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Celebrating sisterhood for life

The bond between the 'sisters' in our lives, whether they be siblings, friends or mentors, is a unique and special connection that lasts for life. This Sisters Day discover and celebrate the life-changing relationships forged in the SISTER2sister program.

NIVEA SISTER2sister
Patron Jacinta Tynan (right)
and Big Sister Cait

AUGUST 7
SISTERS
DAY

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Emilie and Big Sister mentor Jade



PHOTO BY MICHELLE BREEN

A lost girl finds a Big Sister and a direction

Emilie discovers Jade is a gem

Emilie and Jade

Emilie was just four-years-old when she was mauled by a dog. She underwent numerous facial surgeries and sees this as the genesis of her loss of confidence. She came from a troubled family too – her mum had some serious problems and they moved a lot.

By the time she was eight – and enrolled in her ninth school – Emilie had given up trying to make friends, knowing she would only lose them again. At high school, things just got worse for Emilie, who already had significant behavioural problems. She fell in with the wrong crowd, got into fights, ditched classes, never did her work and was regularly suspended.

Emilie finally opened up to a school counsellor, who recommended SISTER2sister. Emilie was sick with nerves the day she went to the Butterfly Boot Camp and met other troubled girls and her Big Sister, Jade. The pair soon hit it off

and over the next few months regularly met and participated in the varied programs of personal development, goal setting and good old girlie fun.

Emilie is now 15-years old and attending her 18th school, but now she goes to class and recently won four consecutive 'student of the week' awards. And she has achieved a life-long dream, winning a \$22,000 four-year scholarship to study make-up artistry under Napoleon Perdis. Emilie credits the Life Changing Experiences Foundation and her Big Sister for her success.

"Jade taught me to respect myself and others and to not be so temperamental. She helped me turn my life around. I honestly don't know where I would be today if I didn't get this life changing experience," says Emilie.

And what did Jade think? "It was an incredible experience to be able to support Emilie to overcome her hurdles and guide her through life's challenges. I learned as much from her as she did from me."

Changing lives forever

Since 2003, Life Changing Experiences has mentored 250 girls through the SISTER2sister Program. 95% of the Big Sister/Little Sister matches choose to continue their relationship beyond the twelve month program.

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How can I get involved?

Donate

- \$30 a month will provide for recruitment and training of a Big Sister mentor
- \$50 a month will enable a disadvantaged teenage girl to attend the four-day Butterfly Boot-Camp.

Become a Big Sister or nominate a Little Sister Big Sisters are over 25, motivated and dedicated to inspiring a teenage girl. Little Sisters are 12-18, from a disadvantaged background and committed to making a positive difference to their lives.

87%

have experienced sexual, physical, emotional abuse or neglect with basic needs not being met

100%

are from broken families, live in care or have adult responsibilities

NIVEA reaches out

NIVEA believes relationships are crucial, and when supported by the values of care, honesty and compassion, they promote well-being and happiness for an individual. NIVEA understands that these qualities are often nurtured in life-time relationships, especially the close bond between 'sisters'. The relationships forged within the SISTER2sister program are a perfect example of those that NIVEA wishes to support, encourage and celebrate.



MICHELLE BREEN

Blossoms out of darkness

Big Sisters make a genuine difference to girls' lives, creating a better future for us all

SISTER2sister is the primary initiative of Life Changing Experiences Foundation, a non-profit organisation dedicated to improving the lives of at-risk teenage girls in Australia, by nurturing those suffering the effects of abuse, neglect, mental illness, deprivation and lack of opportunity. SISTER2sister breaks the cycle of trauma and gives girls a chance to fulfil their potential. Their butterfly logo is a metaphor for the emergence of a beautiful, rejuvenated girl from her protective chrysalis at the end of the program. Big Sisters are trained to be non-judgemental, supportive mentors who teach self-reliance. They are paired with a Little Sister for twelve months, beginning with Butterfly Boot Camp – four days of team building, life-skills sessions, honesty, tears and fun. It's a confronting, moving, bonding time and is the springboard for a 'sisterly' relationship built on listening, motivation and support. Experience shows it's also about personal growth and self-esteem – for both of them.



Kathryn Eisman

Ambassador for the SISTER2sister Program

When it comes to charities, I usually like to spend time getting to know what they stand for and the work they do, and if I'm inspired, I do everything I can to help. I knew straight away that I wanted to be involved in the SISTER2sister Program and signed up to be a Big Sister mentor. I'm now an ambassador for the charity and it's an easy sell because it's something I really believe in. Every woman needs a good role model.



MICHELLE BREEN

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Challenge yourself

Register for the SASSI Challenge today

Sisters are doin' it for themselves... but mainly they're doin' it for the young women who really need their help. And sisters aren't the only ones doin' it – brothers, parents, community groups, companies and workplaces are doin' it too. They're all coming to the aid of vulnerable girls by raising money to ensure the financial sustainability of the SISTER2sister program.

SASSI (Sisters Aiding SISTER2sister Initiative) was formed to embrace professional women within Sydney's corporate and business community who wanted to ensure the SISTER2sister program would continue to flourish. The vibe created by their strength, leadership and financial support is felt all the way through to the girls the program helps.

Jessica Brown is the founder of Life

Changing Experiences Foundation and the SISTER2sister program. She is an Australian of the Year finalist and a Commonwealth Bank local hero. When she speaks, the passion is palpable.

"When Little Sisters realise there is someone there just for them, they get very excited and feel very special. Even the most depressed, shy and introverted become girls who want to fulfil their dreams and aspirations," says Jessica. "It's an incredibly moving experience."

SASSI is set to become the cornerstone of the future success of SISTER2sister and you can connect Big Sisters with Little Sisters by forming a fundraising team and joining the SASSI Challenge, a friendly competition involving teams who get together to raise \$10,000 over a 12-month period.

The SASSI Awards

The SASSI Awards recognise the invaluable contributions of individuals, groups and workplaces in raising money for the Life Changing Experiences Foundation to fund the SISTER2sister Program. And what better way for Sisters to celebrate than a lunch. After all, nurturing and lunch are both in our DNA! We hope to see a few fund-raising brothers there too.



MICHELLE BREEN



Join a phenomenal network of women and register for the SASSI Challenge today

This is a call to caring, driven women who want to make a difference. Start a fund-raising team within your company or network and create a team-building dynamic that will really achieve something special. Our website contains a wealth of information on how the SASSI Challenge works plus fund-raising tips and other ways to help.

What is the SASSI Challenge and how do I sign up? The SASSI Challenge is a fun way of helping to raise money for the SISTER2sister Program. Register online, form your team and see our website for fund-raising suggestions. Entries close August 31st, 2011 and a SASSI Launch Party will be held in September, 2011.

What are the SASSI Awards and how do I enter? There are various awards including Most Money Raised, Most Innovative Fundraising Event/Concept and Outstanding Teamwork or Individual. All teams who raise \$10,000 will receive a SASSI Recognition Award. Winners will be honoured at the awards luncheon next July.

Visit lifechangingexperiences.org or call us direct on 02-9211 9129

SISTER2sister Ambassadors
Nicole Moore and her Sister
Natalie Bassingthwaighe



The girls who go through the SISTER2sister Program are walking success stories who are writing that story daily
Join us and register for the SASSI Challenge today

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