



strive  
occupational rehabilitation

Training

Services



### 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](mailto:info@striveor.com)  
[www.striveor.com](http://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.

*"Very informative session with practical tools to use in the workplace. Small group role plays were very useful. Engaging, useful and well facilitated. I feel the training was very relevant to my role and would be useful to our Team Leaders"*

#### **Feedback on Strive Training**

# 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.





# Preventative Training Services at Strive

Whether your team or organisation are looking to up skill staff with the latest evidence based practices, or you are looking at a refresher training program, Strive has a training package solution for you. Strive provides a wide range of tailored training programs designed to help your staff and organisation thrive.

Strive has been one of the industry leaders when it comes to training and boasts a wide range of Consultant's with extensive experience in facilitating training programs of all shapes and sizes. Strive caters for once off, 'tool box talk' sessions through to full-day workshops or state-wide programs to meet your organisations needs. Strive has a proven history of being able to deliver, connect and most importantly make a difference for the organisations and people we work with.

Don't take our word for it though, have a look at our proven track record!

At Strive we are very proud that for the past five years we have been rolling out various training programs with one of our customers across all of Queensland.



100+ SESSIONS  
PER YEAR



ACROSS  
QLD



OVER 2,000  
EMPLOYEES ATTENDED

*For each training program each year, Strive completed over 100 sessions, capturing over 2,000 employees from Robina to Thursday Island right across to Mt Isa!*



*"A very useful and practical session. It was very helpful to learn more about my early warning signs for stress and how to de-stress. Thank you."*

**Feedback on Mental Health Awareness Training**





# Training Programs at Strive

## Strive's training programs are tailored to your organisation's needs!

At Strive, we have a number of ways which we can work with your organisation to best meet your training needs. We are happy to speak with you about existing programs we have available and how these may best suit your organisation; OR we are happy to work with you from scratch to build the perfect training program tailored to your organisation!

Strive's training programs include but are not limited to the following:

- Advance Rehabilitation Coordinator Training
- Acceptance and Commitment Therapy (ACT) Hexaflex
- Conflict Coaching Workshop
- Conflict or Run
- Difficult People, Difficult Times
- Drugs and Alcohol
- Ergonomic Training
- How to Have Difficult Conversations
- How to Manage a Graduated Return to Work
- Managing Change and Transition in Modern Organisations
- Managing 4 Results
- Managing Aggressive Customers
- Manual Handling Training
- Mental Health Awareness
- Mindfulness Training
- Mindful Leadership Training
- Modern Leadership: How to Influence Others using SCARF and ACT Matrix
- Sit Stand Workstations
- Stress Management and Resilience
- Support and Debrief Training – for Leaders and Employees
- Work Life Balance

Contact us today  
to discuss your  
organisation's training  
needs for an  
obligation free  
quote.

*"All topics covered were very useful. Particularly mental health, manual handling and the office based ergonomics."*

**Feedback on Strive Manual Handling and Mental Health Awareness Training**

*"Fantastic and very informative session. It was great to learn and understand more about stress and the early warning signs as well as being able to support someone in the workplace."*

**Feedback on Strive Resilience Training**

# Preventative Training Programs at Strive:

- **Advance Rehabilitation Coordinator Training** – Is designed to help up skill your Return to Work Coordinator, HR or Management staff on the best and most effective way to support a return to work.
- **ACT Hexaflex** – Acceptance and Commitment Therapy (ACT) is tool widely used by Strive Consultant's to help our Client's better understand their values and how to keep moving 'towards' the things important to them even when uncomfortable thoughts and feelings turn up on their journey. A very useful resilience tool.
- **Conflict Coaching Workshop** – Designed to better understand what causes conflict and how to best manage it.
- **Conflict or Run** – Helping individuals to understand their natural conflict approach and how and when to utilise different techniques to influence a positive outcome.
- **Difficult People, Difficult Times** – Is a full day workshop aimed to better understand why some people are difficult to deal with. The goal is to gain a better understanding of the impacts of mental illness, substance abuse and other factors on behavior and how we can most effectively communicate whilst looking after our own safety and wellbeing.
- **Drugs and Alcohol** – Assisting individuals to understand the choices they are making, where to seek assistance and the potential risks to themselves and the organisation associated with drug and alcohol use.
- **Ergonomic Training** – Improves the match between a worker and their environment. Also known as an ergonomic evaluation. This can also include utilising sit-stand workstations and vehicle ergonomics. A greater understanding of how to adjust our work environment can lead to decreased symptoms and increased productivity.
- **How to Have Difficult Conversations** – Aimed for anyone needing to have difficult conversations on a regular basis, a handful of tips and tricks to manage through tricky conversations more effectively.
- **How to Manage a Graduated Return to Work** – Is targeted at Team Leaders, Managers, HR or Return to Work Coordinators to best understand how to support an employee returning to work, the warning signs to look out for and how to create clear expectations. Includes information of writing successful return to work plans.
- **Managing Change and Transition in Modern Organisations** – Assisting individuals and companies to survive and thrive in the current environment of constant change. Can be a short 'tool box talk' or a longer workshop.
- **Managing 4 Results** – Looking to up skill your managers? Gain a greater understanding of style differences to help improve employee performance and productivity.
- **Managing Aggressive Customers** – Aimed for front line customer serving staff to help reduce the toll of customer aggression on your workers.
- **Manual Handling Training** – A training package that adopts the risk management approach to occupational health and safety and manual handling. It looks at what can be done to reduce the costs involved with injuries from manual handling. Typically will involve educational content and practical application within the workplace.



- **Mental Health Awareness** – Helping individuals to understand more about common mental health conditions and strategies to work with people to improve outcomes.
- **Mindfulness Training** – Understand what mindfulness is, why it is so effective and how to implement into your personal life and organisational culture.
- **Mindful Leadership Training** – implementing mindfulness into your leadership to improve attention, focus and emotional regulation.
- **Modern Leadership:** How to influence others using SCARF and ACT Matrix – forget the carrot and stick approach, learn a much more effective approach to influence your organisation with some key frameworks.
- **Stress Management and Resilience** – This can include ‘tool box talks’ through to full day workshops aimed to identify our unique resilience building techniques to proactively and positively manage stress.
- **Sit Stand Workstations** – Is sitting really the new smoking? Find out the pros and cons to sit stand workstations.
- **Support and Debrief Training – for Leaders and Employees** – Aimed to help you understand the importance of fostering a supportive culture giving you a practical framework and tools to debrief effectively.
- **Work Life Balance** – Developing practical strategies to make work life balance work!





# 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](mailto:info@striveor.com)  
W: [www.striveor.com](http://www.striveor.com)



*Engaged People Thriving at Work*

 1300 361 953

 [info@striveor.com](mailto:info@striveor.com)

 [www.striveor.com](http://www.striveor.com)