The impact you can have on their future is phenomenal
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All quotes and testimonials used in this annual report are sourced from Life Changing Experiences Foundation Ltd volunteers working in communities with the SISTER2sister Program.

Photos accompanying quotes may not match corresponding text.

Life Changing Experiences Foundation Ltd is a registered public company, ABN 131 060 98926.

The Foundation has Charity Tax Concession and Deductible Gift Recipient status.
At Life Changing Experiences Foundation, we believe that by providing our ‘at risk’ youth with the vital tools to build happy and fulfilling lives, despite the setbacks they have experienced, we move closer to our vision of social inclusion and a fairer Australia.

2008–09 was a year of significant challenge for our organisation, our people, our supporters and Australians in need. The global financial crisis (GFC) had two major impacts. Firstly, it drove an increase in demand for our services by 20 percent. Secondly it impacted giving from our donors, especially as historically the majority of our funding has been provided by the banking and finance sector. The GFC also coincided with the closing of our three year federal government funding under the Mentor Marketplace scheme. Despite this, the federal government identified the heightened need to extend funding for an additional six months to current service providers whilst reforms took place which included the cessation of the Mentor Marketplace scheme, and we were successful in receiving transitional bridge funding for another year.

All strategic organisational goals for the year were achieved including:

- Ensuring the sustainability of the Foundation by sourcing funds required through the creation of corporate and community long term national partnerships.
- Stage one of national expansion, in response to the overwhelming demand for our programs to be implemented in all states of Australia.
- The creation of additional support programs.
- Analysis of services to ensure alignment with strategy.

During 2008–09 Life Changing Experiences Foundation:

- Helped transform the lives of 53 Australian teenagers in need, showing a 20 percent increase in beneficiaries from the previous year.
- Increased revenue to $308,570,336, a year on year increase of five percent.
- Increased fundraising by $3 million, up 12 percent from 2007–08.
- Grew net assets by two percent.
- Attracted a major corporate partnership with NIVEA (Beiersdorf).
- Expanded the SISTER2sister Program to Victoria.
- Created the Butterfly Opportunities Program.
- Created the Butterfly Support Services Program.
- Improved both delivery and cost effectiveness.

At the heart of what we do is a desire to help young Australians to transform their lives and we have many people to thank. Our board, ambassadors, staff and volunteers make an invaluable contribution through their commitment to our work and vision. We also thank our donors, corporate partners and Government agencies at all levels for providing the essential financial support needed to enable us to continue to deliver outstanding services to the Australian community.

Daniel Clarke
Chairman
Life Changing Experiences Foundation Ltd

Jessica Brown
CEO
Life Changing Experiences Foundation Ltd
Daniel Clarke  
B.Com (Applied Econometric Analysis)/B.Law  
Chairman  
Life Changing Experiences Foundation Ltd

Daniel has already achieved more than most do in a lifetime. He currently owns and runs five companies; AussiePABx, AussieISP, AussiePCShop.com, AussiePCFinance, and AussieDial. Daniel also regularly encourages other young Australians to achieve their goals and aspirations through advocacy and public speaking.  
Daniel was announced the 1999 NSW Young Australian of the Year in the Career Achievement Category and has also been a member of the Asia Pacific Economic Co-operation (APEC) Young Leaders Forum, the 2000 National Youth Roundtable, the Australia Day Youth Committee, various World Vision conventions and several technology based industry bodies.  
He is currently a Director of Life Changing Experiences Foundation Ltd, chairs the Enterprise Network for Young Australians Ltd (a not for profit company), is a member of the Australian Tax Office Personal Tax Advisory Group and is a volunteer for the Youth and Enterprise Legal Centre.

“Life Changing Experiences has been fortunate to attract major financial contribution and personal involvement from the community and the corporate sector – as a charity, this combination is vital to the sustainability of the service we provide.”
Jessica Brown  
B.Mus.Ed, A.Mus.A  
Founder and CEO  
Life Changing Experiences Foundation Ltd

Jessica’s career started in teaching Music in Secondary Schools after completing a degree in Music Education at the University of New South Wales. Her ten years teaching experience together with her unchanging devotion to her students in both private and public secondary schools gained her many achievements including the highly prestigious National Excellence in Teaching Award (NEITA Foundation) in 1998 for Excellence in Secondary School Teaching presented by the Minister of Education.

Jessica’s personal goal, to reach out and help alleviate the suffering of disadvantaged and underprivileged youth, led her to form Life Changing Experiences Foundation Ltd in September 2003, giving young girls the chance to break the cycle of destitution and abuse by attending the SISTER2sister Program. This 12 month mentoring and personal development program matches successful corporate/business women with “at risk” teenage girls.

Jessica won the Pride of Australia Award 2006 for common sense, compassion and wisdom while teaching, coaching and mentoring others to be the best they can be. She was the youngest medal winner for the 2007 Manly Daily Centenary Medal for outstanding service to Education. Jessica was runner up for the CLW’s 2007 National Leadership Achievement Award for Women, in recognition of her outstanding leadership skills and achievements as a self-appointed leader in the Australian community. Jessica was nominated for the 2007 Telstra Business Women of the Year Awards, Australian of the Year Awards and Who’s Who of Australian Women.

Jessica has been featured on 60 Minutes, ABC Stateline, Sunrise, 9am with David and Kim, Today Tonight and Mornings with Kerri-Anne, promoting the Life Changing Experiences Foundation Ltd and the SISTER2sister Program. She was profiled for ‘On the Verge’ in the Sunday Telegraph Magazine, and also in the Daily Telegraph, Cosmopolitan, Notebook Magazine, and most recently Who Magazine.

“It’s all about shifting their focus from “I can’t” to “I can”, showing them that their past does not equal the future.”
Blake is an expert at turning potential into superior performance through an empowered mind. Through coaching, speaking and training, Blake has provided long term, sustainable solutions to a number of different organisations in Australia, America, Canada and New Zealand. Myer, Telstra, the Australian Swimming Team and Community Aid Abroad are just some of the organisations that have benefited from Blake’s work over the last few years. Blake was recently named one of the most influential leaders of the next generation in Australia after receiving the Summit Leadership Award presented at Parliament House. Other awardees include politician Joe Hockey MP, Crazy Johns founder John Ilhan and motivational guru Justin Herald.

Blake is the author of numerous articles on achieving true potential, has co-produced the ‘Success 4 Life’ series and has several audio programs and books due for release in the months ahead. He is also the Founder of international Pay it Forward Day. Blake has featured on Australian radio and television, including Channel Seven’s Sunrise program.

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At the heart of what we do is the desire to help young Australians transform their lives.”

Blake’s philosophy on speaking is simple: inspire, connect and motivate people to achieve extraordinary results through the very best practical, experiential learning techniques. To make sure the learning is sustainable, Blake provides all participants with a full one year’s access to his online VIP Vault. This contains resources, tools, audio recordings and 52 Weekly Tips that get sent directly to people’s email addresses. His monthly newsletter, Momentum, is read by professionals in more than ten countries around the world.
Jacinta Tynan
B.Arts/Communications
(Broadcast Journalism)
Patron
Life Changing Experiences
Foundation Ltd

Jacinta Tynan is a News Presenter with Sky News Australia and worked previously as a reporter/presenter with ABC TV. Her first book, ‘Good Man Hunting’ (2005, Random House), a memoir about looking for love in your thirties, received critical acclaim and spawned a popular weekly column for the Sunday Telegraph about contemporary life and love. Her second book, ‘Some Girls Do – My Life As A Teenager’ (2007, Allen and Unwin) is an anthology of female Australian authors writing the true story of their adolescence. All royalties were donated to SISTER2sister. Jacinta was a big sister in 2006 and is now the Program’s Patron.

“I am so inspired by the girls in the SISTER2sister Program. They might turn up with their heads bowed and very little hope for the future but, even after just a few days, their true selves start to emerge as they begin to grasp their possibilities which are endless. Their past does not have to equal their future.”
Nicky Moore
Ambassador
Life Changing Experiences Foundation Ltd

Nicky Moore began her career as a beauty therapist when she was just 16 years of age. The birth of her two children Mikaleigh (6) and Tristan (4), reignited Nicky’s childhood passion for writing, and in 2008 Nicky published ‘Sistahood-A Journal Of Self Discovery’ for young girls. The book, which was co-authored by Nicky and her big sister Natalie Bassingthwaighte, was published by ABC books and aims to help young girls set goals for their lives and overcome the obstacles they’ll face along the way.

Nicky’s studies into Asian Pacific development and travels through out South East Asia, gained her valuable insights into the challenges faced by young girls from different cultures. She has just completed the first book of a new fiction series aimed at exploring these issues in an entertaining and youth oriented way. She hopes that through increased understanding of different cultures and experiences, young girls will be better able to appreciate that happiness can be found in any situation if they only believe they can find it.

As a busy mother, writer, full time student, and ambassador for Life Changing Experiences Foundation, Nicky is proud to support the work of all the incredible women who are helping these ‘at risk’ teenage girls discover their own happiness.

Kathryn Eisman
Ambassador
Life Changing Experiences Foundation Ltd

Kathryn Eisman is an award-winning television personality, NBC-journalist and popular magazine columnist and is also the author of two international bestselling books, “How To Tell A Man By His Shoes” and “How To Tell A Woman By Her Handbag”.

From US presidents to Hollywood royalty to pop culture icons such as George Clooney, and Cameron Diaz—Kathryn has interviewed the biggest names of our time.

Journalistic integrity and professionalism coupled with quick-wit and natural warmth are Kathryn’s trademarks. She quickly established herself as a dependable, well-rounded reporter, covering issues such as social welfare reforms and equal opportunity in the workforce, fashion, film as well as in-depth human interest stories.

Prior to her media career, Kathryn enjoyed a successful career as a fashion model, appearing in national campaigns for many of the top swimwear and lingerie brands.

Kathryn attended Moriah College, where she studied Advanced English and History. She went on to graduate with a Bachelors Degree in Communications, majoring in Journalism at the prestigious University of Technology, Sydney. Kathryn currently lives in the US, dividing her time between New York, LA and Sydney and is a proud ambassador for Life Changing Experiences Foundation.
Ambassadors

Sarah Wilson
Ambassador
Life Changing Experiences Foundation Ltd

Sarah Wilson is a rare journalist and personality: her career has spanned newspapers, magazines, radio and television and her voice can extend from politics to pop culture. She has contributed opinion columns to the media landscape during her career, her first at the age of 25.

Sarah is known as one of the country’s leading experts on women’s lifestyle and social trends. In addition to her MasterChef role, she contributes a lifestyle column in Sunday Life magazine, and is the wellness editor-at-large and columnist for Good Health magazine. She was a regular social commentator on Nine’s A Current Affair, The Footy Show, Channel Seven’s Sunrise, Today Tonight and SBS’s Insight.

Sarah was appointed editor of ACP/Hearst’s Cosmopolitan and in September 2007, Australian Cosmo entered the Guinness World Book of Records when Sarah staged the largest swimsuit shoot on Sydney’s Bondi Beach. Images of 1010 women in pink bikinis, spelling out “Cosmo” beamed around the world.

Sarah has a Bachelor of Arts in Philosophy and a Graduate Diploma in Professional Writing. Sarah grew up on a subsistence-living farm, had her first business at 12 and rode a mountain bike 3000km around the south island of New Zealand one summer. Just for fun.

Kerri Pottharst
Ambassador
Life Changing Experiences Foundation Ltd

Kerri Pottharst is without question, one of Australia’s most popular female sporting personalities. She is also Australia’s most decorated Indoor and Beach Volleyball player, having represented her country for an incredible 22 years!

When she took up the sport at the age of 15, she hadn’t yet dreamed of becoming an Olympic champion. “I was simply given an opportunity, set my goals, worked hard and most importantly, I loved every minute of it!”

She remains the only Australian woman to have played professionally in the world’s most prestigious A1 Italian Indoor Volleyball league.

In 1992 a sickening knee injury should have ended her career, but in her typical no-nonsense style she recovered late in 1993, changed her goals to Beach Volleyball and then went on to compete in 3 Olympics and win two Olympic medals, most memorably the Gold that everybody remembers at Bondi Beach during the Sydney 2000 Games.

Kerri’s vision is to continue to inspire and motivate. She captivates her audience with amazing tales, some of them walking on fire and glass to help her overcome fears and doubts.
Kylie Humphreys
Little Sister Ambassador
Life Changing Experiences Foundation Ltd

“I’m really not sure about achievements. I now live out of home, which I think is an achievement, finally being able to become independent and live my life happy and the way I want. I recently started working in a nursing home, gaining some valuable nursing experience and just entering my second year of nursing. Two more years and I will be a registered nurse. Really exciting.

I got my licence and a car and am now driving around as well which helps me get around a lot easier now. I have been able to build friendships and relationships with my family which are a lot stronger now that I live out of home and I can visit and just put aspects of the past behind me. I even talk to dad now. I would love to speak to girls and help. I feel like I’m at a part of my life where I’m out of the darkness, I’m a survivor. I made it through and I’m going to achieve so much more and I have that strength and confidence because that’s what you (Jessica) and all the foundation gave me. A chance and some help to get through and now I would love to help give back. I know there are girls out there that can become success stories as well and I would just love to be a part of that. I know it will take time before I could become a big sister because of my age, but it’s definitely something I want to do.”

Kaytlin Taylor
Little Sister Ambassador
Life Changing Experiences Foundation Ltd

“Since graduating from the SISTER2sister Program, I have been involved with several training and speaking projects. I obtained my Cert 2 in Public Safety (SES Rescue) in February 2007 and have started the Cert 3. I have written, designed and published an information pamphlet for young people who self-injure (October 2006) and gave my first presentation on self-injury issues to the big sisters at their training program now presenting regularly at their training. In 2007, I presented two workshops on self-injury at the Foster Care Conference in Queensland, and co-presented at a community information night on deliberate self-injury. I am also helping to make a documentary DVD on self-injury that may eventually be used to curb the problem of self-injury in schools.

I completed my Certificate 4 in Community Services Work (Welfare) in 2008 and more recently have spoken about self-injury among teenage youth to Lifeline Counsellors, Southern Community Welfare and the Sutherland Shire Partnership Day Conference. I also conduct workshops at the State Foster Care Conference in QLD. I have been nominated for the NSW Mental Health Consumer of the Year Award and the Mental Health Matters Award. In my personal time, I volunteer for the Cancer Council specialising in Relay For Life, and helping with all metro events and the Starlight Children’s Foundation on Star Day as a Location Leader of a fundraising site. Recently I was featured along with my big sister Jacinta Tynan and Founder of Life Changing Experiences, Jessica Brown in a four-page article in VIVE magazine.”

Grace Whiting
Little Sister Ambassador
Life Changing Experiences Foundation Ltd

“SISTER2sister has played a very positive role in my life over the last year and I am very happy that I made the decision to be part of it. I was nominated for the program by my Deputy Principal, and I firmly believe that it has been the ongoing support and dedication of the big sisters in the program, especially Jessica Brown and Vicki Condon, which has helped me get where I am today. I finished my HSC this year, and am looking forward to proving my school’s motto, ‘We are the makers of our own destiny’. As my school life has finished, so has the rest of my life begun. The SISTER2sister program was never about giving me a better life. It was about developing a support network to help me make that better life for myself.”

Grace Whiting became a little sister in 2006 and has been actively involved in SISTER2sister ever since. She has done radio and newspaper interviews on behalf of the program, shared experiences at various information days for new little sisters and was a guest speaker at the 2007 Fundraising Ball. She was a recipient of a Rotary Youth Leadership Award (RYLA) after being nominated by SISTER2sister and was published in Jacinta Tynan’s anthology, Some Girls Do, which gave all proceeds to SISTER2sister.
Butterfly Ambassadors

Caitlin Ward
Little Sister Ambassador
Life Changing Experiences Foundation Ltd

What comes to my mind when I hear the words “positive role model”? I personally envision Captain Planet, but since he’s fictional, it’s very unlikely that he’s going to come and mentor me any time soon, so I try again. This time, I think of a big sister – someone I can look up to and admire; someone caring, special, and wise but above all, someone I can trust.

