



strive
occupational rehabilitation

Support

Programs



Strive Occupational Rehabilitation

PO Box 1797 Milton Qld 4064
Brisbane: Level 2 18 Finchley Street, Milton 4064
T: 1300 361 953 | F: 1300 654 109 | E: info@striveor.com
www.striveor.com

ABN 74 110 180 240

Other Offices:

Brisbane • Gold Coast
• Cairns • Townsville • Toowoomba

Also Servicing:

Northern NSW • Sunshine Coast • Bundaberg
• Hervey Bay • Rockhampton • Mackay • Gladstone

ABOUT US AT

Strive



Do you want to work with an organisation who values people?

If you want to work with occupational rehabilitation specialists who make people their number one priority then you've come to the right place.

Get in touch today for obligation-free advice about how our team of specialists can help you.

Experience

Since September 2004, Strive has been delivering best practice programs to successfully rehabilitate injured workers, build teams and strengthen businesses across Queensland. Based in Milton, Strive's principal consultants each have more than 20 years' experience. Strive has a strong company culture and recruit like-minded people who enjoy working in the industry and developing effective return to work programs.

Outcomes

At Strive, our philosophy is to maximise the health and well-being of individuals, groups and organisations. We successfully achieve outcomes by setting realistic goals for return to work through consultation with all key stakeholders. We take into account the injury together with the workplace dynamic to develop a timely, realistic and appropriate return to work plan.

Integrity

Integrity is a core value at Strive and when we say we are going to do something, it gets done. With a commitment to transparency and open communication, our team ensures liaison with all key stakeholders to deliver timely and quality information that helps develop realistic and appropriate return to work goals.

Engaged People Thriving at Work

Why Employers Choose To Work With

Strive



Fast Rehabilitation

Strive is renowned for our flexibility and fast response time. You will hear from Strive within 24 hours of referral and we will be on-site within 72 hours.



Increase Productivity

Strive understands each organisation and individual is different. Whether it is through professional coaching, education, training or employee support we can help maximise your business productivity.



Decrease Liability

Strive can help reduce claims and premium costs at your workplace. Avoid the pile up of compensation cases and speak to Strive about an early intervention program.



Injury Prevention

Strive has a large focus on injury prevention through early intervention. Let Strive help your organisation by getting in early. Contact us to find out more.

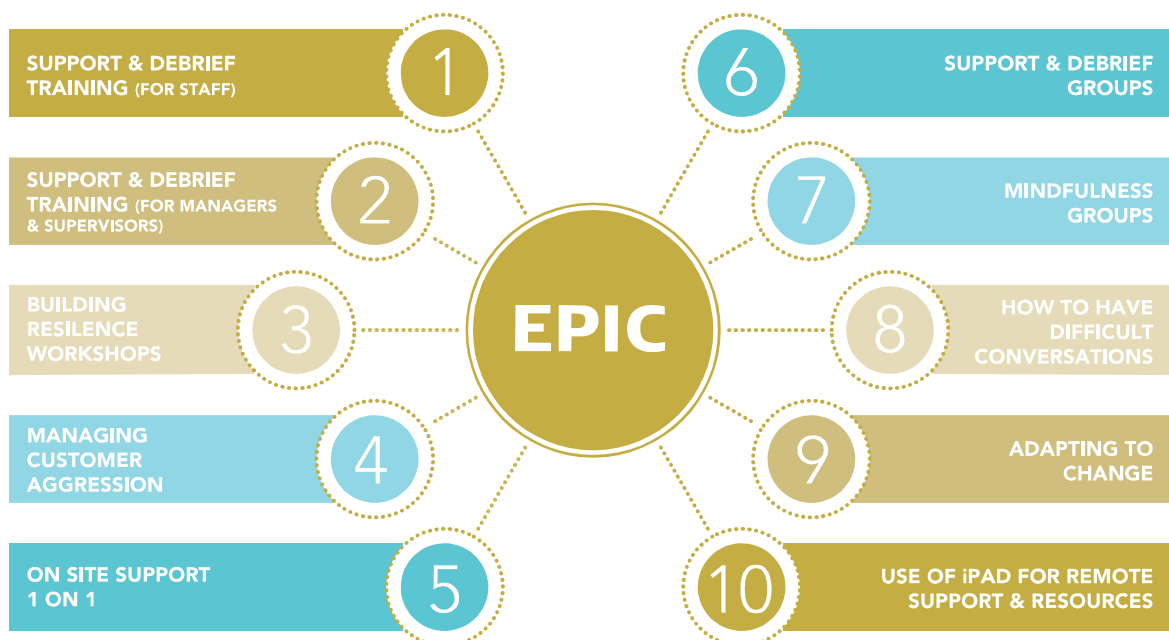
Empowering People Improving Connection (EPIC)

EPIC is Strive's Employee Support, Wellbeing and Resilience Program for Organisations.

Over the past two years, Strive has successfully and sustainably implemented our EPIC Program for one of our largest customers at several locations across Queensland. Strive has the expertise, consulting experience and proven track record to develop an ongoing Employee Support Program such as EPIC for your organisation.

