



LIFE AND CAREER COACHING PROGRAM

THRIVE

EI, Resilience and Trauma Education Program

A personal transformation program that educates participants about the impact of trauma, develops core emotional intelligence skills and improves an individual's resilience, stress management skills and overall well-being

Thrive is for anyone with either a psychological or physical injury or illness and is feeling 'stuck' or 'out of control'; Thrive assists clients to return to either the pre-injury employer or a new career



Thrive - 6 Keys to success



Education is **KEY** to understanding the body's automatic response to trauma



EI skill development is **KEY** to managing trauma, fear and shame



Developing positive thinking is **KEY** to recovery from trauma



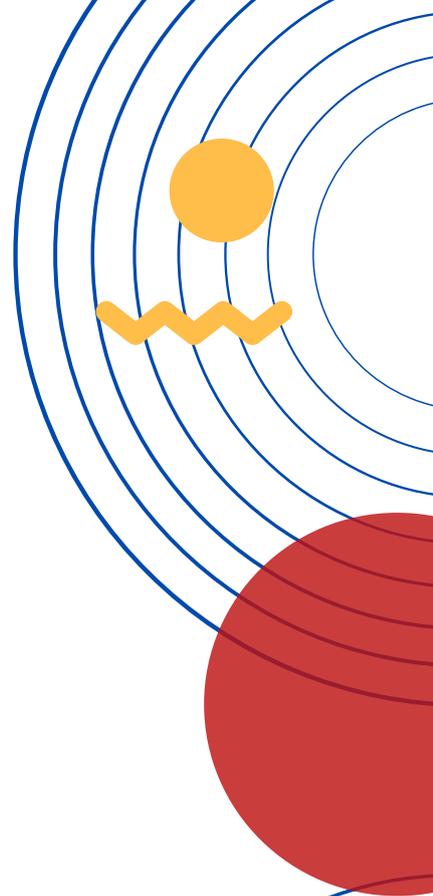
Connecting behaviours to emotions, values & thoughts is **KEY** to developing healthy emotional control systems



Developing self-belief and self worth is **KEY** to restoring our future



Self-empowerment is **KEY** to taking control of the future



Phase 2 – Know Thy Self

Unpack your emotional needs and the importance of self awareness in developing positive relationships



PHASE 3 – Know Thy Strengths

Develop your emotional self. Strategies for self calming and managing fear in order to embrace change



PHASE 1 – Know Thy Value

Unlock your true value. What are emotions and why are they important? Understand the impact of trauma on our feelings



PHASE 4 – Know Thy Control

Investigate stress management strategies. Learn how to recharge and renew. Take control of your life back!



“Meet and Greet”

Get to now your Facilitator to enable open sharing and communication to maximise benefits from Thrive



PHASE 3 – Know Thy Strengths

Why is understanding others important? Develop techniques for managing conflict and having difficult conversations



Locations

283-287 Sir Donald Bradman Drive Brooklyn Park SA 5032

Room 3, West Wing Innovation House, Mawson Lakes Blvd, Mawson Lakes, SA

Remote servicing via Zoom also available



Thrive Program - client testimonials

"I was amazed in how much this course benefited me. I could not be more happy with how it all went. I have a lot more confidence and faith in myself to succeed in what I do. I feel much more grounded and calm. I can think much clearer about a situation and act accordingly"

"I am indebted - I am so grateful, it has been mentally challenging and exhausting in a positive way. I started 2021 never imagining it would be more challenging than 2020, now I cannot imagine how I would have coped if not for Thrive."

"Structured to cater for everyone. Helps you to consider your situation and look at other avenues that are available to help you solve issues that were overwhelming in the beginning and learn how to deal with these in a better way, by giving positive direction to look for a better future."

"I found the program extremely useful. I feel I will be able to handle interviews and meetings better in the future"

"I am really trying to use the tools that I have gained from doing this course to help with my new job. It has been very challenging for me to be placed in a different role within my workplace. I maintain my high standard of patient care, walk away from gossip, and do the 54321 approach. I have recommenced the gratitude journal "

"I have a clarified plan to work towards my goal. I feel so much better about moving into my chosen career path"

"I feel stronger and more able to deal with people in life both in a work environment and home. Good to know that there is a way forward by learning to deal with different emotions. I feel I now have better tools to help me deal with people that I deal with on a daily basis"

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Thrive - the skills it develops.....

"Anyone that has incurred an injury or illness, will experience a variety of negative emotions and is likely to need assistance to manage the negative impact on their life;

the **THRIVE** Program is designed to help enhance a person's capacity to cope with these setbacks to achieve a successful return to life and work"



Resilience and Mental Toughness

Leadership

Stress Management

Conflict Management

Problem Solving and Decision Making

Managing Change

1. POWERPOINTS WITH WORKBOOKS
2. OPEN DISCUSSION
3. EXPLORATORY ACTIVITIES
4. TED TALKS/VIDEOS
5. POSITIVE THINKING ACTIVITIES
6. SELF DIRECTED DISCOVERY
7. REFLECTION



**How is the
program
structured?**

Delivery Options

Thrive offers flexible delivery methods via:

- Face to face delivery in our offices
- The clients home, or
- Zoom delivery

**Session duration can be varied to suit client needs

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