In 2008, I not only found one person like that. I met a whole organisation of women like that. In 2007, I was nominated for the 2008 SISTER2sister program and graduated as a little sister. Through the patience, persistence and reliable effort exerted by my big sister, Sally Stanley, and the many incredible women who volunteer themselves for the program, I am now exceptionally motivated, driven and goal orientated. The passion inside me was drawn out as I learnt about myself and how valuable I am to the world, and now, thanks to the guidance and support I’ve received since entering the program, I’m an incredibly happy and fulfilled person who has so much to give back.

Now, 2010, I’m a higher school certificate graduate.
I’m a volunteer as the Membership Communication Officer on the NSW Red Cross Youth Advisory Committee. In 2009 I spent a week in America representing Australia as an Australian Youth Ambassador at a Global Youth Leadership Summit run by the Anthony Robbins Foundation, which I’m due to attend again this year. I’m a volunteer on the YMCA’s Youth Advisory Committee for the National Centre of Indigenous Excellence in Redfern. I currently work full time in Sydney City. I’m building my own organisation ‘Confidence through Culture’ which is an initiative designed to increase confidence in young indigenous students through a greater understanding of their traditional heritage and I’m writing a personal development themed novel, which is directed at youth in order to encourage positive friendships and the value of trust.

One day, I want to build an interactive environmental education centre in the heart of Sydney city so that schools from all over locally and nationally can visit and learn to appreciate our earth and gain knowledge about the environment and our incredible impact on it.

In my local community, I hope to one day open a youth centre which will run services available to young people who require tutoring or counseling and services for youth ‘at risk’ who are experiencing abuse, depression, self-harm, substance abuse and young people who are homeless.

I delivered a speech, on behalf of the little sisters of the SISTER2sister program at the launch of Natalie Bassingthwaighte and Nicky Moore’s personal development book, Sistahood. I’ve been in the Sunday Herald paper, the Daily Telegraph and Life Magazine. I have featured in Girlfriend magazine, Dolly magazine and have also been published in Turning Point on behalf of the Life Changing Experiences Foundation. I also share my story to raise funds for the SISTER2sister program.

In 2007, I was nominated for the 2008 SISTER2sister program. In 2008, I graduated as a much stronger person and an incredibly happy me. Yay!
“To respect myself and others and not get so temperamental.”

“To focus on school to give me the best start for a happy life in the coming years.”

“If I put my mind to a goal, and try as hard as I can without taking short cuts, I have more chances of achieving it.”
ABOUT LIFE CHANGING EXPERIENCES FOUNDATION

Our Vision
- Become a respected household name around Australia.
- Implement our programs throughout Australia.
- Achieve total self-sustainability to effectively support all our programs through innovative fundraising strategies and community involvement opportunities.
- Provide beneficiaries with ongoing opportunities to develop their skills and gain work experience.
- Deliver programs that are credible and through them make a difference to Australian youth and their respective communities.

Mission and Objectives
Life Changing Experiences is a national, not-for-profit organisation committed to supporting, inspiring and providing opportunity for teenage girls at risk. The girls come from backgrounds of sexual/physical abuse, trauma, crime, destitution, substance abuse, indigenous cultures, refugee circumstances and more.

The SISTER2sister Program, our primary initiative, is a yearly mentoring program matching professional women as mentors to disadvantaged little sisters. They attend monthly events with the group, comprised of risk management workshops, independent life skills training, goal setting and fun activities, which give the girls a break away from their daily challenges.

We offer personalised support for the little sisters through the Butterfly Support Services providing one-on-one help to source alternative safe accommodation, mediate between family and DoCS and generally assist the personal needs of the girls as required.

Beyond the SISTER2sister Program, we run the Butterfly Opportunities Program – a collaboration with local education institutions and businesses to provide opportunities for skills development and/or work experience for underprivileged teenage girls.

Through these initiatives we empower disadvantaged teenage girls and deliver life changing experiences.

The SISTER2sister Program focuses on the development of self-esteem through a structured mentoring and goal setting and achievement program over a period of 12 months. The program is aimed at ‘at risk’ management, life skills, and breaking the cycle of abuse and/or neglect with ‘at risk’ teenagers; the workshops are educational in nature and encourage the participants to develop greater self-reliance and responsibility for their choices and actions going forward.

In bringing together the diverse group of ‘at risk’ teenage girls within each SISTER2sisister Program, diverse in terms of their culture, religion, social circumstance and experiences, and matching them with professional volunteer mentors, the program actively promotes:

Mentoring is an opportunity for non-judgemental involvement yet providing support and inspiration and being a role model to an impressionable teenage girl who does not have adequate role models in her immediate surroundings. These values are an essential part of the SISTER2sisister Program.
SENSE OF BELONGING
all the girls identify a sense of belonging as part of the whole group within a program. Their unity and bonding is visibly demonstrated in particular at the close of the 4-day residential bootcamp and at the graduation of the program.

RESPECT
regardless of differences

OPPORTUNITY
which is key to the mentoring program and provided through workshops, seminars, activities, work experiences and skills development

FAIR TREATMENT
all girls have access to all the opportunities and workshops directly provided by the program or through our supporters in terms of work experience and skills development

UNDERSTANDING AND ACCEPTANCE
our big sister mentors and program supporters also learn these values in getting to know the little sisters, their challenges, experiences and obstacles
“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

Maya Angelou
Corporate Partnerships

We are delighted to have attracted our first major partner NIVEA.

NIVEA has been a true partner and supporter of Life Changing Experiences Foundation and the SISTER2sister Program. The partners share a key value of beauty as it applies to individuals, relationships and Sisterhood aiming to encourage and enhance the beauty that is within each of the disadvantaged teenage girls through the SISTER2sister Program.

This partnership is an example of the alignment of common values and focus between the corporate and charity sectors, to ensure that social inclusion is successful in the wider community. Collaboration between the profit and not for profit sectors, is an effective way to make a real and positive difference to the disadvantaged in the community.

The SISTER2sister Program matches professional women as mentors to inspire and support teenage girls ‘at risk’ of abuse/ or neglect. Through this partnership the foundation benefits from greater financial sustainability, corporate support and increased awareness in the community.

By breaking the cycle of disadvantaged and negative experiences, NIVEA and the SISTER2sister Program aim to successfully assist many teenage girls ‘at risk’ over the coming years, motivating these young women to live beautiful lives, positively connecting and contributing to the communities around them.

In the values that the little sisters for the 2010 are practicing, we are very proud of our exclusive Corporate Partner, NIVEA; we are grateful for their enthusiastic involvement and support; and we hope to continue this partnership to enable many more disadvantaged teenage girls to develop their self-esteem and inner beauty.

New Office in Surry Hills

In September 2008, Life Changing Experiences Foundation opened their first national office in Surry Hills Sydney. The larger offices catered for staff growth and addressed the growing need for our offices to be more accessible to our beneficiaries and volunteers.

National Expansion Launch

2009 was the year for national expansion as the SISTER2sister program extended it’s reach to Melbourne’s greater west in the Wyndham City Council area. With the support of local council we were able to address the need for additional youth services in the region due to significant population growth and stretched existing services. In 2009 the SISTER2sister supported 60 girls nationally in contrast to 2004 which supported just 16 girls. National expansion formally launched with a function at the Werribee Open Range Zoo and Mayor for Wyndham, Cr Kim McAliney, in attendance.
SISTAHOOD Book Launch 2008

We were so excited when Natalie Bassingthwaighte and her sister Nicole Moore decided to donate a percentage of their royalties to the SISTER2sister program from the launch of their book SISTAHOOD. The sisters wrote the book to inspire girls to believe that no dream is too big so was a perfect fit with our mission of aiding young girls to be the best they can be. Natalie and Nicky have been long term supporters of the SISTER2sister program, spending time with the little sisters at Bootcamp and raising awareness about the cause.

The book launch took place at Luna Park’s Coney Island, where over 200 girls dressed in pink lined up to have their books signed by Natalie and Nicky. MCs for the event were our very own little sisters who did us proud as they overcame nerves and shared their experiences of the program with the crowd. Guests enjoyed cupcakes, pink fairy floss, manicures, showbags, photos and rides. The event raised much needed funds for the SISTER2sister Program. We are very fortunate to have Natalie and Nicky as our advocates.

St George Ball
– Cheque Presentation

Malcolm Turnbull Lunch

Leona Edmiston Fashion Show
– AMP Sassi Team
Life Changing Ball 2008
A “Carnivale” Experience

The 2008 ball, in the theme of “Carnivale”, was a huge success. Guests donning gorgeous gowns and masks were greeted by the lovely Miss World Australia ladies and the red carpet was lined with over 2000 Lindt balls. Held at the Hilton, Sydney, the 400 guests were entertained by comedian Julia Morris, singer Amy Pearson and a breathtaking aerial show. Touched by the story of a little sister Grace, guests generously donated to the SISTER2sister program.
Our 5th Birthday – Purple Party

September 2008, celebrated Life Changing Experiences fifth birthday. Taking place at Zackarys in King Cross, Sydney the event made the social pages. Hosted by MC Jacinta Tynan the event was attended by celebrity ambassadors, big sisters and the charity volunteers and supporters.

SASSI Wear – New Clothing Range

Our ASX fundraising team launched our very first SASSI merchandise clothing line. SASSI stands for Sisters Aiding the SISTER2sister Initiative and is a vehicle for raising funds for the foundation.

These gorgeous pyjama sets are Fair Trade and made from organic cotton. These eco friendly products are socially and economically responsible and make great gifts. Contact enquiries@lifechangingexperiences.org for more information and a price list or support us by selling our products at your next staff morning tea or fundraiser.
SASSI (Sisters Aiding the SISTER2sister Initiative)

SASSI was launched in 2007 to embrace a phenomenal group of successful women in Sydney’s Corporate and Business Community wishing to support the SISTER2sister Program. SASSI was formed to embrace and tap into the fundraising opportunities that exist in the community, by providing a vehicle to engage the amazing women who contact us daily wishing to help. The SASSI mission is simply: 'to raise the necessary funds for the future self-sustainability of the SISTER2sister Program.' Teams of women in corporate organisations brainstorm and organise creative and fun fundraising events.

SASSI teams have organised several events over the past two years including the successful Wine Appreciation Evening, Trivia Night Challenge, Life Changing Ball – A Carnivale Experience and Beauty & the Bellini as well as representing the SISTER2sister Program and the Foundation at the Australian Businesswomen’s Network Expo, the markets at Paddington, Bondi and Glebe and having a sell out of Gingerbread House kits over the Christmas season.
THE NIVEA PARTNERSHIP

NIVEA is proud to support Life Changing Experiences Foundation (LCEF) and the SISTER2sister program.

One of the aims for Beiersdorf, the owners of the NIVEA brand, is to help improve the future prospects of young people and promote equal opportunities for all, regardless of background. This vision, which is also shared with LCEF, was the inspiration for our joining in partnership and supporting the SISTER2sister program.

One of the key values of the NIVEA brand is that ‘beauty’ is a truly individual virtue; it is found in every person as well as in human relationships. We aim to inspire women to live beautifully by connecting with those around them and celebrating ‘sisterhood’. The SISTER2sister program brings this to life through the unique relationships fostered between the big and little sisters, as well as between all of the staff and volunteers within the organisation.

Through the involvement of our staff and specific brand campaigns we aim to generate awareness and raise funds to help sustain and further develop the SISTER2sister program and help make a difference in the lives of the participants.

Throughout 2009, Beierdorf Australia engaged in many exciting initiatives to support the SISTER2sister Program. Some of the highlights include:

‘body:beauty’ Art Exhibition

‘body:beauty’ an exhibition inspired by and celebrating women’s beauty was held on the 26th and 27th May 2009 at the Charles Hewitt Gallery in Sydney. The exhibition featured diverse works by some of Australia’s leading contemporary artists. To launch the exhibition, a VIP event was attended by A-list media, celebrity VIPs, artists, LCEF volunteers, Beiersdorf staff and retail partners. 60 NIVEA consumers were invited to attend the exhibition the following evening. During both events guests were informed about the NIVEA and SISTER2sister partnership. LCEF CEO Jessica Brown provided an insight into the program whilst NIVEA Brand Manager, Kate Hensley, highlighted NIVEA’s involvement. Over the course of the exhibition the 20 works on display – paintings, drawings and photographs – were each for sale by silent auction. All works were sold with proceeds donated to the SISTER2sister Program.
International Sister’s Day
Community Activity

NIVEA and SISTER2sister celebrated International Sister’s Day with a pop-up interactive experience at Westfield Bondi Junction.

Engaging local shoppers, NIVEA and SISTER2sister generated knowledge and interest around the program via a free photo booth experience. Shoppers were invited to have their photo taken with their favourite ‘sister’ – whether a friend, relative or sister.

All images from the day were uploaded to the SISTER2sister gallery on the NIVEA website. The image that best celebrated sisterhood won a pampering weekend getaway.

International Sister’s Day
Sunday Life Advertorial


The aim of the feature, which was sponsored by NIVEA, was to raise awareness of the SISTER2sister program, attract donations and recruit volunteers to support the program.

Beiersdorf Staff Initiatives

Staff members of Beiersdorf Australia have been active participants in supporting our partnership with SISTER2sister, demonstrating commitment to the cause through both fundraising and volunteering their personal time. Staff fundraising activities in 2009 have included a ‘Xmas in July’ Fete, Melbourne Cup Luncheon, the NIVEA and SISTER2sister City2Surf team, NIVEA Christmas Sale and various sporting competitions and auctions throughout the year.

Beiersdorf are thrilled with the results from the first year of the NIVEA and SISTER2sister partnership. We aim to continue working with LCEF to raise the profile and funds to support the continuation and expansion of the SISTER2sister program into the future.

We would like to acknowledge the fantastic work of Jessica Brown and her team at LCEF, applaud the efforts of the big sisters and volunteers and offer our best wishes for a bright and positive future to all of the little sister graduates from 2009.

Beauty is...Sisterhood.

Karlea Snowden-Harris
Marketing Services Manager
Beiersdorf Australia Ltd
The primary program of the Life Changing Experiences Foundation is the SISTER2sister Program matching mentors from the professional community with teenage girls (aged 13–18) from disadvantaged backgrounds.

The SISTER2sister Program is committed to the provision of one-on-one mentoring with a passion to make a difference to youth by fostering change and helping them to break the cycle of the past; a commitment to ensure that the maximum of every dollar goes directly to benefitting the girls; and a structured goal achievement and recognition program within the framework of the workshops.

The purpose of the SISTER2sister Program is:

• To mentor ‘at risk’ teenagers around Australia by providing positive role models to inspire and motivate them to make a difference to their lives.
• To educate ‘at risk’ teenagers with risk management strategies and independent life skills to enable them to deal with their past circumstances, face their present challenges and create the future they want.
• To break the cycle of trauma and negative experiences in teenagers by encouraging them to set and achieve goals and thereby enhance their self-esteem and confidence.
• To provide opportunities to ‘at risk’ teenagers to enable them to be active and positively contributing members of their community.

The workshops included within the SISTER2sister Program vary from goal setting and achieving techniques, to self-defence skills, to learning to manage on a budget, to fitness and healthy eating practices, to raising awareness of the many community resources available to support and assist them in their quest for a better life.

