

LifeOn Holistic Way: Mentoring Program Overview

Welcome to the LifeOn Holistic Way Mentoring Program for Life Skills!

This program is designed to empower individuals with disabilities through a person-centred, active support approach that integrates the five elements of nature:

Earth | Water | Fire | Air | Space

Our goal is to foster holistic well-being and life skills development through immersive experiences and personalised guidance.

Program Objectives

- Foster independence and self-confidence in daily life activities
- Promote connection with nature and its therapeutic benefits
- Develop essential life skills in a supportive and inclusive environment
- Enhance overall well-being through a holistic approach.

Program Structure

The program will consist of structured sessions that incorporate the five elements of nature into life skills mentoring activities. Each element represents unique aspects of personal growth and development.

1. Earth

Skills Focus: Promoting stability, grounding, patience, retention.

2. Water

Skills Focus: Promoting adaptability, flexibility and adjusting to environment.

3. Fire

Skills Focus: Promoting transformation, self-expression and channelising energy.

4. Air

Skills Focus: Promoting clarity, freedom, creativity movement and mindfulness.

5. Space

Skills Focus: Supporting expansion, reflection, connection and community engagement.

Program Implementation

Mentorship Team: Experienced mentors specialising in disability support, nature therapy, and life skills coaching.

Collaborative Partnerships: Collaborate with local communities, therapists, and educators to enhance participant experiences.

Safety and Accessibility: Adapt activities for accessibility and prioritize safety in all sessions.

Program Outcomes

Participants can expect to:

- Develop practical life skills essential for independent living.
- Experience a sense of connection and well-being through nature immersion.
- Build confidence, social skills, and a deeper understanding of personal strengths.

Mentoring Program is to be implemented in conjunction with 'Person-centred Active Support Model' of service delivery for bringing positive outcomes. Our commitment is to empower individuals with disabilities through a holistic, nature-based approach that celebrates their unique abilities and potential. Together, we'll embark on a transformative journey toward personal growth and enriched quality of life.