



IMPACT

INSTITUTE FOR MENTAL AND PHYSICAL
HEALTH AND CLINICAL TRANSLATION



STRIVE TO THRIVE AFTER STROKE

A new tool to support self management of stroke at work

Strive to Thrive was created by people with a lived experience of stroke, clinicians and researchers and designed to identify what helps or hinders work-life

We want to see if Strive to Thrive is acceptable to a broader group of people who have had a stroke, and make further adjustments and improvements based on their feedback.



We would like to hear from you!

- Are you currently working in a paid or unpaid capacity after your stroke?
- Are you interested in receiving the new Strive to Thrive program?
- We are interested in a range of experiences, opinions and ideas

For more information or to register your interest contact: Dr Alyna Turner

Phone: 0437 559 741

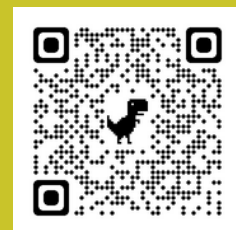
Email: a.turner@deakin.edu.au

Web: <https://redcap.link/S2Tstudy>



One hour of your time for 5 meetings

- Participants will have two assessments and three Strive to Thrive sessions
- Sessions will be scheduled at a convenient time for you, over Zoom
- Contributions will be kept confidential



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