The objectives of the SISTER2sister Program are:

• To operate for the public benefit, in a charitable and benevolent way, by having disadvantaged young people ‘at risk’ of abuse and neglect participate in a range of mentoring programs.
• To break the cycle of neglect, abuse, poverty, suffering and negative experience of Australian ‘at risk’ youth by helping them to increase their belief in themselves and encouraging them to take themselves out of their present environments so they can make a difference to their lives.
• To give disadvantaged young individuals the opportunity to be temporarily taken out of their environment to participate in a once in a lifetime mentoring program; which will teach them how to achieve personal contentment and fulfilment.
• To teach our disadvantaged youth strategies to deal with the emotional and physical trauma of the past, equip them with skills to master life’s present challenges and guide them on the path to transforming their lives.
• To show young ‘at risk’ individuals how to facilitate purposeful change and personal growth by implementing self-life coaching strategies to overcome obstacles, draw on existing strengths and monitor progress.
• To provide disadvantaged youth with the chance to identify and explore their talents and learn how to utilise these talents to enhance their lives and be active contributing members of their community.
The specific activities that are carried out to achieve these objectives are as follows:

- The SISTER2sister mentoring Program starts in January with a four day residential Butterfly Bootcamp. Girls meet their big sister mentors for the first time here and are guided through a series of team building activities and workshops facilitated to develop the bond between the big and little sister and develop a commitment between them to carry through to the rest of the year. Little sisters also set their goals for the year during a specific workshop at Bootcamp. A timetable of bootcamp activities is provided for information.

- Each month (approximately every four weeks) a one day event is held for all the big and little sisters in the group to attend. These one day outings have an educational component (may be one or two workshops) focused on risk management strategies, healthy living options and independent life skills; one-on-one time for the big and little sister to work on the goals to be achieved; and an activity designed to stretch their boundaries and enhance the learnings from the day.

- November is graduation – an acknowledgement of all their achievements over the year and a celebration of their successes.

- In December, a reunion is held to unite big and little sisters from all previous programs to acknowledge their achievements since leaving the program, celebrate that they are still keeping on track with what they have learned through the program to ensure they create the futures they want and support them in their quest for a better life.

There are two members of staff, the CEO, and the National Program Manager, who run the program and are responsible for the welfare of the beneficiaries and both are supported by a volunteer team of psychologists, team leaders, big sisters and contractors as required.
A typical child’s profile might include several of the following factors that together have led to very low levels of self-esteem within the child and the consequent risks of disengaging from the education system and mainstream social behaviour and activity:

- Trauma
- Bereavement
- Poverty
- Sexual abuse
- Mental abuse
- Physical abuse
- Domestic violence environments
- Neglect
- Crime
- Cultural displacement
- Homelessness
- Living in care
- Refugee circumstances
- Sickness
- Mild levels of disability
- Economic destitution
- and more.

These issues are present in girls from all nationalities, religions and socioeconomic groups who are nominated to the program.

Girls are identified and nominated by:

- School counsellors
- School welfare systems
- Women’s refuges
- ‘At risk’ youth programs
- Rape crisis centres
- The general public (including parents and relatives of ‘at risk’ teenage girls).

We accept all girls nominated, including those in foster care, the ministers care, women’s refuges including young women who are expectant mothers, refuges for homeless young women, the juvenile justice system, and young women who are in specific housing programs that accommodate mentally ill and drug addicted youth.

“I have learnt that it may be the end of one journey but the beginning of another.”

“I have learned that I don’t have to go through life alone.”
Aims and Outcomes

The aim of the program is to break the cycle of abuse and destitution by supporting and inspiring ‘at risk’ teenagers; and to reengage youth into the mainstream by giving them the opportunity to learn the necessary survival skills to become self-sufficient and positively contributing members of their communities.

The purpose of the program is:

• To mentor ‘at risk’ teenagers around Australia by providing positive role models to inspire and motivate them to make a difference to their lives.
• To educate ‘at risk’ teenagers with risk management strategies and independent life skills to enable them to deal with their past circumstances, face their present challenges and create the future they want.
• To break the cycle of trauma and negative experiences in teenagers by encouraging them to set and achieve goals and thereby enhance their self-esteem and confidence.
• To provide opportunities to ‘at risk’ teenagers to enable them to be active and positively contributing members of their community.

Measurable outcomes:

• Dramatic improvement with attendance at school.
• Dramatic improvement in school marks.
• Dramatic improvement in self-esteem.
• Achievement of goals.
• Financial independence and the ability to survive on a budget.
• Out of harms way and living in a safe environment.
• Attract and maintain positive friendships and relationships.
• Dramatic decline in antisocial behaviour.
• Dramatic decline in depression and acts of self-harm.
• Dramatic increase in part time employment.
• Decline of girls living on benefits (with the exception of living away from home rental assistance).

Evaluation

Our formal evaluation system operates both internally and externally.

The effectiveness of the program is measured by Life Changing Experiences Foundation’s research team in conjunction with a PhD student from Macquarie University, Deborah Pamula, under the guidance of Professor John Franklin. Case notes, mentor and team leader notes and evaluation forms contribute on a regular basis to the evaluation of the outcomes and the program. Mentees, Mentors, Families, Carers, School and other Counsellors, Team Leaders and Team Psychologists are all surveyed on an individual, monthly, and quarterly basis. Our approach to collecting baseline data has been via questionnaire, interview, evaluation forms, feedback sessions and case notes, both written and verbal. This evaluation is carried out at the start of the program, midway and on conclusion of the program. It also seeks input from the guardians and nominators to provide a comprehensive evaluation. This evaluation measures the participants level of learning, skills development, self-esteem changes, behaviour improvements and more. Past evaluations demonstrating the results achieved can be seen on our website.

“It is such a privilege to be part of a program that enables them to grow in self confidence and be the creators of such enormous, positive changes in their lives.”
Identifying the Need

The International Survey of Women and Violence found that 29 per cent of Australian women had experienced physical and/or sexual abuse before the age of 16.

Research studies in 2008, including the White Ribbon Foundation report “Assault on our Future – the impact of violence on young people and their relationships” and the “Special Commission of Inquiry into Child Protection Services in New South Wales”, suggest that as many as one in four young children are considered “at risk”. According to the Government a child is said to be AT RISK if he or she is at risk of being abused or neglected. Abuse is defined as physical, sexual, and emotional – either as a result of direct harm to the child’s development and wellbeing or as a result of exposure to environments/events that could harm the child’s development and wellbeing. Neglect is defined as a failure to provide the child a necessity of life that is causing/has caused harm to the development and wellbeing of the child. Examples of the necessities of life include food, shelter, clothing, medical care.

The Cost of Child Abuse and Neglect in Australia, prepared for the Kids First Foundation by Keatsdale Pty Ltd Management Consultants, outlines the concepts of child abuse and neglect, the extent of the problem, and estimates of the annual costs of child abuse and neglect. In 2001–2002 it estimated this cost at $1,994 million.

The Australian Government’s response to the Prime Minister’s Youth Pathways Action Plan Taskforce Report, Footprints to the Future (available at www.youthpathways.gov.au) found that all young people need at least one stable adult who they can trust and turn to for support, information, guidance and care. Mentoring can make a particularly significant difference in the lives of young people who are facing a range of difficulties, including young people who have not had the security of good family relationships, are homeless, or are experiencing mental illness or substance addiction.

Dropping off the Edge – mapping the distribution of disadvantage in Australia by Tony Vinson, indicates that building social cohesion requires tangible opportunities education and training, work and income generation and improving health. It also suggests that early intervention is a more effective strategy than trying to fix the problem after the fact.

Immediate and Long Term Benefits to the Community

During the SISTER2sister Program, we hope the beneficiaries directly benefit the community through:

- Increase in further education/school attendance
- Community ‘wellness’ through personal happiness, fulfilment and recognition of self-worth.
- The transformation of life through mastering life’s challenges.
- Reduced crime.
- Effective assistance with placement out of harm’s way.
- Increase in part time employment for those of employable age.
- Management of mental illness.
- Safety and management plans for girls ‘at risk’ of depression, self-harm and suicide.
- Visible decrease in substance abuse.
- Reduction of unplanned teenage pregnancy.
- Increase in courtesy and pro-social behaviours.
“Always stay true to yourself and listen to that inner voice whether it be a good situation or bad.”

“Respect myself and others.”

“Talk more openly with people.”

“Learn to love myself.”

“Become the person I know I can be.”
Unfortunately, many young women in our community lack a role model in their lives. Through the SISTER2sister program, we are able to provide this role model and support structure to young women, little sisters, who have experienced trauma and hardship at a time when they should be enjoying their teenage years. We are also able to provide some relief from the challenging times by allowing our little sisters just to be their age for a little time each month, relieving them of their responsibilities and hardships, such as caring for parents or worrying about preparing the next meal.

The team at Life Changing Experiences Foundation is committed to providing an outstanding mentoring program that will encourage these young women to reach their full potential. The graduates of the 2008 and 2009 programs are a fantastic example of this. We have continued to consolidate our processes and secure our strategies for the ongoing success of the SISTER2sister program.

The program continues to attract big sisters of the highest standard to volunteer their time to mentor our little sisters. The big sisters are the backbone of our foundation. Without them we simply would not exist, and without their determination and dedication we would be unable to see the results we are seeing today. Our mentor training program has undergone a transformation and is now partially face-to-face and partially on-line via an interactive CD ROM. This transformation has allowed us to provide the big sisters with the most up-to-date information and also ensure they have all the tools necessary for a successful partnership with their little sisters. The training program also includes case studies of previous little sisters so the big sisters are well equipped to face any challenges.

The Butterfly Bootcamps of 2008 and 2009 were a huge success. In 2008 we had 100 percent attendance by our little sisters and the following four days proved to be a time of overcoming obstacles as well as setting goals for the coming year. In 2009 we hosted our first interstate Butterfly Bootcamp with 20 big and little sisters joining us from Melbourne. The big and little sisters were able to form strong bonds during our many and varied activities at the Butterfly Bootcamp. The mentoring relationships got off to a flying start and many new friendships were formed during that crucial time.

The SISTER2sister programs curriculum is now in its fourth year, and the program continues to support the girls throughout their learning process. The curriculum is formally linked with our key performance indicators. These indicators are the levels of learning that we expect our little sisters to be exposed to during the 2008 and 2009 programs.

Due to the easily replicable nature of the SISTER2sister program, we chose 2008 as the year to begin our National expansion into other states. We spent considerable time analysing and researching a location and eventually chose the Wyndham City Council area in Victoria. This area has experienced a population boom over recent years and, as such, is struggling to provide suitable resources for its residents. The Wyndham City Council was also very keen to support us in any way possible and accommodated the needs of the program. Thus the program has now completed its first year interstate with eight little sisters graduating from the Victorian SISTER2sister program.
The 2008 and 2009 NSW Graduation Celebrations were special evenings. Back in January, 50 lost little faces seeking guidance took those first tentative steps. By November, 50 little sisters with beaming smiles spoke confidently of their experiences, goals achieved and excitement about the future. The night was one of celebration of both individual achievements and the achievements of the entire group. It was easy to see the impact that the SISTER2sister program had on the lives of not only the little sisters, but also the lives of their families and wider communities. Our inaugural Victorian SISTER2sister Graduation evening was a huge success, when we had eight little sisters graduate from the program. The program may have been small, but the success achieved was huge.

With the support of our wonderful team of volunteers and staff alike, we have been able to provide 110 teenage girls with inspiration, support and many wonderful opportunities through the simple act of giving them their own mentor, a person that is there just for them, to listen just to them, laugh with them and encourage them to become the very best person they can be in 2008 and 2009.

To all of our volunteers, but most of all our big sister Mentors and Team Leaders, thank you. These people are vital to the running of the SISTER2sister program; they are inspiring and always willing to go beyond the call of duty to insure the girls and the Foundation flourish. The executive advisory board, as always, has been a fabulous support to us in every way during 2008 and 2009, providing professional support to both the big and little sisters.

We are so fortunate to have so many women and men that give freely of their time and skills to the organisation. We rely on these people to maintain the high standard of quality and care our program is renowned for. I am confident the little sisters of 2008 and 2009 would also like me to pass on their gratitude. I feel privileged and honoured to have been a part of this wonderful program with these beautiful girls.

Our future is certain to be bright. 2010 is going to be a busy but exciting year for us, with the continued expansion of the SISTER2sister program into Victoria and the increasing public profile of the charity. We are sure to continue to provide a high quality mentoring program for ‘at risk’ adolescent girls in NSW and Victoria, and also find areas where we can improve and strengthen the Life Changing Experiences Foundation. Certainly there will be hurdles to jump and many a tear shed, but we are well placed to meet these challenges head-on and continue to improve the lives of disadvantaged adolescent girls and their families. Firstly we will take just a moment to celebrate the achievements of 2008 and 2009, then we can look forward with excitement to all that 2010 holds.

Lyndal Keith
National Program Manager
Life Changing Experiences Foundation Ltd
PROGRAM EVALUATION

EXECUTIVE SUMMARY 2009

Introduction

The 2009 SISTER2sister Program evaluation involved surveying little sisters, big sisters and relevant parent/guardians. Additionally, interviews and regular observations also occurred to gather information across all spectrums of the program. The results have been analysed in partnership with Debra Pamula, a PhD candidate at Macquarie University. Below is an executive summary of initial indicators from the evaluation. A full copy of the report is available upon request.

For the first time in 2009 the Foundation held a Sydney program as well as a pilot program in Melbourne. The nine workshops which comprised the 2009 SISTER2sister Program addressed the identified needs of the little sisters by incorporating the levels of learning in each workshop across the year. As such, the little sisters were made aware of issues relating to overcoming obstacles, having a healthy lifestyle, the power of choice, employment and career possibilities, relationships and friendships, accessing and utilising community resources, goal setting, self-esteem building, and acknowledging and celebrating success. As part of this learning, at each workshop, the little sisters were also given the opportunity to participate in a ‘life changing experience’, such as Butterfly Bootcamp, visiting Luna Park, and learning how to surf.

Overall, the 2009 SISTER2sister Program has achieved positive results, as summarised through the following key performance indicators.

Intake and Retention

For the 2009 Sydney program, 50 little sisters were accepted in January 2009, with an average age of 13 years (youngest being 12 and oldest being 17). At the end of the program in November 2009, 43 little sisters remained, with seven Little Sisters leaving the program over the course of the year, resulting in a retention rate of 46 percent. For big sisters in 2009, 10 returned to participate from the 2008 program.

For the Melbourne pilot program, 10 little sisters were initially accepted at the beginning of the program, and eight graduated at the end. Two withdrew from the program over the course of the year, resulting in a retention rate of 80 percent. The average age of the little sisters for the Melbourne program was 15 years, (youngest being 14 and oldest being 18). For Melbourne big sisters, there was a retention rate of 80 percent.

We are continuously improving on intake and retention methods to ensure that we maintain our solid foundations which ensure the future success of the program.
Attendance

For the 2009 Sydney program, 59 percent of little sisters attended 80 percent or more of the workshops. On average, each little sister attended seven out of nine workshops over the year, with some workshops more poorly attended than others, such as Charity Day and the Gym Day. This may be due to a number of factors, including travel limitations, major personal issues occurring in their lives at the time, and the need to be more rigorous in ensuring that little sisters participate as much as possible to gain maximum benefit from the program. It is believed that the higher the attendance to outings is likely to result in better behavioural outcomes for the little sisters at the end of the program.

For the 2009 Melbourne pilot program, 26 percent of little sisters attended 80 percent or more of workshops. On average, each little sister attended five out of 12 workshops over the year. Again it is noted that Charity Day and Flying Trapeze were the most poorly attended outings, with similar reasons for non-attendance noted.

In relation to improving little sister attendance, it is believed that this can be achieved by implementing a number of strategies, including having more easily accessible locations to workshops, as well as transport provided for little sisters at each workshop.

