

Tommy Quick

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About me

I am a person who lives with a disability; this doesn't define me. I've undertaken adventures, in some people's eyes, crazy things! Such as the Kokoda trail, PNG, and [The 4 Points](#), Taken on Tassie, rides respectively. These campaigns were done to raise awareness of young stroke (aged 12) and to promote inclusion through bike riding.

I'm currently studying a Master's in Public Health. I've completed a Bachelor's in human nutrition. In 2019, I got an opportunity (and privilege) to travel to India with Victoria University and work on the WASH program with UNICEF, which was extremely rewarding.

EXPERIENCE

Keynote Speaking/Consulting

Inclusion/disability space, 2021 - present

Telling my 4 Points journey and stories to facilitate and empower the individual towards inclusion, looking from a lived experience lens.

Keynote website link: [Tommy Quick](#)

Tutoring Occupational Therapy

La Trobe, 2016 - present

Engaging OT's with levels of communication, interaction, and engagement

Royal Melbourne Hospital, Consumable Advisory Committee

Consumer & consultant, 2024 - present

Facilitating ongoing improvements to the hospital and associated facilities.

Childhood Stroke Lived Experience Advisory Group

Stroke Foundation, deputy chair, 2022 - present
On a lived experience committee to change, inform, and engage with the Stroke Foundation around childhood stroke.

Actor/Extra

Safe home, Ricky Stinisky, Childhood stroke (Voice-over), Inside, Bank Australia (Ad), Coles (Ad)

Personal Training,

Self-employed 2014 - 2020

Delivering and tailoring specific programs to what the client wants, whether it is Rehabilitation and/or Fitness goals

EDUCATION

La Trobe, Melbourne - Master's in Public Health (Currently undertaking)

Brave Studios, Footscray - Acting course,
Beginners 1 & 2 and Foundational Techniques (3), 2024
Scene Study (4), 2025

Victoria University, Melbourne - Bachelor in Human Nutrition, 2020.

Victoria University, Melbourne - Diploma of Fitness, 2013.

Footscray City College, Footscray - Victoria Certificate of Education, 2012.

VOLUNTEER WORK

Talking and engaging with schools, State and local governments, and many people across Australia on **The 4 Points** ride (2021-2023) as well as Taken on Tassie - the 3 points, with the focus being more conversation (2025), 2019-present

StrokeSafe Speaker, Stroke Foundation

Lived Experience Council, Stroke Foundation

UNICEF travelled to India to facilitate focus groups on what choices the people made towards the WASH program. 2019

MVCC DAC (Moonee Ponds City Council, Disability Advisory Committee) with lived experience inclusion aspect from 2023-Present

Lord Somers & Power House from 2010 - 2015.

REFEREES

Lisa Murphy, CEO of The Stroke Foundation, Australia 0457070506.

Simone Russell, National Manager, Inclusion and Priority Communities of The Stroke Foundation, Australia 0409528998.