We can offer a customised version of our EPIC program ranging from several weeks to over 12 months for your organisation. We can offer you the following to choose from to suit your organisation:

Empowering People Improving Connection





EPIC

1. Support and Debrief Training (for all staff):

The aim of these workshops is to provide the theoretical and practical tools of how to debrief effectively with work colleagues. The workshops include some case scenarios and practical components to practice the skills and models taught as well as some handouts and takeaways for each participant. The models used in the training will also be utilised in the debriefing groups and onsite support to again reinforce the ideas from theory into practice.

2. Support and Debrief Training (for Managers and Supervisors):

The aim of these workshops is to provide the theoretical and practical tools of how to debrief effectively as a Manager. The workshops include some case scenarios and practical components to practice the skills as well as some handouts and takeaways for each participant. The models used in the training will also be utilised in the debriefing groups and onsite support to again reinforce the ideas from theory into practice.

3. Building Resilience Workshops (for all staff):

The resilience workshops are focused on the importance of resilience in the workplace and providing education on the links between low resilience and mental health and the link between long term worklessness and poor health outcomes. The workshops also incorporate a practical component on individual and group work to develop strategies to 'fill our resilience bucket'. An emphasis is also placed on the barriers or challenges that stop us from undertaking our resilience activities and looking for opportunities in our busy week to best utilise our time.

4. Managing Customer Aggression (for all staff):

The aim is to facilitate interactive training sessions on dealing with aggressive customers. Topics covered would include de-escalation techniques, boundary setting, managing expectations, debriefing and the importance of self-care following a difficult interaction. Individual one to one coaching could be provided to staff as part of the onsite support if they recognize challenges in managing aggressive customers.

5. Onsite Support (1 on 1 only):

Half day or full day where a Strive Consultant will work from your organisation where any staff on the day have the opportunity to speak with or catch up with them. The idea is that if a staff member experienced a difficult interaction or perhaps was having some difficulties at home or at work they had an alternate outlet and a professional support to utilise.

6. Support and Debrief Groups (for all staff):

The aim is for staff who attend to discuss current concerns and debrief for a solution to resolve the concerns. The principals taught from the support and debrief training sessions are used to guide each of the debrief groups. The group participants can be consistent over the program and it provides staff a forum to discuss any concerns, challenges or issues they may be experiencing and to unpack it within a supportive environment. The debrief groups are focused on bringing out a solution or a 'where to next' to help change or shift the feelings towards each issue.

7. Mindfulness Groups (for all staff):

The aim is to provide staff with exposure to different forms of mindfulness (guided meditation, mindful breathing, mindful walking, mindful eating, mindful listening, mindful journaling) and to discuss the integration of mindfulness into our daily routine and to provide education on the scientific benefits of regular mindfulness.

8. How to Have Difficult Conversations - including around suicide (for all staff):

The aim is to facilitate interactive training sessions on techniques to have difficult conversations, including about suicide. Topics covered would include risk assessing a situation, techniques to approach difficult topics, de-escalation techniques, how to have the suicide conversation, debriefing and the importance of self-care following a difficult interaction. Individual one to one coaching could be provided to staff as part of the onsite support if they recognize the need for further support or coaching.

9. Adapting to change training (for all staff):

The aim is to facilitate interactive training sessions on strategies to assist with adapting to change as individuals and as a workplace. Topics covered would include understanding where individuals and workplaces are in the change grid, how to approach people in different areas of the change grid and how to care for each other. Individual one to one coaching could be provided to staff as part of the onsite support if they recognize the need for further support or coaching.

10. Use of iPad preloaded with resources (for all staff):

As part of the Employee Support and Wellbeing Program and to assist staff being able to access face to face contact with a Consultant, Strive can provide your organisation with an iPad pre-loaded with relevant apps, tools and resources to be used by staff as needed as part of the program. The idea is that the iPad would remain in your organisation but staff could borrow it when needed to FaceTime or Zoom a Consultant, use a mindfulness app to help re-focus and centre themselves following a difficult interaction or to watch helpful videos to improve their own learning.



Snapshot of Results

Our results speak for themselves. Here's a snapshot of some of the results following the implementation of a six month Employee Support and Resilience Program across two workplaces:



We would love to hear more about your organisations needs and what Employee Support and Wellbeing Program you are interested in implementing.

Contact Us Today

Call us today for an obligation free quote to see what we can do for your organisation

If you want to work with rehabilitation experts that make people their number one priority then you've come to the right place.



LOOK
FORWARD TO
SEEING YOU AT

Strive

Strive Occupational Rehabilitation Pty. Ltd.
ABN 74 110 180 240

Locations:

- Level 2, 18 Finchley Street, Milton QLD 4064
- Level 15, 2 Corporate Court, Bundall QLD 4217
- Level 1, 25 Sturt Street, Townsville QLD 4810
- Ground Floor, 14 Spence Street, Cairns QLD 4870
- 55-57 Kitchener Street, South Toowoomba QLD 4350

Postal Address:

PO Box 1797, Milton QLD 4064
P: 1300 361 953
F: 1300 654 109
E: info@striveor.com
W: www.striveor.com



Engaged People Thriving at Work

 1300 361 953

 info@striveor.com

 www.striveor.com