Big sisters in the 2009 Sydney program attended 80 percent of outings, with 40 percent of big sisters attending at least 90 percent of outings. For the Melbourne pilot program, there were some gaps in the recording of big sister attendance and as such the reporting of this is not included here.

Behaviour

In assessing behavioural changes to little sisters over the course of the program, it is acknowledged that similar themes emerged for the Sydney program and the Melbourne pilot program.

Initial indicators noted that there had been an improvement in a little sisters self-perception. In particular, it is noted that little sisters comments made at the conclusion of the program suggested that there was an improvement in overall self-regard, as well as being happier and more positive themselves. Coupled with this, it seems that the little sisters had changed their attitude in terms of cessation of negative talk, reduction in self-fear, and perceiving the presence of better coping techniques in the face of difficult situations.

Following this, it further seems that this has also resulted in an increase in positive behaviours demonstrated by the little sisters, such as caring for others, treating others with respect, and having a solution focus to problems. Additionally, little sisters also indicated some attenuation of anti-social behaviours, such as a reduction in smoking, drinking, self-harming behaviours, not swearing or being mean to others. To this end, it appears that the little sisters have changed the manner in which they behave around others to a more positive manner.

The role of the Big Sister–Little Sister mentoring relationship is crucial to improve behavioural outcomes for the little sisters. To this end, we are endeavouring to improve the relationship to ensure that the little sister is given the best possible opportunity to address their desired improvements in their behaviour.

Relationships

In assessing relationship changes to little sisters over the course of the program, it is acknowledged that similar themes again emerged for the Sydney program and the Melbourne pilot program.

With respect to little sisters relationships with parents/guardians, initial indicators showed an improvement over the course of the year. Comments made by the little sisters explained that they were more patient with their parents/guardians, listened more, and were less argumentative.

Regarding the little sisters relationships with their peers, preliminary findings pointed to little sisters choosing better friends, as well as improving the quality of their relationships. These results indicate that the little sisters participation in the program has made them aware of the impact that their behaviour has on others, and how the little sisters are able to make choices in how they are treated as well as how they relate to others.
Goals, Ambitions and Levels of Learning

The outcomes for goals, ambitions, and levels of learning for little sisters over the course of the program observed similar themes for the Sydney program and the Melbourne pilot program.

In 2009, little sisters were again reinforced to set and review goals on a monthly basis. At the end of the year, Little Sisters reported that they had learned how to set and achieve goals. In particular, it seems that little sisters had achieved goals in the skill areas that were being developed and reinforced over the course of the program. Regarding lifestyle choices, little sisters noted that they had begun to engage in healthier ways of eating, some reported weight loss, whilst others noted that they had engaged in healthier lifestyles that involved regular exercise as well as a reduction in smoking and drinking.

In relation to school and work goals, little sisters reported achievements in completing the school year with better grades, applying for TAFE courses, as well as finding meaningful paid employment. Furthermore, regarding relationships, little sisters modified the manner in which they chose to engage and relate in relationships.

On the whole, initial indicators show that the little sisters had achieved many of their goals that they had set. This will continue to be emphasised as a key life skill for little sisters in future programs.

Summary and Conclusions

Overall, the initial indicators of the results from the 2009 program are positive, whereby the extent of these changes can be established upon completion of the evaluation. More details of the little sister outcomes from their participation in the program, as well as suggested improvements, is described in more detail in the evaluation report.

Education and Employment

The assessment of education and employment changes to little sisters over the course of the program has also observed similar themes for the Sydney program and the Melbourne pilot program.

During the course of the year, the little sisters learned skills in applying themselves through setting and achieving goals. It was observed through the program that little sisters committed to staying in school as well as gaining employment skills.

In particular, in relation to school, the majority of little sisters noted having some improvement over the course of the year, from experiencing improved relationships with their peers or teachers, through to improving in their school grades.

Regarding employment opportunities, for those who were of employment age, a proportion of little sisters were able to become gainfully employed over the course of the year, finding part time work which allowed them to gain core life skills.

We will continue to support little sisters in future programs to achieve their desired educational and employment outcomes.
EXECUTIVE SUMMARY 2008

Introduction
The 2008 SISTER2sister Program evaluation involved surveying not only little sisters, but also big sisters and relevant parent/guardians. Additionally, interviews and regular observations also occurred to gather information across all spectrums of the program. The results have been analysed in partnership with Debra Pamula, a PhD candidate at Macquarie University. Below is an executive summary of initial indicators from the evaluation. A full copy of the report is available upon request.

The twelve workshops which comprised the 2008 SISTER2sister Program addressed the identified needs of the little sisters by incorporating the levels of learning in each workshop across the year. As such, the little sisters were made aware of issues relating to overcoming obstacles, having a healthy lifestyle, the power of choice, employment and career possibilities, relationships and friendships, accessing and utilising community resources, goal setting, self-esteem building, and acknowledging and celebrating success. As part of this learning, at each workshop, the little sisters were also given the opportunity to participate in a ‘life changing experience’, such as Butterfly Bootcamp, visiting Luna Park, learning how to surf, and climbing the Sydney Harbour Bridge.

Overall, the 2008 SISTER2sister Program has achieved positive results, as summarised through the following key performance indicators.

Intake and Retention
Fifty two little sisters were accepted into the 2008 program in January 2008, with an average age of 16 years (youngest being 12 and oldest being 18). At the end of the program in November 2008, 42 little sisters remained, with ten little sisters leaving the program over the course of the year. It is noted that a higher number of little sisters were accepted into the program to accommodate for any attrition that occurred. Six big sisters from the 2007 program returned to participate in 2008.

We are continuously improving on intake and retention methods to ensure that we maintain our solid foundations which ensure the future success of the program.

Attendance
For 2008, 86 percent of little sisters attended 80 percent or more of the workshops, which is a positive result. On average, each little sister attended nine out of 11 workshops over the year, 86 percent, with some workshops more poorly attended than others. This may be due to a number of factors, including travel limitations, major personal issues occurring in their lives at the time, and the program’s need to be more rigorous in ensuring that little sisters participate as much as possible to gain maximum benefit from the program.

It is however believed that the higher the attendance to outings is likely to result in better behavioural outcomes for the little sisters at the end of the program.

On average, big sisters attended 89 percent of outings, with 70 percent of big sisters attending at least 90 percent of outings. This is a promising result and an improvement from previous years. In terms of big sister meetings, an average attendance rate of 76 percent was observed, with 57 percent attending 80 percent or more of meetings. This result, whilst not meeting the performance indicator, is a marked improvement on the previous year.

In relation to improving little sister attendance, it is believed that this can be achieved by implementing a number of strategies, including being increasingly vigilant to ensure all little sisters attend the workshops, having more easily accessible locations to workshops, as well as having a SISTER2sister Butterfly Bus that transports little sisters at each workshop.

Regarding strategies to improve big sister attendance at meetings and workshops, it is suggested that closer scrutiny also be adopted in relation to reasons for non-attendance in this regard, as well as modifying the format of the meetings to encourage full attendance, unless extenuating circumstances prevail.
Behaviour

In relation to the little sisters’ behavioural changes over the course of the program, initial indicators noted that there had been an improvement in little sisters’ attitude and self-perception. In particular, it is noted that little sisters made comments at the end of the program that they had experienced an increase in self-regard and self-esteem, as well as being happier and more positive in the manner in which they perceived themselves. Coupled with this, it seems that the little sisters had changed their attitude in terms of ceasing to put themselves down, not being scared, and perceiving the presence of better coping techniques in the face of difficult situations.

Following this, it further seems that this has had a resultant increase in the positive behaviours demonstrated by the little sisters, such as caring for others, being true to themselves, treating others with respect, and having a solution focus to problems. Additionally, little sisters also indicated an attenuation of anti-social behaviours, such as a reduction in smoking, drinking, self-harming behaviours, not swearing or being mean to others. To this end, it appears that the little sisters have changed the manner in which they behave around others in a more positive manner.

The role of the big sister – little sister mentoring relationship is crucial to improve behavioural outcomes for the little sisters. To this end, we are endeavouring to improve the relationship to ensure that the little sister is given the best possible opportunity to address her desired improvements in her behaviour.

Relationships

With respect to little sisters relationships with their parents, initial indicators showed an improvement with their relationship with their parent over the course of the year. Comments made by the little sisters explained that they were more patient with their parents, listened more, and were less argumentative.

Regarding the little sisters relationships with their peers, preliminary findings pointed to little sisters choosing better friends, as well as improving the quality of their relationships with their friends.

“Life ain’t that bad and if you try, you can do anything, even if people tell you no.”

These results indicate that the little sisters participation in the program has made them aware of the impact that their behaviour has on others, and how the little sisters are able to make choices in how they are treated as well as how they relate to others.

Education and Employment

During the course of the year, the little sisters learned skills in applying themselves through setting and achieving goals. It was observed through the program that little sisters committed to staying in school and finishing the School Certificate or HSC, as well as gaining employment skills.

In particular, in relation to school, the majority of little sisters noted having some improvement over the course of the year, from experiencing improved relationships with their peers or teachers, through to improving in their school grades.

Regarding employment opportunities, for those who were of employment age, a proportion of little sisters were able to become gainfully employed over the course of the year, finding part time work which allowed them to gain core life skills.

We will continue to support little sisters in future programs to achieve their desired educational and employment outcomes.
Goals, Ambitions and Levels of Learning

In 2008, little sisters were again reinforced to set and review goals on a monthly basis. At the end of the year, little sisters reported that they valued the ability to set and achieve goals, whereas for many this was a new skill learned. In particular, it seems that little sisters had achieved goals in the skill areas that were being developed and reinforced over the course of the program. In particular, with reference to staying out of harm’s way, little sisters noted that they managed to move out of home if they were in risky situations. Regarding lifestyle choices, little sisters noted that they had begun to engage in healthier ways of eating, whilst others noted that they had engaged in healthier lifestyles that involved regular exercise as well as a reduction in smoking and drinking.

In relation to school and work goals, little sisters reported achievements in completing the school year with better grades, applying for TAFE courses, as well as finding meaningful paid employment. Furthermore, regarding relationships, little sisters reiterated their improved relations by modifying the manner in which they chose to engage and relate in relationships.

On the whole, initial indicators show that the little sisters had achieved many of their goals that they had set. Whilst it is recognized that little sisters had acknowledged that they had not achieved all the goals that they had set out to, there was evidence of improvements and goals achieved in some area of their life. This will continue to be emphasized as a key life skill for little sisters in future programs.

Summary and Conclusions

Overall, the initial indicators of the results from the 2008 program are positive, whereby the extent of these changes can be established upon completion of the evaluation. More details of the little sister outcomes from their participation in the program, as well as suggested improvements, are described in more detail in the evaluation report.

“I learnt to stick up for myself and learnt that there are people to talk to about things.”

“I’m not perfect and I should stop expecting perfection from myself – LEARN TO LOVE YOURSELF!”

“What a great year it has been,
To do the things we couldn’t dream,
Making new friends and having some fun,
The smile this program has given me beams like the sun.”
My name is Emilie and I am 15 years of age. I am currently enrolled at Father Chris Riley’s Youth Off the Streets. This is my eighteenth school since kindergarten.

My family has had a lot of trouble over the past ten years with my mum going through some very heavy problems not to mention the history of domestic violence with my mother’s previous boyfriends. When I was four years old I was mauled by a dog and bitten on the right side of my face and had to undergo numerous surgeries, and have struggled with self-confidence ever since. By the time I was eight years old I had been to nine different schools, I had a lot of trouble making friends as I knew that if I did I would just have to leave them again so I didn’t bother.

In May 2003 I was mauled again by another dog also on my right side of my face leaving me in hospital for a week. I soon reached high school and everything was very different at an all girls school. There were so many fights and petty little arguments, and for some reason I was often involved in them so mum changed my school again but this time it was because of me. I attended my first public high school at Northmead High which was not a wise choice of schooling as I fell into the wrong crowd and started talking back to teachers, jiggling school and smoking; I never did any of my school work and was always suspended.

Then we moved again, this time to Greystanes High School and yet again I started hanging around the “popular kids” who also jigged school, smoked and never did any work either, so I soon found myself in fights with students and teachers. They referred me to the school counsellor. I didn’t like telling others my problems, I already had to tell them to the DoCS counsellor. At first I sat in the room at all of our sessions not saying a word but I quickly got over that when I found out that she was in fact a very lovely lady. I told her everything that had been going on, so she referred me to an excellent program for disadvantaged teenage girls who had very common problems like me. I was hesitant at first, but soon agreed to proceed into the program.

I was invited to the SISTER2sister camp where I would meet my Big Sister for the first time and all of the other little sisters, I was very nervous. Upon arrival to the camp I had butterflies in my stomach and felt a little sick. But when I met my Big Sister I felt an immediate connection as she wasn’t very old at all. Her name is Jade. At the camp I was placed into my cabin and had a chance to get to know the other girls and I found that they all had similar problems to me. Throughout the days of the camp we engaged in some amazing activities that were both fun and helpful. We had talks from people that had shared some of our problems, and they gave us great advice! Before I knew it we were already into our once a month programs that included stuff like art escape, bikes for tykes, bullying and conflict resolution, sexual and personal health matters, grief and loss and healthy life style and much more.

Today, I am in school and have regular attendance. I have won student of the week four times in a row. I attend Meadowbank TAFE, and currently have a scholarship to complete my Cert 4 in make up which was given to me by the administrator of design make up at TAFE. I also have a job at the SISTER2sister office cleaning and helping whenever I am needed. All thanks to the Life Changing Experiences Foundation.

“I think the program has helped me and has had so much to offer me. I honestly don’t know where I would be today if I didn’t get this life changing experience.”
I am 16 years of age. I live in Werribee, Melbourne.

Before this program I was faced with heaps of issues/obstacles. The first time I met my Big Sister, I was scared just like any other person would be when meeting someone for the first time.

In a matter of moments I felt as if there was going to be a great bond between us. My Big Sister made me feel safe, secure and assured me that I wasn’t alone in a short period of time.

My Big Sister has helped me through quite a lot of tough times this year. She has helped me get through a number of deaths this year by being there for me when I needed someone to talk to, she was there to give me advice and help me make the right decisions in life.

My favourite part of the program would be spending time with a special someone, my Big Sister.

From the program I have learnt to be me and to never give up, no matter how dark the tunnel is there will always be light surrounding you, you just need time to see that it is right in front of you. I’ve also learnt to make an effort to face my fears, since I have overcome a lot of these fears in the program.

The most important thing that I have learnt during this program is that self-harm isn’t always the solution, there are always other ways of solving problems and issues that arise.

Since the start of the program I’ve grown more as a person, I’ve learnt to spread my wings and fly just like a butterfly. Before this opportunity came walking into my life, I felt as if I was nothing to the world and that nothing good would ever happen to me, but I was soon proven wrong after some time with my Big Sister.

The achievements this year that I am proud of would be:

- School Musical (first time I had enough confidence to sing in front of an audience instead of the mirror).
- Writing the first few chapters of a book.
- Facing my fears (fears of heights, water, etc).

My goals for the future would be:

- To follow my dreams and never give up.
- To achieve all my goals towards success.

My advice to any girls who are facing tough times at the moment that are thinking of joining the SIST ER2sister Program would be:

“Take this opportunity and walk this journey to a new beginning, this program has changed my life around completely and I couldn’t be more sure about it...I’m certain that if any girl out there took the chance to be part of this magnificent program they wont regret it.”
My name is Caitlin Ward and I’m 18 years old. I have three siblings; an older brother who is 21, a younger brother who is 13 and a younger sister who is 12. In 2007 I was nominated for the 2008 SISTER2sister program by my year advisor. It’s a 12 month mentoring program run by the Life Changing Experiences Foundation. In 2008 I graduated as a little sister.

