



Stroke Group Network Conference

Monday 25 - Tuesday 26 September 2023

Rebuilding lives after stroke

Stroke
Association

Bonus session: Wellbeing for group volunteers

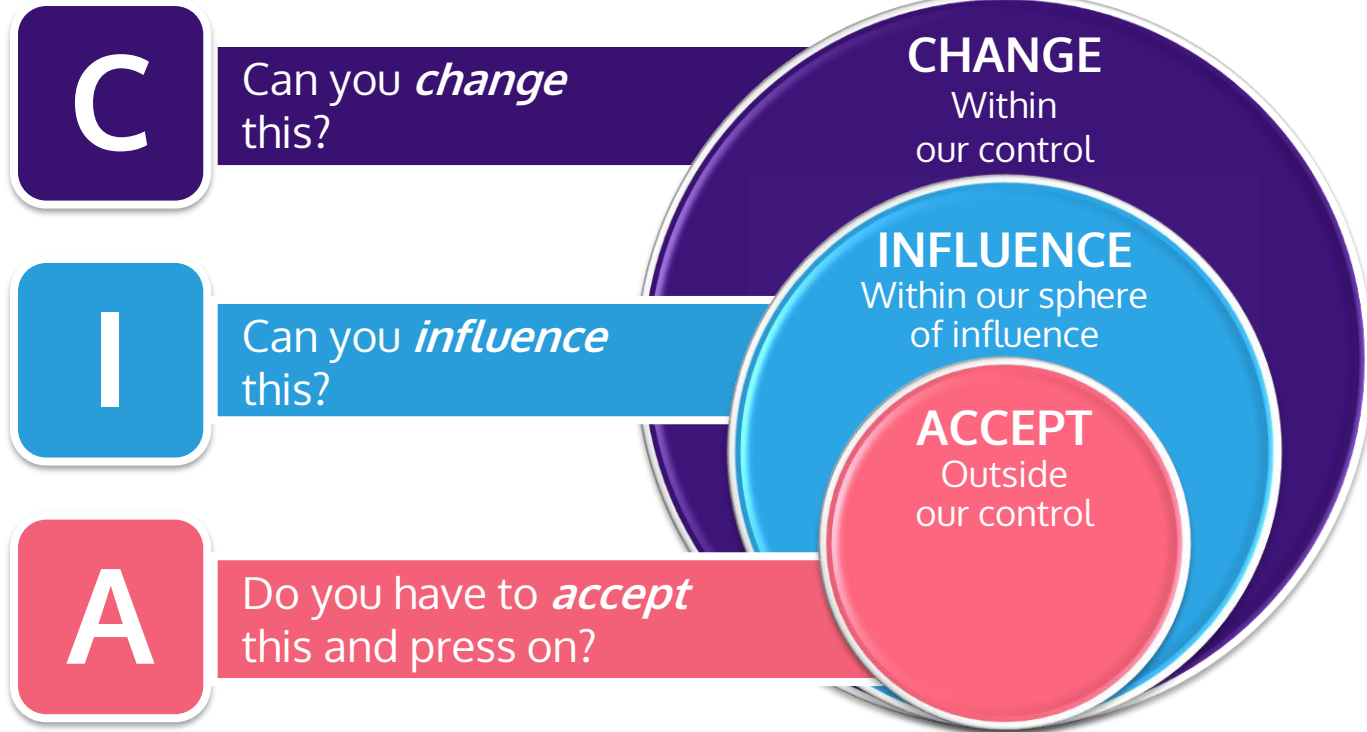


Doug Youngson - Wellbeing
Development Lead, Stroke Association

Mike Lynch – Support Group Volunteer,
Kirklees Hope After Stroke Group

Stroke
Association

CIA: our spheres of influence



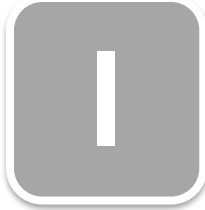
CIA: our spheres of influence



Can you *change* this?

CHANGE

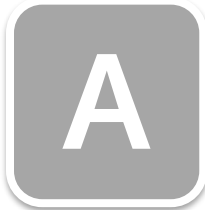
Within
our control



Can you *influence* this?

