



*George and Jaqui Maree
Stamas Fellowship*

IMPACT REPORT

2025

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I actually believe the world is my oyster now! This time 6 months ago I would never have thought I could think that! I simply cannot put into words how much of an impact this had had on me. Everyone else I knew wrote me off (including myself) but look at me now!

Participant

Program Overview

The George & Jaqui Maree Stamas Fellowship was a 10-week, trauma-informed, group-based program designed to support women who have experienced homelessness, domestic and family violence, and prolonged instability to rebuild confidence, strengthen agency, reconnect with community, and take meaningful steps towards personal and economic independence.

While secure housing is essential, Women's Housing Company recognises that many women continue to face isolation, diminished self-belief and limited access to opportunity even after being housed. The program therefore combined expert facilitation, life coaching, peer connection and practical supports to address social, emotional and economic barriers simultaneously.



Program Goals

- Increase participants' self-confidence and sense of personal agency
- Strengthen control over life decisions
- Improve clarity of personal and professional goals
- Build practical skills including communication, budgeting, goal-setting and self-advocacy
- Reduce social isolation and foster meaningful peer connections
- Support pathways towards employment, education, volunteering, or leadership within community



Program in Action

The Fellowship was delivered through a sequenced learning journey, intentionally designed to build confidence first, then clarity, and finally future planning.

Participants engaged in:

- Weekly group sessions focused on confidence, agency, financial literacy, wellbeing and leadership
- Individual life-coaching sessions, supporting personalised goal setting and confidence building
- Creative and storytelling sessions that prioritised emotional safety and choice
- Exposure to women leaders and role models

To ensure the program remained responsive, the facilitation team met twice during delivery to reflect on emerging themes and challenges. Insights from one-to-one coaching (without breaching confidentiality) informed real-time adjustments to session content and pacing, ensuring the program consistently matched the needs and readiness of participants.

Sessions were led by a carefully selected group of facilitators with expertise in women's empowerment, trauma-informed practice and economic participation, including:

- Life coaching and personal development specialists
- Trauma-informed art and storytelling facilitators
- Financial literacy and economic empowerment practitioners
- Creative facilitators supporting reflection and identity rebuilding
- Women leaders and advocates providing aspiration and visibility

This mix of expertise ensured women were supported emotionally, practically and socially.



Measuring Impact

Impact was assessed using a mixed-methods approach, including:

- Attendance and completion data across the full cohort
- A pre-program survey capturing baseline confidence, goal clarity, skills, and social connection
- A post-program survey measuring change across the same indicators
- Written facilitator reflections based on program delivery and participant engagement

Eight participants completed both the baseline and final surveys. Participation was voluntary, supporting honest reflection and response. Survey findings were consistent with facilitator observations and participant feedback, providing confidence in the overall results.

Baseline and post-program surveys used different question phrasing to reflect participants' stage of engagement at each point in time. To enable comparison, responses were grouped into consistent outcome domains and analysed for thematic change over the duration of the program. This approach aligns with trauma-informed evaluation practice and supports meaningful measurement of participant progress.

Overall results indicate consistent improvement across all outcome domains from program entry to completion, with particularly strong gains in confidence, agency, and social connection.

Post Program Response



100%

of respondents felt more or much more confident



87%

felt very or extremely confident applying what they learned in everyday life



100%

formed new friendships or support networks



100%

felt more hopeful about their future

While baseline and final surveys used different indicators, the direction and scale of change demonstrate meaningful progress toward the program's intended outcomes.