Since I was six, my father had been an alcoholic and until the age of 13, my life had been dominated by parental fights, bullying, abuse and neglect – not to mention constant disappointment. My father was a depressed alcoholic, but I wasn’t to know that. I just saw him as my father; a man my mother hated. We had no money, no credit, no respect and my father was slowly pushing all our family friends away.

One day, when I was 12, my father made a grave mistake with my younger brother who was eight and my sister who was six. My mother decided that for our own safety, we had to leave. We packed up our Tarago with all we could fit and left. After moving from friends’ houses to car, my mother eventually decided to call on her older brother. We stayed with my uncle and aunty and their three children for over five months before finally finding and renting a house of our own.

Shortly after we moved in, two things happened: my cousin rang to tell my mother that my fathers’ father had passed away months before and she was unable to find our family to inform us, and the house that I had grown up in perished in a fire. My father got out safely, but all of his and most of our precious possessions were destroyed.

Throughout that entire stage, myself, my sister and my two brothers had still been attending school. My sister was acting out and starting fights, my younger brother was suffering from severe anxiety problems, my older brother was a closed book that rarely opened honestly and I was depressed.

I was being bullied at school, I had no friends and I had no one I could talk to about it. I was embarrassed and ashamed, so I’d hide myself in the school library, reading Harry Potter and stories about Aboriginal people. I was the smelly, geeky, greasy book worm and people avoided me like the plague. I started pretending to be sick and staying home from school as many days as I could, eventually I was taking weeks off school or turning up late every single day.

My mother wouldn’t let me see my father or my fathers’ mother who we called Nanny, no matter how much I begged. She was depressed. We had no money for anything and no food in our cupboards. My mother was sinking into a hole herself and I felt responsible.

After a while the loneliness, seclusion and deprivation led me to a state of depression which I could find no way out of. I was harming my body in a number of ways and trying all I could to feel better. I didn’t have any guidance and I didn’t feel I could speak to anyone. Eventually, one day when I had stayed home from school again, I watched a really heartbreaking movie and the time bomb exploded. I hated the world and I hated myself so I attempted to end my life. I was taken to hospital and was referred to a councilor for over a year. I was put on anti-depressants and was visiting my councilor regularly. Because of that, things got better.

I still hated school and I was still being bullied but I had made a couple of wonderful friends, so I focused on them and getting myself better. I completed my school certificate with poor results due to my absenteeism but I vowed to do better in my HSC.

In 2007, I started year 11 confidently. It was late February; I had applied for the School Representative Council and was focusing on what to write in my nomination speech. I had taken my first day off school because I was sick, when my mother rang to tell me that one of my truest friends from High School had committed suicide. She was the first real friend I’d ever made and I was heartbroken. Less than a week later, my mother rang me to tell me that my father had passed away too. I was shattered. A week and a half after the news about my father, the phone call came about my Nanny, passing away from a heart attack. I hated my mother beyond anything I could imagine for all the things I never got to say and never got to do; I blamed her for keeping me from them.

After this, I went downhill. I was depressed again and I hated myself and I hated my mother. I knew I was sick.
again so I approached my year advisor for guidance and he did all he could to help me. He eventually referred me to a mentoring program; the SISTER2sister program. He said it was something I would benefit from because it wasn’t just sitting and talking about feelings, it was active and promoted personal development. He helped me apply and I was accepted. The program matched me up with a ‘big sister’ who they knew would benefit me the most and who was similar to me as a person. On the Butterfly Bootcamp, which is the first gathering in the program, I met Sally. She was this beautiful, tiny little petite Kiwi who had such an air about her, that I was instantly jealous.

Sally was exactly the type of person I wanted to be. She’s confident and assertive, genuine and sweet, she had a thriving passion for life and her friends and family. She’s driven and motivated, successful and funny. But most of all, Sally was caring and considerate. One of the most valuable lessons she taught me is that in this world, we are all vulnerable in one way or another. I learnt that I’m not weak, I was just dealt some bad cards and I was never taught how to win with them.

I only saw the bad things in life, the things that didn’t inspire me. I saw people hurting people on purpose, bullying, lies and dishonesty. I saw pain, abuse, neglect, disappointment, disrespect, misgivings and mistrust, trouble, failure and fraud. I saw fear. I felt fear. Fear for the state of the world and fear for myself and where I belonged in it. I saw so much bad, that I was convinced I must have been a bad person too. But after I got to know Sally and started learning more about myself, my perceptions and what was really inside me, I realised that I only saw the bad because I didn’t know what else to look for. I truly didn’t know that there was anything else to see.

Throughout the year, I was challenged and put outside my comfort zone. I had more fun then I had done in years and I met the most amazing people who still continue to change my life.

I learnt to trust with my whole heart and I understood the value of being trusted in return. I learnt to see love, appreciation, true friendship, success, confidence, honesty and genuineness. I fell deeply in love with the sound of laughter, I discovered freedom and choice and I was inspired by the raw beauty of nature and humanity. In all these things, I found happiness and I found myself.

I think the following quote sums up my journey:

“The moment you have in your heart, this extraordinary thing called love, and feel the depth, the delight, the ecstasy of it, you will discover that for you, the world is transformed.”

And mine was.

Now, 2009, I am a volunteer as the Membership Communication Officer on the NSW Red Cross Youth Advisory Committee. I just returned from America representing Australia as an Australian Youth Ambassador at a Global Youth Leadership Summit. I’m a volunteer on the YMCA’s Youth Advisory Committee for the National Centre of Indigenous Excellence in Redfern. I’m a full time student at TAFE, studying certificate 3 in Outdoor Recreation, I’m building my own organisation; ‘Confidence Through Culture’ which is an initiative designed to increase confidence in young Indigenous students through a greater understanding of their traditional heritage and I’m writing a personal development themed novel.

I have a strong relationship with my siblings and I understand my mother more now than I ever have. I have a fish called Anton who hasn’t died yet and I consider that a great omen in itself as I have dreadful luck with fish. I have many wonderful and supportive friends and now, because of all the life changing experiences I’ve undergone, I know now more than I ever have before, who I am and I know what I need. I have goals, expectations and I have a fiery passion which drives me to succeed.

In 2007 I was nominated for the 2008 SISTER2sister program. In 2008 I graduated as a stronger human being and a better person.

I am Caitlin Ruth Ward and I will definitely make a difference in our world.
Nature of the Beneficiaries

Over the past five years, we have seen a significant steady increase in the girls that are referred to the SISTER2sister program. 39.6 percent of our little sisters are living in care, either with DoCS or other living away from home services including refuges and independent housing programs, a significant change from the 6.3 percent in 2004. The most dramatic change was the difference from 2008 to 2009 where we saw this rise from 12.5 percent to a 39.6 percent in just one year. Clearly this indicates that the girls that were referred in 2009 have seemingly more complex issues than ever before.

The percentage of girls affected by trauma and violence increased from 6.3 percent to 34 percent; attempted suicide rose from 6.3 percent to 41.5 percent; abuse issues (sexual, domestic and or physical) increased from 31.3 percent to 60.4 percent; depression and self-harm increased from 6.3 per cent to 22.6 percent; and emotionally specific issues increasing from 56.3 percent to 100 percent.

Expansion of the Program

In 2009, the foundation took it’s first steps toward national status, expanding the SISTER2sister program to Victoria in response to an overwhelming flood of requests for our programs to be implemented in regions throughout all states of Australia and even New Zealand.

Why We Chose to Launch the SISTER2sister Program in Wyndham

We sought to be the solution to an issue not being met in an area with a rapidly growing population. The Wyndham City council immediately embraced our program, as it was an immediate solution to cater for stretched youth services and had a steady track record of phenomenal results.
The program gained the support of the Mayor of Wyndham City Council Kim McAliney, The Hon. Julia Gillard MP, and other key community figures.

The program was funded by St George Bank, Wyndham City Council, Werribee APEX, Lord Mayors Charitable fund and the ANZ Bank Community Foundation.

New Programs and Services Introduced

Butterfly Sponsorship Program

The Butterfly sponsorship program was introduced in 2006 as a vehicle for individuals and small businesses to part fund a big and little sister match for 12 months. With full sponsorship of a big and little sister at approximately $7500 (at the time of the inception of this program) it ruled out the achievable donation capacity of the average donor or small business which averaged at approximately $2200. The rest of the match cost was subsidised with funding from the foundation’s own fundraising initiatives.

Giving donors something tangible to fund proved to be a great success. Butterfly Sponsors also have the chance to become actively involved in getting to know the big and little sister match. Through this program our Butterfly Sponsors are able to meet their match at Butterfly Bootcamp presentation, each receive a 6 month report on the match’s progress and are invited to witness the match graduate from the program. Sponsors have the ability to witness the full impact of the program with their own eyes.

As well as giving back to the community, Butterfly Sponsors have additional benefits including having their logo displayed on our website for the duration of the sponsorship, included in the Annual Report and rolling power point at events.

To become a Butterfly Sponsor please contact us at enquiries@lifechangingexperiences.org
Butterfly Services Program

This program was formalised in 2006 after it was realised that in addition to mentoring our foundation our services were already providing to the individual needs of beneficiaries with additional wrap around services. We actively collaborate with DoCS, schools and a wide variety of youth and mental health services to provide to the best possible support to our beneficiaries.

Examples of this include:

- assisting girls to find emergency accommodation and personally moving them
- assist them with police reporting, DPP, victims of crime and similar
- attending court hearings
- attending doctors appointments and mental health assessments
- assisting with independent living skills ie how to shop, cook, wash clothes, pay a bill, catch public transport, personal hygiene and grooming etc
- attending case meetings with collaborative youth services and schools
- assisting with applying for part time jobs
- applying for a medicare card
- providing food for the girls and their families through Oz Harvest
- providing furniture and household items for beneficiaries
- linking girls with services providing mental health and counseling
- assisting pregnant teens with family planning and much more.

Butterfly Opportunities Program

This program was created in response to ongoing offers of support to our beneficiaries in the way of opportunity where perhaps money was not available. These opportunities are advertised on our website and announced through our Facebook page to members including past and present beneficiaries from the SISTER2sister Program. Girls have access to work experience and mentors in specific fields, scholarships and leadership camps.

To find out more about our Butterfly Opportunities, please visit www.lifechangingexperiences.org or if you would like to give our beneficiaries’ access to a Butterfly Opportunity please contact us at enquiries@lifechangingexperiences.org

“To have more hopes and dreams and to be myself.”
Mentor for a Day

Created in 2009, this program is a day workshop involving little sisters on the waiting list for the SISTER2sister program and the employees of large corporations or businesses. It provides a snapshot of the SISTER2sister model and how it works.

This program was created to meet two important needs of the foundation.

1. To engage the staff of large corporations who are seeking to use their one day a year paid volunteer day to work for a charity or businesses who are seeking to engage their staff in a team building day. We have a lengthy waiting list for volunteers, however the SISTER2sister Program is run entirely outside of business hours, so cannot engage corporate employees who can only use their paid volunteer day during business hours. Through this program, employees have the chance to be a mentor for the day and are matched with a teenage girl who is on the waiting list for the SISTER2sister program. The day program is one of the methods the foundation uses to recruit big sister mentors and attract support.

2. To engage little sister mentees on the waiting list for the SISTER2sister Program whilst they are waiting for the next program to start. The girls have the chance to be a mentee for the day which has proven successful in introducing them to the 12 month program. It also gives the foundation a chance to get to know them and assess their personalities and suitability to the program as well as helping with the matching process.

To date activities for the Mentor for Day program have included bowling, cooking, sporting activities, jewellery making as well as educational workshops provided by the employees of the organisation.

To apply to have you and/or your team involved in our Mentor for Day program visit www.lifechangingexperiences.org and fill out the application form provided or contact us at enquiries@lifechangingexperiences.org

Financial Situation

From 2005–2008 the total income of the foundation grew a rapid 861 percent with a 6.2 percent drop off in 2009 due to the global financial crisis (GFC).

In 2005, corporate grants made up 4.5 percent of the total income. This figure jumped significantly to 46 percent in just one year due to the foundation receiving DGR status and having the ability to apply for larger grants. For the following two years, although the total income for the foundation continued to increase steadily, corporate grants dropped to 50 percent which was largely due to the foundation receiving a boost of $340,000 government funding over three years. In 2009 corporate grants increased to 78 percent largely due to government funding tapering off. This was also due to a massive drop in fundraising due to our sponsors being unable to support our usual events eg the annual Life Changing Ball, due to the GFC.

Despite the GFC, the foundation has taken every possible precaution to ensure that services will continue and continues to maintained a positive outlook.

“I learnt to stick up for myself and that there are people to talk to about things.”
Statistical Review

The following pages are a pictoral analysis of the beneficiaries and mentors who have participated in the last five years of the SISTER2sister Program.

Comparison of beneficiary issues over five SISTER2sister programs*

* Many of the girls may have multiple issues.

All information is compiled from the beneficiary application, discussion with case workers when required, assessment from big sisters and team leaders who get to know the beneficiaries through the year.
The graph below identifies the percentage of girls in the programs over 5 years who have been living in care compared with the number of girls facing refugee or culturally related issues including Aboriginal.

The graph below illustrates more specifically the percentage of girls who have been through the SISTER2sister Program whose issues relate to being Aboriginal, refugee and other cultural backgrounds.
It has also been interesting to identify various aspects relating to the big and little sisters. The graphs below show these comparisons in terms of where they live, their ages and the schools/professions they come from.
Age review of our little and big sisters

![Bar chart showing the number of little and big sisters over different years and age groups.](chart_image)

- **Little sisters**
  - Age 12 – 15
  - Age 16 – 18

- **Big sisters**
  - Age 25 – 34
  - Age 35 – 50
  - Age older
FIVE YEAR REVIEW continued

Where our professional mentors work

![Bar chart showing the number of mentors working in different industries across different years and locations. The chart includes industries such as Banking and finance, Media, PR and marketing, Utilities and telcos, Medical services, Self-employed, Manufacturing, and Other.]

What positions our professional mentors are in

![Bar chart showing the number of mentors in management and non-management positions across different years and locations. The chart includes a comparison between management and non-management roles.]
The schools our little sisters have come from

- Airds High School
- All Saints Grammar School
- Ambarvale
- Ashcroft High School
- Australia Academy of Beauty
- Bankstown Girls High School
- Bass High School
- Bennelong Girls
- Birrong Girls High School
- Blacktown Girls High School
- Blakehurst High School
- Brisbane Water Secondary College
- Bulli High School
- Bunwood Girls High School
- Cabramatta High School
- Cambridge Park High School
- Canterbury Girls High School
- Caninya Special School
- Casula High School
- Cheltenham Girls High School
- Cherrybrook Technology High
- Chester Hill High
- Chifley College – Bidwell Campus
- Chifley Senior College
- Colyton High School
- Concord High School
- Cumberland High School
- Doonside Technology High School
- Dulwich High School of Visual Arts and Design
- Elizabeth Macarthur High
- Engadine High School
- Erskine Park High School
- Forest High
- Fort St High School
- Francis Greenway, Newcastle
- Glenmore Park High
- Greystanes High School
- Heathcote High School
- Hornsby Girls High School
- Jamison High School
- JJ Cahill Memorial High School
- Kanahona High School
- Kingsgrove High School
- Lewisham High School
- Liverpool Girls High School
- Lurnea High School
- Macarthur Girls High
- Mackellar Girls Campus
- Marist Sisters College
- Matraville High School
- Miller Technology High School
- Mitchell High School
- Narrabeen Sports High School
- Our Lady of Mercy College
- Picnic Point High School
- Picton High School
- Port Hacking High
- Prairiewood High School
- Riverstone High School
- Sarah Redfern High School
- Seven Hills High School
- Sir Joseph Banks High School
- South Strathfield High School
- Springwood High
- St Johns Park High School
- St Marys Senior High School
- St Peter’s Catholic College
- Strathfield Girls
- Sydney Secondary College
- Sylvania High School
- TAFE
- The Hills Sports High School
- Thomas Redall High School
- Warriha High School
- Westfields Sports High School
- Wyndham College
The contributions and stakeholders have also changed over the past five years. Corporate contributions have steadily increased to over 70 percent and our volunteers have been steady at over 90 percent of the organisation’s stakeholders.