INFLUENCE

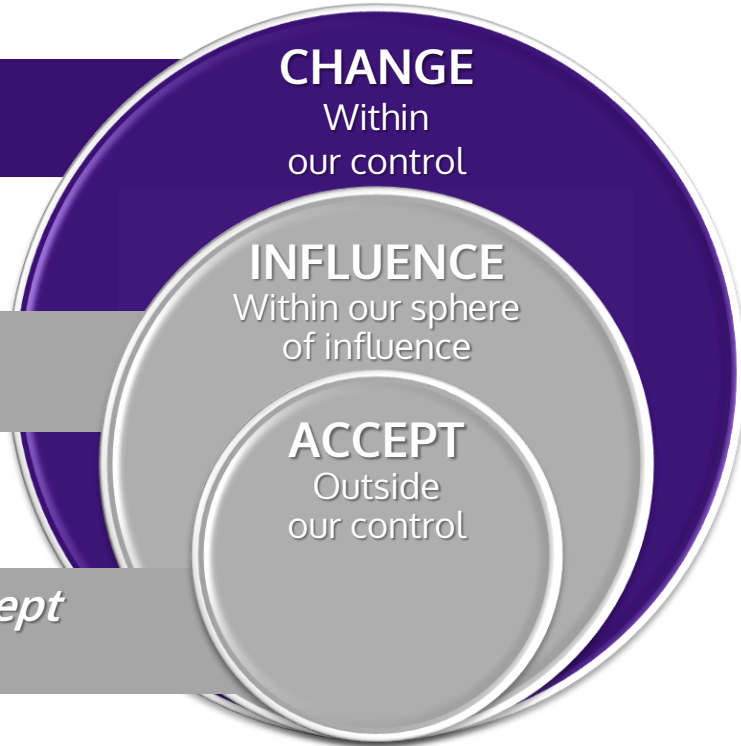
Within our sphere
of influence



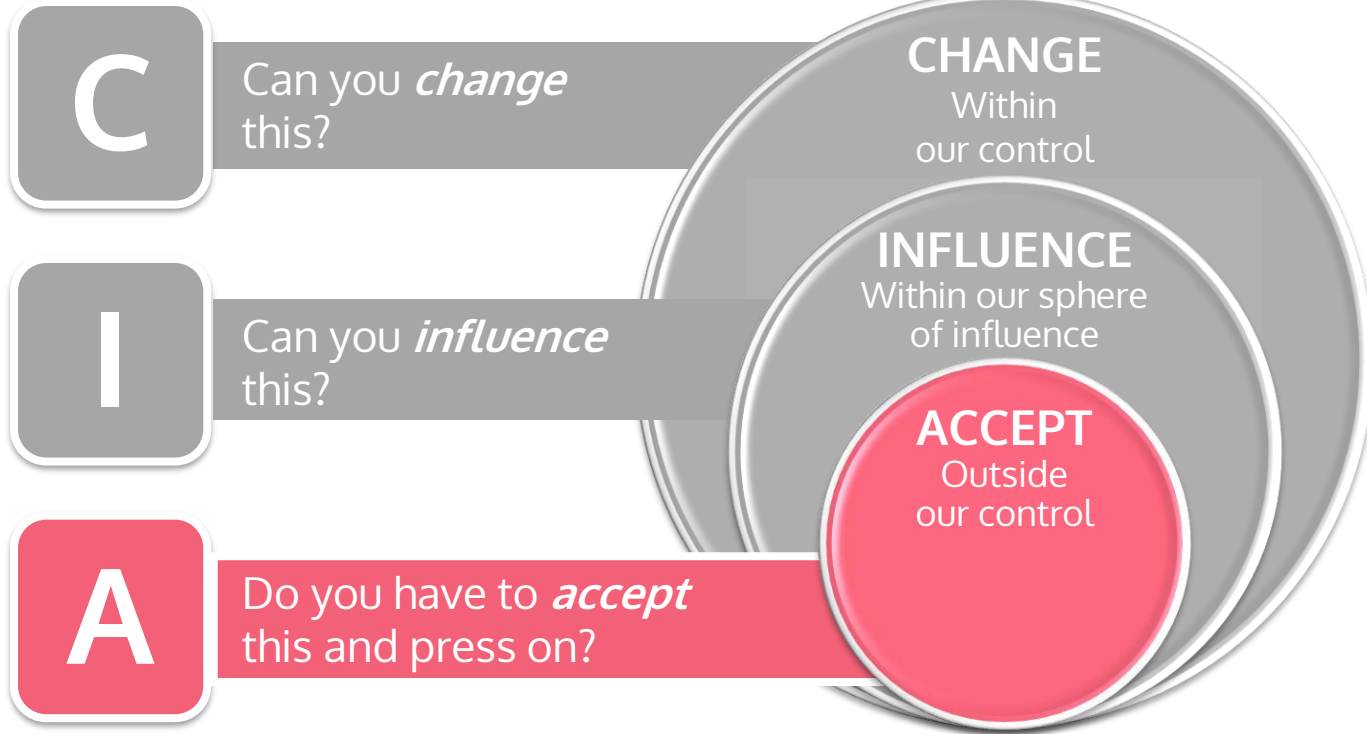
Do you have to *accept* this and press on?

