

Taking it Step by Step Mentoring Women Program Yarra Ranges 2020-21

As a vital strategy to prevent violence against women Eastern Health - Health Promotion, Voices of Women, CIRE Services and Yarra Ranges Council partnered to promote women's independence and decision making in public and private life through the development and delivery of the Taking it Step by Step Mentoring Women Program.

The program matched 24 women in the Yarra Valley with the skills, capacities and wisdom to provide mentoring to other women with a keenness to learn, engage and self-develop. The program had to be delivered completely online due to Covid-19 restrictions.

- 2 Mentor orientation and training online sessions
- 1 Mentee orientation online session
- 1 Mentor and mentee matching online session
- 2 Whole group online gatherings
- 1 Final face to face whole group gathering



Final gathering of mentors and mentees - 2021

Quotes from Program Participants

Oh how much my life has changed! You have matched us perfectly.

She is such a fantastic support. I am so grateful.

It's such a wonderful program. I am so glad to be part of it.

For more information contact health.promotion@easternhealth.org.au

- 20 Women fully completed the program.
- 65% of mentees achieved their goal for empowerment with the support of a well matched mentor.
- 75% of the mentee goals were focused on personal empowerment.
- 25% of the mentee goals were focused on health and wellbeing.
- 100% of mentees found the program extremely or very valuable.
- 100% of participants would recommend the program to other women.