### Fundraising income sources

<table>
<thead>
<tr>
<th>Year</th>
<th>Corporate Grants</th>
<th>Fundraising</th>
<th>Government</th>
<th>Other (includes interest)</th>
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</thead>
<tbody>
<tr>
<td>2004</td>
<td>95%</td>
<td>5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2005-6</td>
<td>18%</td>
<td>2%</td>
<td>46%</td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>33%</td>
<td>8%</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>21%</td>
<td>3%</td>
<td>23%</td>
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</tr>
<tr>
<td>2009</td>
<td>10%</td>
<td>4%</td>
<td>78%</td>
<td></td>
</tr>
</tbody>
</table>

### Stakeholders in the organisation

<table>
<thead>
<tr>
<th>Year</th>
<th>Staff</th>
<th>Volunteers</th>
<th>Beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>47%</td>
<td>50%</td>
<td>3%</td>
</tr>
<tr>
<td>2005-6</td>
<td>46%</td>
<td>51%</td>
<td>3%</td>
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<tr>
<td>2007</td>
<td>36%</td>
<td>62%</td>
<td>2%</td>
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<tr>
<td>2008</td>
<td>34%</td>
<td>65%</td>
<td>1%</td>
</tr>
<tr>
<td>2009</td>
<td>37%</td>
<td>61%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Our Success Stories
Over Five Years

Over five years the SISTER2sister has been witness to longer term benefits to the community in many of the success stories listed below:

- Buying a first property by the age of 22.
- Completing TAFE HSC equivalent with a UAI of 99.
- Speaking to youth counsellors and organisations around the country on self-harm issues affecting teenagers.
- Gaining apprenticeship to be a chef.
- Gaining a scholarship to university.
- Completing HSC.
- Little sister being the first in her family to get a job.
- A little sister who came to Australia as a refugee becoming an Australian citizen.
- Successfully obtaining scholarships and/or entry into university to study varying degrees including nursing and dentistry.
- Contributing to a collection of stories in a published book.
- Successfully obtaining work experience in varied fields of photography and hospitality.
- Developing improved relationships with family members.
- Winning the NSW Mental Health Consumer of the Year Award 2008.
- Being selected to lead their school sporting team.
- Gained pre-entry into nursing at Newcastle University.
- Presented to a group of over 500 people at the St George Foundation Dinner.
- Presented to the House of Representatives at Parliament House in Canberra.
- Moved out of an abusive home into independent living.
- Obtained an apprenticeship with a well known Sydney restaurant.
- Decided to return to High School to complete Year 11 and 12.
- Took part in a professional photo shoot and put together a portfolio.
- Wrote an article that was published in Cosmopolitan magazine 21.
- Presented on the topic of self-harm to the new group of big sisters during training.
- Compiled resume and obtained their first job.
- Completed the Year 10 School Certificate.

We have six graduate little sisters who have returned to support the SISTER2sister Program by becoming Butterfly Ambassadors which involves them speaking at fundraising events, to corporate partners, media and other networking opportunities to raise awareness. We also have several graduate little sisters who have expressed an interest in returning to the program as big sister mentors when they meet the required age criteria.
OUR SUPPORTERS

CORPORATE PARTNER

NIVEA

BUTTERFLY SPONSORS

Danny Wilmot  Shirley Cameron
SUPPORTERS

Australian Government

Perpetual

trust foundation

st.george

ING

AMP

Coca-Cola

THE IAN POTTER FOUNDATION

Symantec

Besen Family FOUNDATION

Commonwealth Bank Staff Community Fund

Juniper NETWORKS

The CALEDONIA Foundation

Sisters of Charity

WYNDHAM CITY COUNCIL

YOUTH RESOURCE CENTRE

Photos by Michelle
OUR SUPPORTERS continued

Agent99
SMART THINKING PR SOLUTIONS

Christine Moore, Apple Productions

OzHarvest
Food rescue

priceline
beauty health home
WERRIBEE PLAZA

Corporate CHALLENGE

THE BODY SHOP®

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AUSTRALIAN INSTITUTE OF MUSIC
THE LEADING SCHOOL FOR TODAY’S MUSIC INDUSTRY

Bakers Delight
We’re for real.

Simply Smoovous
Food

Champion Mindset
WWW.CHAMPIONMINDSET.COM.AU

Classic Sportswear

E U R O P A
WATCH.COM.AU

The Corporate
NINJA

Inspire
inspiring young people

Surf Life Saving New South Wales

Father Chris Riley’s
Youth Off The Streets®

The Australasian College
BROADWAY

The Happiness Institute
Our Supporters continued

Amanda Salisbury
Amy Lee
Amy Pearson
Andrew Mackell-Wong
Angela Green
Annaleise Pippin
Anthea Paul
Balmain Leagues Club
Ben Brodie
Bonita Chan
Camp Quality
Collaroy Community Centre
Commodore Coaches
Denise Shibble
Department of Sports & Recreation Narrabeen
Dr Paulette Maroun
Durga Jaiswal
Erina Clark
Family Self Defence Academy
Hanadi Rafraf
Ingrid Radford
Jamie Lake
Jane Hamilton
Jo Patea
Jodie Cunningham
Joel Betts
Judith Cantor
Kara Bishop
Karen Coulson
Kathryn Hudson
Kelleigh Jackson
Kerrie Gentle
Kerrie Kirkwood
Leanne Pilkinson
Lisa Lubar
Lisa Salter
Lizzie Lovett
Lorraine McNuff
Lucas Gamble
Luna Park
Manly Surf School
Marty Brayshaw
Mary Grant
Maxted Thomas PR
Melinda Hutchings
Michael Hallock
Minette of Butterfly Releases
Mirage screen printing
Mirjana Panich
Natalie Bassingthwaitte
Natalie King
Nerds on site – Charley Rouse
Newport Art Gallery
Nicole Moore
Patti Miller
Pauline Leslie
Phillip Ramsay – Europa Watches
Renee Offner
Romi Scodarello
Sam Hogg
Shushan Movsessian
Sophie Lin
St Aloysius College
Sydney Roosters Cheerleaders
Talia Jones
Tilly Marsh
Urban Dance Centre
Vanessa Sales
Vicki Condon
Westpac Bus
Wetten Signage Group
Yvette Gent
Your directors present their report on the company for the financial year ended 30 June 2009.

The names of the directors in office at any time during, or since the end of the year are:

Daniel Clark, Chairperson
Blake Beattie, Vice Chairperson
Jessica Brown, CEO

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

The loss of the company for the financial year after providing for income tax amounted to $73,567.

No significant changes in the company’s state of affairs occurred during the financial year.

No significant change in the nature of the company activities occurred during the year.

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Likely developments in the operations of the company and the expected results of those operations in future financial years have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the company.

The company’s operations are not regulated by any significant environmental regulation under a law of the Commonwealth or of a state or territory.

No dividends were paid during the year and no recommendation is made as to the dividends.

The directors do not recommend the payment of a dividend.

No options over issued shares or interests in the company were granted during or since the end of the financial year and there were no options outstanding at the date of this report.

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.
AUDITORS’ INDEPENDENCE DECLARATION

A copy of the auditors’ independence declaration as required under section 307C of the Corporations Act 2001 is set out on page 72.

Signed in accordance with a resolution of the Board of Directors:

Director:

Daniel Clark, Chairperson

Director:

Blake Beattie, Vice Chairperson

Dated this 4th day of March 2010
AU Dodors' Independence Declaration Under Section 307c of the Corporations Act 2001
To the Directors of Life Changing Experiences Foundation

We hereby declare, that to the best of our knowledge and belief, during the year ended 30 June 2009 there have been:

(i) no contraventions of the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and
(ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Name of Firm: Logicca Assurance Pty Limited
Chartered Accountants

Name of Director: _________________________________________________________
Peter Hersh

Address: Level 6, 151 Macquarie Street, SYDNEY NSW 2000

Dated this 8th day of March 2010
### INCOME STATEMENT
FOR THE YEAR ENDED 2009

#### Notes

<table>
<thead>
<tr>
<th>Item</th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
<td>497,339.52</td>
<td>591,955.95</td>
</tr>
<tr>
<td>Accountancy expenses</td>
<td>(12,457.20)</td>
<td>(9,621.40)</td>
</tr>
<tr>
<td>Advertising expenses</td>
<td>(3,863.32)</td>
<td>(12,325.96)</td>
</tr>
<tr>
<td>Depreciation and amortisation expenses</td>
<td>(13,080.00)</td>
<td>(973.00)</td>
</tr>
<tr>
<td>Employee benefits expenses</td>
<td>(210,575.33)</td>
<td>(174,558.61)</td>
</tr>
<tr>
<td>Finance costs</td>
<td>(1,454.91)</td>
<td>(2,307.77)</td>
</tr>
<tr>
<td>Freight and cartage</td>
<td>(134.00)</td>
<td>(172.00)</td>
</tr>
<tr>
<td>Other expenses</td>
<td>(329,341.72)</td>
<td>(348,164.46)</td>
</tr>
<tr>
<td>(Loss) Profit before income tax</td>
<td>(73,566.96)</td>
<td>43,832.75</td>
</tr>
<tr>
<td>Retained earnings at the beginning of the financial year</td>
<td>224,928.04</td>
<td>181,095.29</td>
</tr>
<tr>
<td>Profit attributable to members of the company</td>
<td>151,361.08</td>
<td>224,928.04</td>
</tr>
<tr>
<td>Notes</td>
<td>2009</td>
<td>2008</td>
</tr>
<tr>
<td>----------------</td>
<td>--------</td>
<td>--------</td>
</tr>
<tr>
<td>ASSETS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>4</td>
<td>152,474.48</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>5</td>
<td>-</td>
</tr>
<tr>
<td>Inventories</td>
<td>6</td>
<td>7,870.19</td>
</tr>
<tr>
<td>Other current assets</td>
<td>7</td>
<td>8,039.68</td>
</tr>
<tr>
<td>Total Current assets</td>
<td></td>
<td>168,384.35</td>
</tr>
<tr>
<td>Non Current Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>8</td>
<td>36,307.64</td>
</tr>
<tr>
<td>Total Non Current Assets</td>
<td></td>
<td>36,307.64</td>
</tr>
<tr>
<td>Total Assets</td>
<td></td>
<td>204,691.99</td>
</tr>
<tr>
<td>LIABILITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables</td>
<td>9</td>
<td>48,272.91</td>
</tr>
<tr>
<td>Provisions</td>
<td>10</td>
<td>5,058.00</td>
</tr>
<tr>
<td>Total Current Liabilities</td>
<td></td>
<td>53,330.91</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td></td>
<td>53,330.91</td>
</tr>
<tr>
<td>Net Assets</td>
<td></td>
<td>151,361.08</td>
</tr>
<tr>
<td>EQUITY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained Earnings</td>
<td>11</td>
<td>151,361.08</td>
</tr>
<tr>
<td>Total Equity</td>
<td></td>
<td>151,361.08</td>
</tr>
</tbody>
</table>
### Changes in Equity Statement

**For the Year Ended 30 June 2009**

<table>
<thead>
<tr>
<th>Note</th>
<th>Retained earnings/ (Accumulated losses)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balance at 30 June 2007</strong></td>
<td>181,095.29</td>
<td>181,095.29</td>
</tr>
<tr>
<td><strong>Profit attributable to equity shareholders</strong></td>
<td>43,823.75</td>
<td>68,523.00</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2008</strong></td>
<td>224,919.04</td>
<td>224,919.04</td>
</tr>
<tr>
<td><strong>Profit attributable to equity shareholders</strong></td>
<td>(73,566.96)</td>
<td>(73,566.96)</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2009</strong></td>
<td>151,352.08</td>
<td>151,352.08</td>
</tr>
</tbody>
</table>
## Cash Flow Statement

**For the Year Ended 30 June 2009**

<table>
<thead>
<tr>
<th>Notes</th>
<th>2009 $</th>
<th>2008 $</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CASH FLOWS FROM OPERATING ACTIVITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Receipts from customers</td>
<td>482,911.66</td>
<td>580,802.67</td>
</tr>
<tr>
<td>Payments to suppliers and employees</td>
<td>(553,928.02)</td>
<td>(488,328.63)</td>
</tr>
<tr>
<td>Interest received</td>
<td>8,895.91</td>
<td>10,880.06</td>
</tr>
<tr>
<td>Net cash provided by (used in) operating activities</td>
<td>13</td>
<td>(62,120.45)</td>
</tr>
<tr>
<td><strong>CASH FLOWS FROM INVESTING ACTIVITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments for property, plant and equipment</td>
<td>(44,919.40)</td>
<td>(904.46)</td>
</tr>
<tr>
<td>Net cash used in investing activities</td>
<td>(44,919.40)</td>
<td>(904.46)</td>
</tr>
<tr>
<td><strong>CASH FLOWS FROM FINANCING ACTIVITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments from borrowings</td>
<td>–</td>
<td>(354.85)</td>
</tr>
<tr>
<td>Proceeds from borrowings</td>
<td>39.02</td>
<td>–</td>
</tr>
<tr>
<td>Net cash provided by (used in) financing activities</td>
<td>39.02</td>
<td>(354.85)</td>
</tr>
<tr>
<td>Net increase (decrease) in cash held</td>
<td>(107,000.83)</td>
<td>102,094.79</td>
</tr>
<tr>
<td>Cash at beginning of financial year</td>
<td>259,475.31</td>
<td>157,380.52</td>
</tr>
<tr>
<td>Cash at end of financial year</td>
<td>152,474.48</td>
<td>259,475.31</td>
</tr>
</tbody>
</table>
NOTE 1: Statement of Significant Accounting Policies

This financial report covers Life Changing Experiences Foundation Limited as an individual entity. Life Changing Experiences Foundation Limited is a company limited by shares, incorporated and domiciled in Australia.

Basis of Preparation
The financial report is a general purpose financial report that has been prepared in accordance with Australian Accounting Standards (including Australian Accounting Interpretations) of the Australian Accounting Standards Board and the Corporations Act 2001.

Australian Accounting Standards set out accounting policies that the AASB has concluded would result in a financial report containing relevant and reliable information about transactions, events and conditions. Compliance with Australian Accounting Standards ensures that the financial statements and notes also comply with International Financial Reporting Standards. Material accounting policies adopted in the preparation of this financial report are presented below and have been consistently applied unless otherwise stated.

The financial report has been prepared on an accruals basis and is based on historical costs, modified, where applicable, by the measurement at fair value of selected non current assets, financial assets and financial liabilities.

Accounting Policies

Inventories
Inventories are measured at the lower of cost and net realisable value. The cost of manufactured products includes direct materials, direct labour and an appropriate portion of variable and fixed overheads. Overheads are applied on the basis of normal operating capacity. Costs are assigned on the basis of weighted average costs.

Property, Plant and Equipment
Each class of property, plant and equipment is carried at cost or fair value as indicated less, where applicable, any accumulated depreciation and impairment losses.

Increases in the carrying amount arising on revaluation of land and buildings are credited to a revaluation reserve in equity. Decreases that offset previous increases of the same asset are charged against fair value reserves directly in equity; all other decreases are charged to the income statement.

Plant and equipment
Plant and equipment are measured on the cost basis less depreciation and impairment losses.

