective, accountable and solution focused

Coaches at PEP will be assigned to a Team Leader to assist them in supporting their team of 4-5 participants through the activities at PEP. In addition, coaches offer 30 min one-to-one coaching session during break times which participants may choose to sign up for. There is break time scheduled in for coaches at other times in the schedule.

Preferred candidates for this role would have qualifications in life coaching (or similar qualification), coaching experience and have their own personal indemnity insurance.

This is a volunteer position. Successful applicants are required to organise their own travel to/from Melbourne. Accommodation, food and airport transfers are included.

For more information, please contact Cindy Angel at [pep@worldyouth.org.au](mailto:pep@worldyouth.org.au).