



Aboriginal Housing Victoria acknowledges the Traditional Custodians of the lands in which we work, the Wurundjeri Woi Wurrung people of the Kulin Nation.

We pay our respects to Elders, past, present & emerging, and recognise their connections to land, sea & Community, with knowledge & stories that have been handed down since time immemorial.

We extend that respect to all Aboriginal & Torres Strait Islander present today.

A large, semi-transparent graphic of a stylized tree with a complex, woven pattern of lines and shapes, centered behind the text.

Aboriginal Housing Victoria
Life Coaching Program:
“More Than A Landlord”

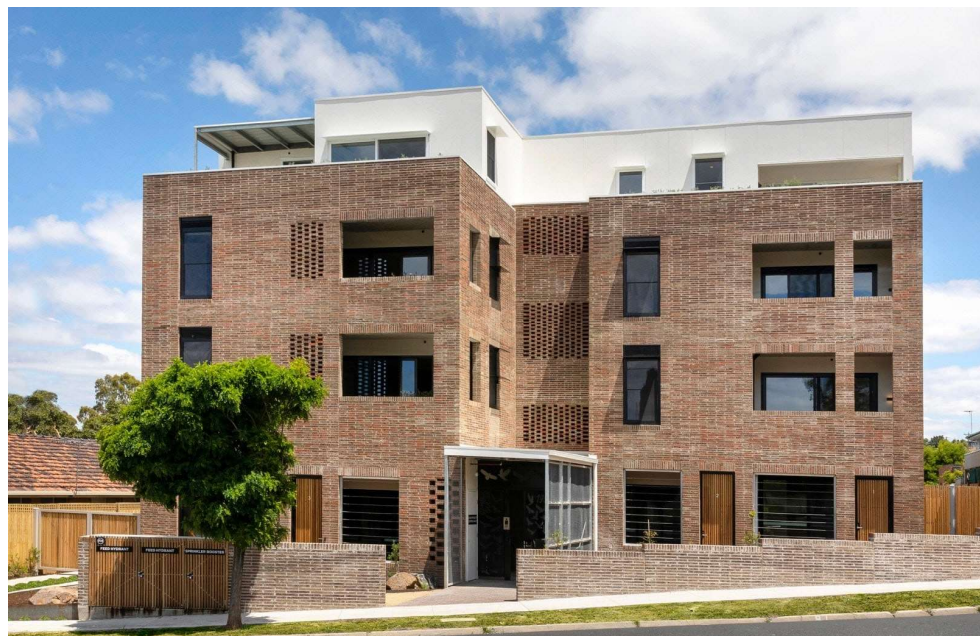


About Aboriginal Housing Victoria

AHV is a not-for-profit, registered Housing Association and the largest non-government Aboriginal housing organisation in Australia.

AHV provides culturally safe, affordable and secure housing to nearly 5,000 Aboriginal Victorians in close to 2,000 homes.

AHV is a proud agency – ***proud*** of the history and culture of the Aboriginal peoples of Victoria, ***proud*** of the Aboriginal people of Victoria who we serve, and ***proud*** of our unique identity and heritage.



About AHV's Life Coaching Program

AHV's Life Coaching Program involves a Life Coach walking beside a person, in a **culturally safe way**, towards their goals and dreams.

Renters meet regularly with their life coach to **yarn** about their **goals**, and how to achieve them. Renters have **succeeded** in working on a range of goals.

A focus on **self-care, strength & resilience** with the person at the centre of everything we do.





How it began....

- 2017** Pilot Program begins
- 2017** After successful pilot, additional funding is received to expand services
- 2021** Program expands into four metro service areas with the support of the University of Melbourne
- 2023** Further program expansion to two additional metro service areas



Culture at the heart

- Culturally tailored life coaching model grounded in First Nations ways of knowing and being
- First Nations and non-Indigenous life coaches working together
- First Nations-led supervision and support for life coaches
- Culturally safe and responsive practices:
 - Relationship-based support
 - Flexible appointments
 - Adapted coaching language
 - Extended timeframes to navigate complexities





Why seek Life Coaching?

Connecting to culture, community, and reconciling with family members are strong and recurring aspirations for Life Coaching participants.