ACCEPT

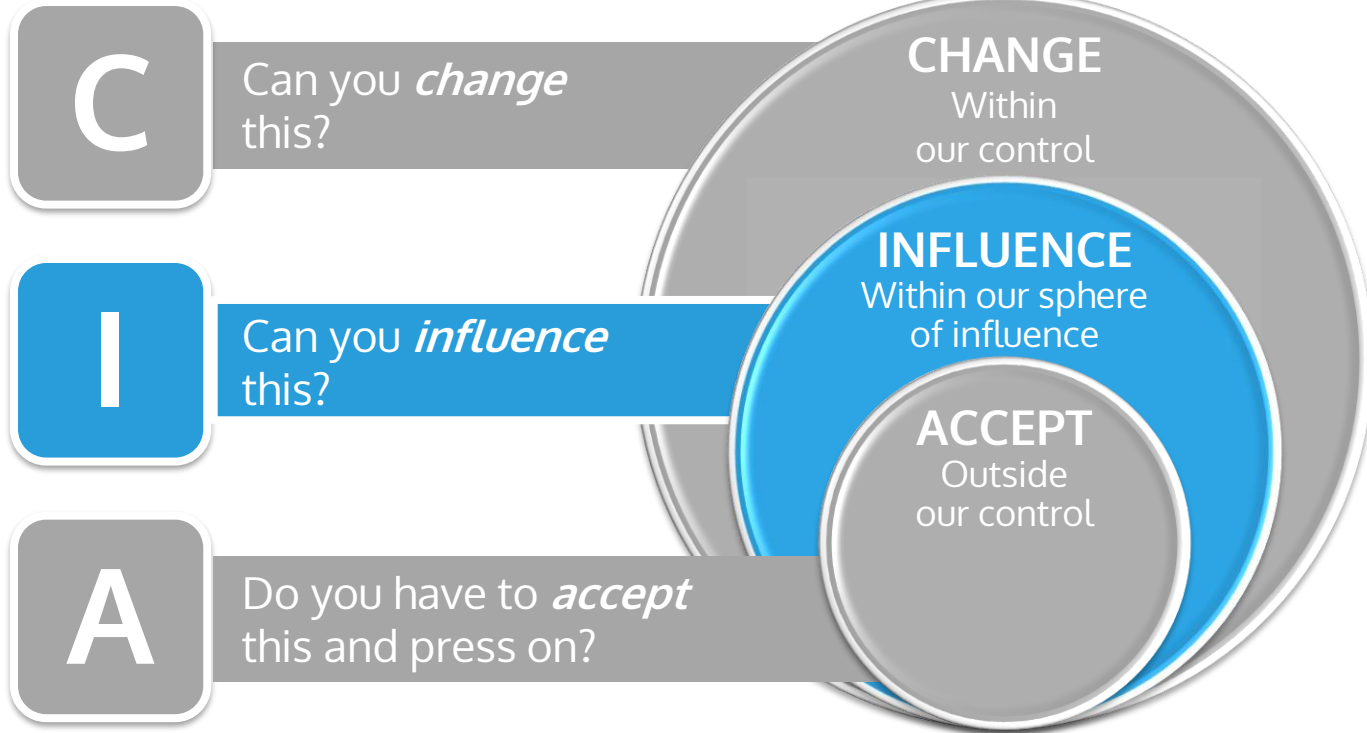
Outside
our control



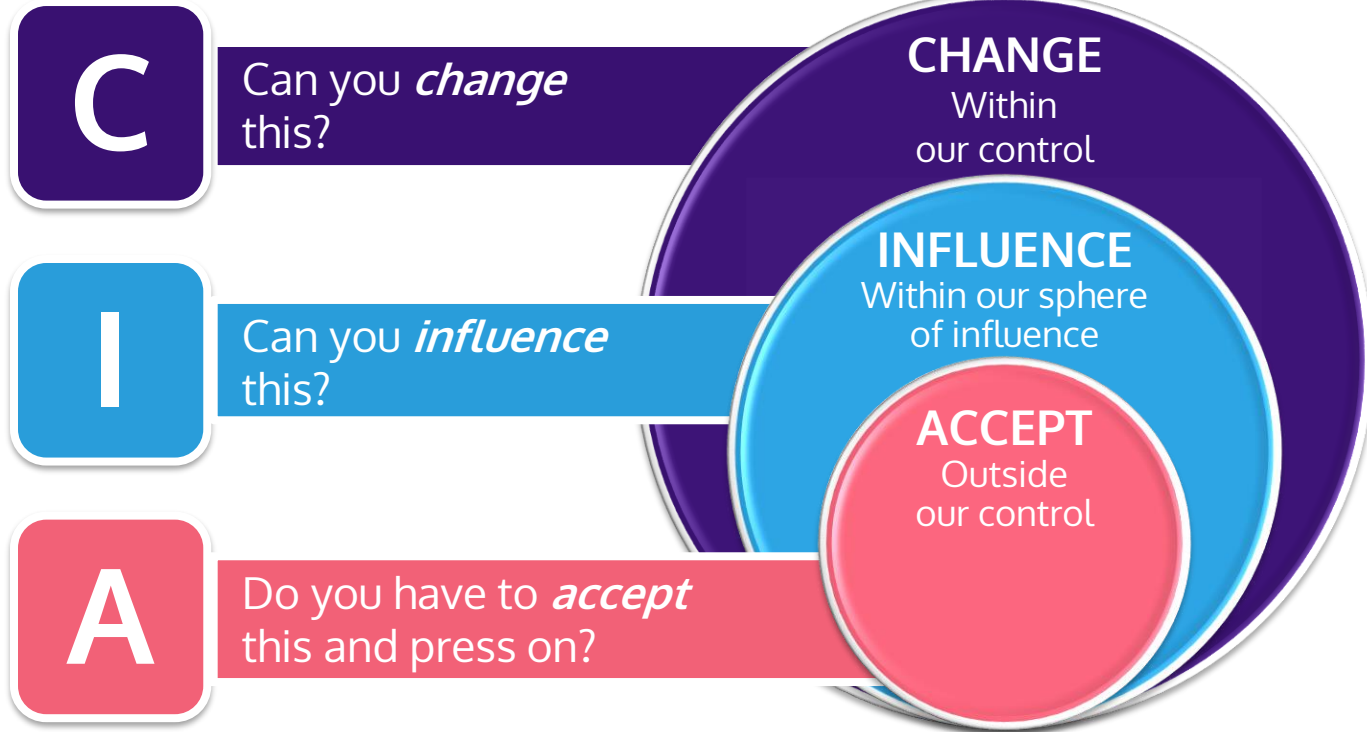
CIA: our spheres of influence



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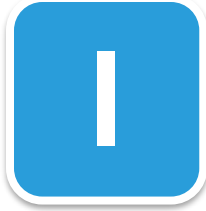