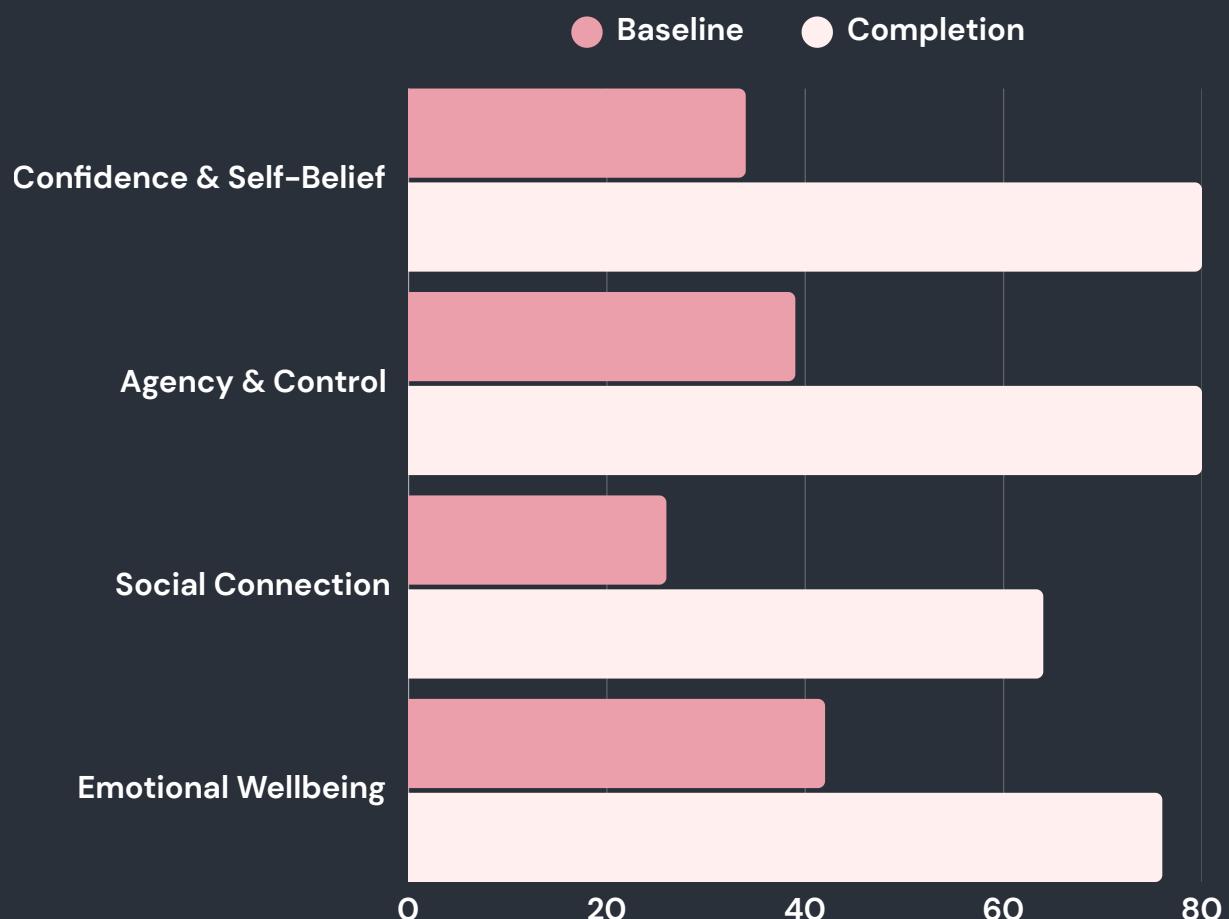




I dont think I would have even considered starting to study again or even be leaving my house unless it was absolutely necessary if it werent for you all! I really am loving this new and upgraded version of me that is starting to take shape.

Participant

Outcome Summary



Results grouped by outcome domain. Question phrasing varied by survey stage to support trauma-informed participation.

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I started the program thinking it was just a stepping stone to gain a bit more confidence in the world, but as the weeks went by, we just went from strength to strength to strength, and it has permanently altered my life trajectory and my entire perception of myself and what I believe I can accomplish.

Participant





We'd like to thank George and Jaqui Maree Stamas, without you, none of this would have been possible.

Messages from participants:



Thankyou for everything – it changed my life in so many ways, so grateful for the fellowship.



I thank you from the bottom of my heart. I was written off by everyone, professionals, family and myself. I was not able to comfortably leave my house. I was honestly starting the process to claim the the insurance on my superannuation because that was my last option. But now I have planned my next 5 years and am excited for it and know that I will put my all into achieving it.



Thank you. Thank you. I wasn't sure what to expect from this fellowship, but it truly exceeded anything I imagined. It was thoughtfully organised and offered a meaningful range of sessions—from positive thinking and financial literacy to confidence building, journaling, and public speaking. Not to mention the self-care experiences, like the facial and shopping, things that had long fallen to the bottom of my priority list. Having the chance to enjoy them again genuinely helped me rediscover joy in taking care of myself. Thank you for the opportunity to learn, grow, and reconnect with myself.

Messages from participants continued:

Just want to say such a big thank you to George and Jaqui Maree for making such an incredible life-changing experience possible for us women. Without your kindness and generosity, I can't imagine what it would've been like to miss out on such a powerful and much-needed supportive nurturing environment and opportunity for growth that this fellowship provided. We aren't people that got a lot of chances in life, so it means the world to think that there are people like you who really take the time to care for and invest in us, and, more to the point, believe in us and our potential. I can certainly say that the difference you have made in my life is immeasurable and will not be forgotten, in fact it may be the very first step in me finally starting to do what I feel like I was put on this earth to do. And I can also say that the funding you provided was utilised with such thoughtful, creative, innovative care and ingenuity by Libby and the other facilitators, that you have chosen well to invest in their ideas and their brainchild. I started the program thinking it was just a stepping stone to gain a bit more confidence in the world, but as the weeks went by, we just went from strength to strength to strength, and it has permanently altered my life trajectory and my entire perception of myself and what I believe I can accomplish. I'm so eager to find out what that is now! So it may just be me and my newfound enthusiasm, but I really believe this is the start of something quite powerful and it can help generations of women and children to come. I hope you will continue to see the results you hoped for in each new cohort of women as I can tell you without a shadow of a doubt that you have made a difference in each of our lives. Each of us, who, week after week, enthusiastically attended this program, looking forward to every new session, eager to learn and grow and eventually work towards fulfilling our potential. Thank you again for your care, warmth, and generosity, and most of all for believing in us. I hope we will make you proud.