Program Impact

155

Goals
Achieved

108

Actions
Achieved

500+

Coaching Sessions
Completed

80

% Female
Participants

42

Average
Participant Age

6

Areas
Serviced



Awards and Recognition



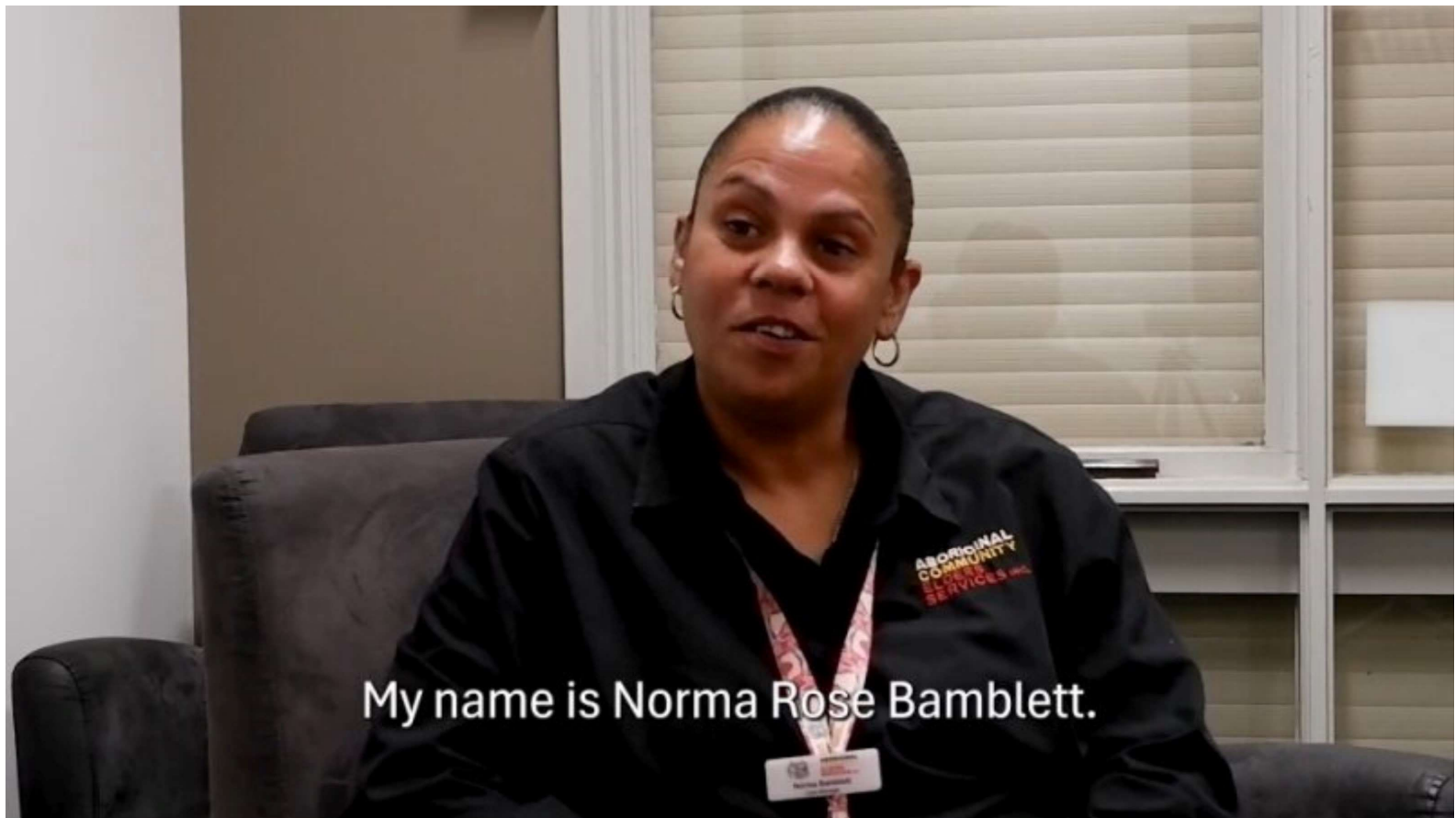
International Wellbeing Conference
Program Showcase:
2022, 2023 and 2024



Australasian Housing Institute
Professional Excellence in Housing Award
2019 Winner



Meet Norma





Thank you

The Life Coaching Program would not be possible without the tremendous support of the University of Melbourne.

AHV would like to express gratitude to all the wonderful Community members who have participated in this program, for their bravery, trust, pride and ambition.



ahvic.org.au