CIA: our spheres of influence



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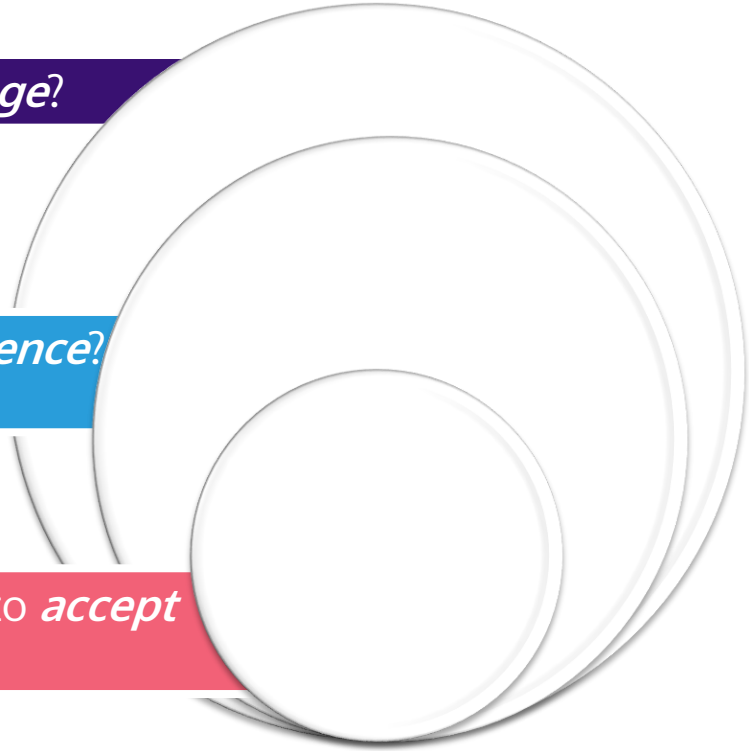
What can you *change*?



What can you *influence*?



What do you need to *accept*
to press on?





Rebuilding lives
after stroke