The carrying amount of plant and equipment is reviewed annually by directors to ensure it is not in excess of the recoverable amount from these assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets’ employment and subsequent disposal. The expected net cash flows have been discounted to their present values in determining recoverable amounts.

The cost of fixed assets constructed within the company includes the cost of materials, direct labour, borrowing costs and an appropriate proportion of fixed and variable overheads. Subsequent costs are included in the asset’s carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the company and the cost of the item can be measured reliably. All other repairs and maintenance are charged to the income statement during the financial period in which they are incurred.

Increases in the carrying amount arising on revaluation of land and buildings are credited to a revaluation reserve in equity. Decreases that offset previous increases of the same asset are charged against fair value reserves directly in equity; all other decreases are charged to the income statement. Each year the difference between depreciation based on the revalued carrying amount of the asset charged to the income statement and depreciation based on the asset’s original cost is transferred from the revaluation reserve to retained earnings.
Depreciation
The depreciable amount of all fixed assets including building and capitalised lease assets, but excluding freehold land, is depreciated on a straight line basis over the asset.
The depreciation rates used for each class of depreciable assets are:

<table>
<thead>
<tr>
<th>Class of Fixed Asset</th>
<th>Depreciation Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office equipment</td>
<td>20%</td>
</tr>
</tbody>
</table>

The estimated useful life for each class of depreciable assets are:

<table>
<thead>
<tr>
<th>Class of Fixed Asset</th>
<th>Useful Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor vehicle</td>
<td>5 years</td>
</tr>
</tbody>
</table>

The assets’ residual values and useful lives are reviewed, and adjusted if appropriate, at each balance sheet date.
An asset’s carrying amount is written down immediately to its recoverable amount if the asset’s carrying amount is greater than its estimated recoverable amount.
Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are included in the income statement. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.

Financial Instruments
Initial Recognition and Measurement
Financial assets and financial liabilities are recognised when the entity becomes a party to the contractual provisions to the instrument. For financial assets, this is equivalent to the date that the company commits itself to either purchase or sell the asset (ie trade date accounting adopted).
Financial instruments are initially measured at fair value plus transactions costs except where the instrument is classified ‘at fair value through profit or loss’ in which case transaction costs are expenses to profit or loss immediately.

Impairment of Assets
At each reporting date, the company reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset’s fair value less costs to sell and value in use, is compared to the asset’s carrying value. Any excess of the asset’s carrying value over its recoverable amount is expensed to the income statement.
Impairment testing is performed annually for goodwill and intangible assets with indefinite lives.
Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash-generating unit to which the asset belongs.

Employee Benefits
Provision is made for the company’s liability for employee benefits arising from services rendered by employees to balance date. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled.
Employee benefits payable later than one year have been measured at the present value of the estimated future cash outflows to be made for those benefits. Those cashflows are discounted using market yields on national government bonds with terms to maturity that match the expected timing of cashflows.

Provisions
Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.
Provisions recognised represent the best estimate of the amounts required to settle the obligation at reporting date.

Cash and Cash Equivalents
Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within short-term borrowings in current liabilities on the balance sheet.
Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. Any consideration deferred is treated as the provision of finance and is discounted at a rate of interest that is generally accepted in the market for similar arrangements. The difference between the amount initially recognised and the amount ultimately received is interest revenue.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

Revenue recognition relating to the provision of services is determined with reference to the stage of completion of the transaction at reporting date and where outcome of the contract can be estimated reliably. Stage of completion is determined with reference to the services performed to date as a percentage of total anticipated services to be performed. Where the outcome cannot be estimated reliably, revenue is recognised only to the extent that related expenditure is recoverable.

All revenue is stated net of the amount of goods and services tax (GST).

Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

Cash flows are presented in the cash flow statement on a gross basis, except for the GST component of investing and financing activities, which are disclosed as operating cash flows.

Comparative Figures

When required by Accounting Standards, comparative figures have been adjusted to conform to changes in presentation for the current financial year.

Prior period corrections

In the previous financial year expenses were incurred for establishment costs which were paid for by a Director. The reimbursement of these expenses was incorrectly recorded as a Director’s loan and the expenses were not recorded. The accounts for the previous year have now been corrected by reducing Directors loans and increasing Establishment Costs by $24,690.72.
## NOTE 2: Revenue

### Revenue from Government and Other Grants

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>State/federal government grants</td>
<td>49,500.00</td>
<td>126,500.00</td>
</tr>
<tr>
<td>Other grants</td>
<td>385,530.39</td>
<td>135,849.85</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td><strong>435,030.39</strong></td>
<td><strong>262,349.85</strong></td>
</tr>
</tbody>
</table>

### Other Revenue

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundraising</td>
<td>40,586.56</td>
<td>314,911.66</td>
</tr>
<tr>
<td>Interest received</td>
<td>8,895.95</td>
<td>10,880.06</td>
</tr>
<tr>
<td>Other revenue</td>
<td>12,826.62</td>
<td>3,814.38</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td><strong>62,309.13</strong></td>
<td><strong>329,606.10</strong></td>
</tr>
</tbody>
</table>

### Interest revenue from:

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interest Received</td>
<td>8,895.95</td>
<td>10,880.06</td>
</tr>
<tr>
<td><strong>Total interest revenue</strong></td>
<td><strong>8,895.95</strong></td>
<td><strong>10,880.06</strong></td>
</tr>
</tbody>
</table>

## NOTE 3: Profit

### Expenses

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost of sales</td>
<td>557,826.48</td>
<td>547,150.20</td>
</tr>
<tr>
<td>Depreciation of property, plant and equipment</td>
<td>13,080.00</td>
<td>973.00</td>
</tr>
</tbody>
</table>

### NOTE 4: Cash and Cash Equivalents

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash on Hand</td>
<td>506.15</td>
<td>85.05</td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>151,968.33</td>
<td>259,390.26</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>152,474.48</strong></td>
<td><strong>259,475.31</strong></td>
</tr>
</tbody>
</table>

### Reconciliation of cash

Cash at the end of the financial year as shown in the cash flow statement is reconciled to the related items in the balance sheet as follows:

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and cash equivalents</td>
<td>152,474.48</td>
<td>259,475.31</td>
</tr>
</tbody>
</table>

### NOTE 5: Trade and Other Receivables

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>–</td>
<td>39.02</td>
</tr>
<tr>
<td>Fringe Benefits Tax</td>
<td>–</td>
<td>15,536.55</td>
</tr>
<tr>
<td></td>
<td><strong>15,575.57</strong></td>
<td></td>
</tr>
</tbody>
</table>
**NOTE 6: Inventories**

Current

| At cost | 7,870.19 | – |

**NOTE 7: Other Current Assets**

Current

| Prepayments | 6,396.37 | 770.47 |
| Deposits Paid | 1,643.31 | – |
| **Total** | **8,039.68** | **770.47** |

**NOTE 8: Property, Plant and Equipment**

Plant and equipment

| At cost | 52,722.64 | 7,803.24 |
| Accumulated depreciation | (16,415.00) | (3,335.00) |
| **Total Plant and Equipment** | **36,307.64** | **4,468.24** |

Movements in Carrying Amounts

Movement in the carrying amounts for each class of property, plant and equipment between the beginning and the end of the current financial year.

<table>
<thead>
<tr>
<th>Office Equipment</th>
<th>Motor Vehicle</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Balance at 1 July 2007</td>
<td>4,536.78</td>
<td>–</td>
</tr>
<tr>
<td>Additions</td>
<td>904.46</td>
<td>–</td>
</tr>
<tr>
<td>Depreciation expense</td>
<td>(973.00)</td>
<td>–</td>
</tr>
<tr>
<td>Balance at 30 June 2008</td>
<td>4,468.24</td>
<td>–</td>
</tr>
<tr>
<td>Additions</td>
<td>10,428.49</td>
<td>34,490.91</td>
</tr>
<tr>
<td>Depreciation expense</td>
<td>(2,572.00)</td>
<td>(10,508.00)</td>
</tr>
<tr>
<td><strong>Carrying amount at 30 June 2009</strong></td>
<td><strong>12,324.73</strong></td>
<td><strong>23,982.91</strong></td>
</tr>
</tbody>
</table>

**NOTE 9: Trade and Other Payables**

Current

| Trade Creditors | 37,491.46 | 26,330.85 |
| Employee Entitlements Payable | 7,478.31 | 16,779.19 |
| GST Payable | 3,303.14 | (68.64) |
| **Total** | **48,272.91** | **43,041.40** |

Provision for Employee Entitlements

2009: $5,058.00

2008: $12,320.15

Total Provisions

2009: $5,058.00

2008: $12,320.15

Analysis of Total Provisions

Current

2009: $5,058.00

2008: $12,320.15

NOTE 11: Retained Earnings

Retained earnings at the beginning of the financial year

2009: $224,928.04

2008: $181,095.29

(Net loss) Net profit attributable to members of the company

2009: $(73,566.96)

2008: $43,832.75

Retained earnings at the end of the financial year

2009: $151,361.08

2008: $224,928.04

NOTE 12: Key Management Personnel

Key management personnel in office during the financial year are as follows:

Jessica Brown $80,000 (2009: $100,000)

NOTE 13: Cash Flow Information

Reconciliation of Cash Flow from Operations with Profit after Income Tax

Profit (Loss) after income tax

2009: $(73,566.96)

2008: $43,832.75

Non-cash flows in profit

Depreciation

2009: $13,080.00

2008: $973.00

Changes in assets and liabilities, net of the effects of purchase and disposals of subsidiaries

(Increase) Decrease in current inventories

2009: $(7,870.19)

2008: $–

(Increase) Decrease in current receivables

2009: $68.64

2008: $(745.39)

(Increase) Decrease in sundry receivables

2009: $13,893.24

2008: $9,154.17

(Increase) Decrease in prepayments

2009: $(5,625.90)

2008: $(770.47)

Increase (Decrease) in trade creditors

2009: $5,162.87

2008: $43,110.04

Increase (Decrease) in provisions

2009: $(7,262.15)

2008: $7,800.00

(62,120.45) 103,354.10

NOTE 14: Company Details

The registered office of the company is:

Life Changing Experiences Foundation Ltd

C/- Logicca Pty Ltd

GPO Box 5486 Sydney NSW 2001

The principal place of business is:

Level 1A, Suite 1A3, 410 Elizabeth Street

Surry Hills NSW 2010
The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 1 to 17 present fairly the company’s financial position as at 30 June 2009 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements; and

2. In the directors’ opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Director: ________________________________
Daniel Clark, Chairperson

Director: ________________________________
Blake Beattie, Vice Chairperson

Dated this day of 4th March 2010
We have audited the accompanying financial report of Life Changing Experiences Foundation Limited which comprises the balance sheet as at 30 June 2009, and the income statement, statement of changes in equity and cash flow statement for the year ended on that date, a summary of significant accounting policies and other explanatory notes and the directors’ declaration.

Directors’ Responsibility for the Financial Report
The directors of the company are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the financial reporting requirements of the company’s constitution. This responsibility includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances. In Note 1, the directors also state, in accordance with Accounting Standard AASB 101: “Presentation of Financial Statements”, that compliance with the Australian equivalents to International Financial Reporting Standards (IFRS) ensures that the financial report, comprising the financial statements and notes, complies with IFRS.

Auditors’ Responsibility
Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditors’ judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity’s preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity’s internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Independence
In conducting our audit, we have complied with the independence requirements of Australian professional ethical pronouncements.
AUDITORS’ OPINION

In our opinion:

(a) the financial report of Life Changing Experiences Foundation Limited is in accordance with the company’s constitution, including:

(i) giving a true and fair view of the company’s financial position as at 30 June 2009 and of its performance for the year ended on that date; and

(ii) complying with Australian Accounting Standards (including the Australian Accounting Interpretations) and the company’s constitution.

(b) The financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

Name of Firm: Logicca Assurance Pty Limited
Chartered Accountants

Name of Director: ________________________________

Peter Hersh

Address: Level 6, 151 Macquarie Street, SYDNEY NSW 2000

Dated this 8th day of March 2010
Your directors present their report on the company for the financial year ended 30 June 2008.

The names of the directors in office at any time during, or since the end of the year are:

- Jessica Brown. Chairperson
- Blake Beattie, Vice Chairperson
- Daniel Clark, Secretary

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

The loss of the company for the financial year after providing for income tax amounted to $68,523.

No significant changes in the company’s state of affairs occurred during the financial year.

No significant change in the nature of the company activities occurred during the year.

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Likely developments in the operations of the company and the expected results of those operations in future financial years have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the company.

The company’s operations are not regulated by any significant environmental regulation under a law of the Commonwealth or of a state or territory.

No dividends were paid during the year and no recommendation is made as to the dividends.

The directors do not recommend the payment of a dividend.

No options over issued shares or interests in the company were granted during or since the end of the financial year and there were no options outstanding at the date of this report.

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.
AUDITORS’ INDEPENDENCE DECLARATION

A copy of the auditors’ independence declaration as required under section 307C of the Corporations Act 2001 is set out on page 86.

Signed in accordance with a resolution of the Board of Directors:

Director:  _________________________________________________________
Jessica Brown, Chairperson

Director:  _________________________________________________________
Blake Beattie, Vice Chairperson

Dated this ___________ day of December 2008
AUDITORS’ INDEPENDENCE DECLARATION UNDER SECTION 307C OF THE CORPORATIONS ACT 2001
TO THE DIRECTORS OF LIFE CHANGING EXPERIENCES FOUNDATION

We hereby declare, that to the best of our knowledge and belief, during the year ended 30 June 2008 there have been:

(i) no contraventions of the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and

(ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Name of Firm: Logicca Assurance Pty Limited
Chartered Accountants

Name of Director: ________________________________
Peter Hersh

Address: Level 6, 151 Macquarie Street, SYDNEY NSW 2000

Dated this 11 day of December 2008
## Income Statement

**FOR THE YEAR ENDED 2008**

<table>
<thead>
<tr>
<th>Notes</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
<td>2</td>
<td>591,955.95</td>
</tr>
<tr>
<td>Accountancy expenses</td>
<td></td>
<td>(9,621.40)</td>
</tr>
<tr>
<td>Advertising expenses</td>
<td></td>
<td>(12,325.96)</td>
</tr>
<tr>
<td>Depreciation and amortisation expenses</td>
<td></td>
<td>(973.00)</td>
</tr>
<tr>
<td>Employee benefits expenses</td>
<td></td>
<td>(174,558.61)</td>
</tr>
<tr>
<td>Finance costs</td>
<td>3</td>
<td>(134.09)</td>
</tr>
<tr>
<td>Freight and cartage</td>
<td></td>
<td>(172.00)</td>
</tr>
<tr>
<td>Other expenses</td>
<td></td>
<td>(325,647.42)</td>
</tr>
<tr>
<td><strong>Profit before income tax</strong></td>
<td></td>
<td>68,523.47</td>
</tr>
<tr>
<td>Retained earnings at the beginning of the financial year</td>
<td></td>
<td>181,095.29</td>
</tr>
<tr>
<td><strong>Profit attributable to members of the company</strong></td>
<td></td>
<td>249,618.76</td>
</tr>
</tbody>
</table>
### Balance Sheet

**FOR THE YEAR ENDED 30 JUNE 2008**

<table>
<thead>
<tr>
<th>Notes</th>
<th>2008 $</th>
<th>2007 $</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>4</td>
<td>259,475.31</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>5</td>
<td>40,334.93</td>
</tr>
<tr>
<td>Other current assets</td>
<td>6</td>
<td>770.47</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td></td>
<td>300,580.71</td>
</tr>
<tr>
<td><strong>Non Current Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>7</td>
<td>4,468.24</td>
</tr>
<tr>
<td><strong>Total Non Current Assets</strong></td>
<td></td>
<td>4,468.24</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td></td>
<td>305,048.95</td>
</tr>
<tr>
<td><strong>LIABILITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Current Liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables</td>
<td>8</td>
<td>43,110.04</td>
</tr>
<tr>
<td>Provisions</td>
<td>9</td>
<td>12,320.15</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td></td>
<td>55,430.19</td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td></td>
<td>55,430.19</td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td></td>
<td>249,618.76</td>
</tr>
<tr>
<td><strong>EQUITY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained Earnings</td>
<td>10</td>
<td>249,618.76</td>
</tr>
<tr>
<td><strong>Total Equity</strong></td>
<td></td>
<td>249,618.76</td>
</tr>
</tbody>
</table>
## Cash Flow Statement

**For the year ended 30 June 2008**

<table>
<thead>
<tr>
<th>Notes</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>CASH FLOWS FROM OPERATING ACTIVITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Receipts from customers</td>
<td>580,802.67</td>
<td>421,505.89</td>
</tr>
<tr>
<td>Payments to suppliers and employees</td>
<td>(488,328.63)</td>
<td>(387,839.74)</td>
</tr>
<tr>
<td>Interest received</td>
<td>10,880.06</td>
<td>6,996.00</td>
</tr>
<tr>
<td><strong>Net cash provided by operating activities</strong></td>
<td><strong>12</strong></td>
<td><strong>103,354.10</strong></td>
</tr>
<tr>
<td>CASH FLOWS FROM INVESTING ACTIVITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments for property, plant and equipment</td>
<td>(904.46)</td>
<td>(2,857.82)</td>
</tr>
<tr>
<td><strong>Net cash used in investing activities</strong></td>
<td>(904.46)</td>
<td>(2,857.82)</td>
</tr>
<tr>
<td>CASH FLOWS FROM FINANCING ACTIVITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments from borrowings</td>
<td>(354.85)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Net cash provided by (used in) financing activities</strong></td>
<td>(354.85)</td>
<td>-</td>
</tr>
<tr>
<td>Net increase in cash held</td>
<td>102,094.79</td>
<td>37,804.33</td>
</tr>
<tr>
<td>Cash at beginning of financial year</td>
<td>157,380.52</td>
<td>163,669.67</td>
</tr>
<tr>
<td>Cash at end of financial year</td>
<td>259,475.31</td>
<td>201,474.00</td>
</tr>
</tbody>
</table>
NOTE 1: Statement of Significant Accounting Policies

This financial report covers Life Changing Experiences Foundation Limited as an individual entity. Life Changing Experiences Foundation Limited is a company limited by shares, incorporated and domiciled in Australia.

Basis of Preparation

The financial report is a general purpose financial report that has been prepared in accordance with Australian Accounting Standards, Australian Accounting Interpretations and other authoritative pronouncements of the Australian Accounting Standards Board and the Corporations Act 2001. Australian Accounting Standards set out accounting policies that the AASB has concluded would result in a financial report containing relevant and reliable information about transactions, events and conditions to which they apply. Compliance with Australian Accounting Standards ensures that the financial statements and notes also comply with International Financial Reporting Standards.

Material accounting policies adopted in the preparation of this financial report are presented below. They have been consistently applied unless otherwise stated.

The financial report has been prepared on an accruals basis and is based on historical costs, modified, where applicable, by the measurement at fair value of selected non current assets, financial assets and financial liabilities.

Accounting Policies

Property, Plant and equipment

Each class of property, plant and equipment is carried at cost or fair value as indicated less, where applicable, any accumulated depreciation and impairment losses.

Increases in the carrying amount arising on revaluation of land and buildings are credited to a revaluation reserve in equity. Decreases that offset previous increases of the same asset are charged against fair value reserves directly in equity; all other decreases are charged to the income statement.

Plant and equipment

Plant and equipment are measured on the cost basis less depreciation and impairment losses.

The carrying amount of plant and equipment is reviewed annually by directors to ensure it is not in excess of the recoverable amount from these assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets’ employment and subsequent disposal. The expected net cash flows have been discounted to their present values in determining recoverable amounts.

The cost of fixed assets constructed within the company includes the cost of materials, direct labour, borrowing costs and an appropriate proportion of fixed and variable overheads.

Subsequent costs are included in the asset’s carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the company and the cost of the item can be measured reliably. All other repairs and maintenance are charged to the income statement during the financial period in which they are incurred.

Increases in the carrying amount arising on revaluation of land and buildings are credited to a revaluation reserve in equity. Decreases that offset previous increases of the same asset are charged against fair value reserves directly in equity; all other decreases are charged to the income statement. Each year the difference between depreciation based on the revalued carrying amount of the asset charged to the income statement and depreciation based on the asset’s original cost is transferred from the revaluation reserve to retained earnings.

Depreciation

The depreciable amount of all fixed assets including building and capitalised lease assets, but excluding freehold land, is depreciated on a straight line basis over the asset.

The depreciation rates used for each class of depreciable assets are:

<table>
<thead>
<tr>
<th>Depreciation Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office equipment</td>
</tr>
</tbody>
</table>

The assets’ residual values and useful lives are reviewed, and adjusted if appropriate, at each balance sheet date.

An asset’s carrying amount is written down immediately to its recoverable amount if the asset’s carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are included in the income statement. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.
Financial Instruments

Recognition and Initial Measurement
Financial instruments, incorporating financial assets and financial liabilities, are recognised when the entity becomes a party to the contractual provisions of the instrument. Trade date accounting is adopted for financial assets that are delivered within timeframes established by marketplace convention.

Financial instruments are initially measured at fair value plus transactions costs where the instrument is not classified as at fair value through profit or loss. Transaction costs related to instruments classified as at fair value through profit or loss are expensed to profit or loss immediately. Financial instruments are classified and measured as set out below.

Impairment of Assets
At each reporting date, the company reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset’s fair value less costs to sell and value in use, is compared to the asset’s carrying value. Any excess of the asset’s carrying value over its recoverable amount is expensed to the income statement. Impairment testing is performed annually for goodwill and intangible assets with indefinite lives.

Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash-generating unit to which the asset belongs.

Employee Benefits
Provision is made for the company’s liability for employee benefits arising from services rendered by employees to balance date. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits payable later than one year have been measured at the present value of the estimated future cash outflows to be made for those benefits. Those cashflows are discounted using market yields on national government bonds with terms to maturity that match the expected timing of cashflows.

Provisions
Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

Cash and Cash Equivalents
Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within short-term borrowings in current liabilities on the balance sheet.

Revenue and Other Income
Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. Any consideration deferred is treated as the provision of finance and is discounted at a rate of interest that is generally accepted in the market for similar arrangements. The difference between the amount initially recognised and the amount ultimately received is interest revenue.

Interest revenue is recognised using the effective interest rate method, which, for floating rate financial assets is the rate inherent in the instrument.

Revenue recognition relating to the provision of services is determined with reference to the stage of completion of the transaction at reporting date and where outcome of the contract can be estimated reliably. Stage of completion is determined with reference to the services performed to date as a percentage of total anticipated services to be performed.

Where the outcome cannot be estimated reliably, revenue is recognised only to the extent that related expenditure is recoverable.

All revenue is stated net of the amount of goods and services tax (GST).

Goods and Services Tax (GST)
Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense.

Receivables and payables in the balance sheet are shown inclusive of GST.

Cash flows are presented in the cash flow statement on a gross basis, except for the GST component of investing and financing activities, which are disclosed as operating cash flows.

Comparative Figures
When required by Accounting Standards, comparative figures have been adjusted to conform to changes in presentation for the current financial year.
Prior period corrections
During the prior period a bank account belonging to the Life Changing Experiences Foundation Limited was omitted from the financial report. The following corrections have been made to comparison figures. Cash at bank and unappropriated profits increase by $18,752.

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>State/Federal government grants</td>
<td>126,500.00</td>
<td>136,400.00</td>
</tr>
<tr>
<td>Other grants</td>
<td>135,849.85</td>
<td>105,060.39</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td>262,349.85</td>
<td>241,460.39</td>
</tr>
<tr>
<td>Fundraising</td>
<td>314,911.66</td>
<td>156,562.27</td>
</tr>
<tr>
<td>Interest received</td>
<td>10,880.06</td>
<td>6,996.26</td>
</tr>
<tr>
<td>Other revenue</td>
<td>3,814.38</td>
<td>23,482.97</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td>329,606.10</td>
<td>187,041.50</td>
</tr>
<tr>
<td>Interest received</td>
<td>10,880.06</td>
<td>6,996.26</td>
</tr>
<tr>
<td><strong>Total interest revenue</strong></td>
<td>10,880.06</td>
<td>6,996.26</td>
</tr>
</tbody>
</table>

**NOTE 3: Profit**

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Cost of sales</td>
<td>522,459.48</td>
<td>370,815.44</td>
</tr>
<tr>
<td>Depreciation of property, plant and equipment</td>
<td>973.00</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td>522,459.48</td>
<td>370,815.44</td>
</tr>
<tr>
<td></td>
<td>973.00</td>
<td>-</td>
</tr>
</tbody>
</table>

**NOTE 4: Cash and Cash Equivalents**

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Cash on Hand</td>
<td>85.05</td>
<td>5.00</td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>259,390.26</td>
<td>157,375.52</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>259,475.31</td>
<td>157,380.52</td>
</tr>
</tbody>
</table>

Reconciliation of cash
Cash at the end of the financial year as shown in the statement of cash flows is reconciled to the related items in the balance sheet as follows:

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>259,475.31</td>
<td>157,380.52</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>259,475.31</td>
<td>157,380.52</td>
</tr>
</tbody>
</table>
NOTE 5: Trade and Other Receivables

Current

<table>
<thead>
<tr>
<th>Description</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loans – Unsecured</td>
<td>24,729.74</td>
<td>24,374.89</td>
</tr>
<tr>
<td>GST Payable</td>
<td>68.64</td>
<td>–</td>
</tr>
<tr>
<td>Fringe Benefits Tax</td>
<td>15,536.55</td>
<td>–</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>40,334.93</strong></td>
<td><strong>24,374.89</strong></td>
</tr>
</tbody>
</table>

NOTE 6: Other Current Assets

Current

<table>
<thead>
<tr>
<th>Description</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepayments</td>
<td>770.47</td>
</tr>
</tbody>
</table>

NOTE 7: Property, Plant and Equipment

Plant and Equipment:

<table>
<thead>
<tr>
<th>Description</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>At cost</td>
<td>7,803.24</td>
<td>6,898.78</td>
</tr>
<tr>
<td>Accumulated depreciation</td>
<td>(3,335.00)</td>
<td>(2,362.00)</td>
</tr>
<tr>
<td><strong>Total Plant and Equipment</strong></td>
<td><strong>4,468.24</strong></td>
<td><strong>4,536.78</strong></td>
</tr>
</tbody>
</table>

Movements in Carrying Amounts

Movement in the carrying amounts for each class of property, plant and equipment between the beginning and the end of the current financial year.

<table>
<thead>
<tr>
<th>Description</th>
<th>Office Equipment $</th>
<th>Total $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance at 1 July 2007</td>
<td>4,536.78</td>
<td>4,536.78</td>
</tr>
<tr>
<td>Additions</td>
<td>904.46</td>
<td>904.46</td>
</tr>
<tr>
<td>Depreciation expense</td>
<td>(973.00)</td>
<td>(973.00)</td>
</tr>
<tr>
<td><strong>Carrying amount at 30 June 2008</strong></td>
<td><strong>4,468.24</strong></td>
<td><strong>4,468.24</strong></td>
</tr>
</tbody>
</table>

NOTE 8: Trade and Other Payables

Current

<table>
<thead>
<tr>
<th>Description</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trade Creditors</td>
<td>26,330.85</td>
<td>–</td>
</tr>
<tr>
<td>Employee Entitlements Payable</td>
<td>16,779.19</td>
<td>–</td>
</tr>
<tr>
<td>GST Payable</td>
<td>–</td>
<td>676.75</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>43,110.04</strong></td>
<td><strong>676.75</strong></td>
</tr>
</tbody>
</table>
NOTE 9: Provisions

Provision for Employee Entitlements 12,320.15 4,520.15
Total provisions 12,320.15 4,520.15

Analysis of Total Provisions

Current 12,320.15 4,520.15

NOTE 10: Retained Earnings

Retained earnings at the beginning of the financial year 181,095.29 123,408.84
Net profit attributable to members of the company 68,523.47 57,686.45
Retained earnings at the end of the financial year 249,618.76 181,095.29

NOTE 11: Key Management Personnel

Key management personnel in office during the financial year are as follows:
Jessica Brown $100,000

NOTE 12: Cash Flow Information

Reconciliation of Cash Flow from Operations with Profit after Income Tax

Profit after income tax 68,523.47 57,686.45

Non-cash flows in profit

Depreciation 973.00

Changes in assets and liabilities, net of the effects of purchase and disposals of subsidiaries

<table>
<thead>
<tr>
<th>Description</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Increase) Decrease in current receivables</td>
<td>(745.39)</td>
<td>–</td>
</tr>
<tr>
<td>(Increase) Decrease in sundry receivables</td>
<td>(15,536.55)</td>
<td>–</td>
</tr>
<tr>
<td>(Increase) Decrease in prepayments</td>
<td>(770.47)</td>
<td>–</td>
</tr>
<tr>
<td>Increase (Decrease) in trade creditors</td>
<td>43,110.04</td>
<td>(17,024.30)</td>
</tr>
<tr>
<td>Increase (Decrease) in provisions</td>
<td>7,800.00</td>
<td>–</td>
</tr>
<tr>
<td>Total</td>
<td>103,354.10</td>
<td>40,662.15</td>
</tr>
</tbody>
</table>

NOTE 13: Company Details

The registered office of the company is: Life Changing Experiences Foundation Ltd
C/- Logicca Pty Ltd
GPO Box 5486 Sydney NSW 2001

The principal place of business is: Level 1A, Suite 1A3, 410 Elizabeth Street
Surry Hills NSW 2010
The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 1 to 15 present fairly the company’s financial position as at 30 June 2008 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements; and

2. In the directors’ opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Director:  

Jessica Brown, Chairperson

Director:  

Blake Beattie, Vice Chairperson

Dated this 11 day of December 2008
We have audited the accompanying financial report of Life Changing Experiences Foundation Limited which comprises the balance sheet as at 30 June 2008, and the income statement and cash flow statement for the year ended on that date, a summary of significant accounting policies and other explanatory notes and the directors’ declaration.

Directors’ Responsibility for the Financial Report
The directors of the company are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the financial reporting requirements of the company’s constitution. This responsibility includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

In Note 1, the directors also state, in accordance with Accounting Standard AASB 101: “Presentation of Financial Statements”, that compliance with the Australian equivalents to International Financial Reporting Standards (IFRS) ensures that the financial report, comprising the financial statements and notes, complies with IFRS.

Auditors’ Responsibility
Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditors’ judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity’s preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity’s internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

The financial accounts for the previous period were audited by another firm of auditors.

Independence
In conducting our audit, we have complied with the independence requirements of Australian professional ethical pronouncements.
AUDITORS' OPINION

In our opinion:

(a) the financial report of Life Changing Experiences Foundation Limited is in accordance with the company’s constitution, including:

(i) giving a true and fair view of the company’s financial position as at 30 June 2008 and of its performance for the year ended on that date; and

(ii) complying with Australian Accounting Standards (including the Australian Accounting Interpretations) and the company’s constitution.

(b) The financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

Name of Firm: Logicca Assurance Pty Limited
Chartered Accountants

Name of Director: ________________________________
Peter Hersh

Address: Level 6, 151 Macquarie Street, SYDNEY NSW 2000

Dated this 11 day of December 2008
“Life is a gift, and it offers us the privilege, opportunity and responsibility to give something back.”

– Anthony Robbins