

Occupational Performance Coaching: Coaching parents to enable children's participation

**L'Aqua Function Centre
Rooftop Level, Cockle Bay, Sydney
Friday 29th March 2019
9:00am – 4:30pm**

Parents play a critical role in supporting the learning, occupational performance and social participation of their children, particularly when children are challenged by tasks that are typically achievable by their peers. Parents also have needs and aspirations related to their own learning and performance within their parenting roles that are relevant to providing family-centred services.

Occupational Performance Coaching (OPC) is proposed as an intervention which is family- and occupation-centred, enablement-focused and research informed. OPC involves working alongside parents to achieve parents' goals for themselves, their children and/or their families. In OPC therapists utilise performance analysis, problem-solving, occupational and disability knowledge to guide parents' exploration of changes that facilitate goal achievement.

Aims/objectives of the workshop include:

- An understanding of the basis of occupational performance coaching (OPC) with reference to other interventions which support the use of OPC
- An understanding of the three domains, session format and therapeutic techniques used during OPC
- an understanding of how to effectively utilise parent coaching within their services.

The workshop will also include practical sessions (ie case studies, videos/vingnettes) to assist participants integrate their knowledge and skills. This workshop is suitable for allied health professionals.

Arrival tea/coffee, morning tea, afternoon tea and lunch provided.

About the Presenter

Dr Fiona Graham (Fi) is a New Zealand registered occupational therapist, specialising in work with families and children. Her PhD with the University of Queensland has examined the effectiveness of coaching parents of children with disabilities to enhance children's success in everyday life. Current research interests include working with families and caregivers, therapists' uptake of evidence-based practice, undergraduate clinical training and the efficacy of participation-focused interventions.

Registrations for this workshop are now open at www.zimei.com.au Workshop enquires can be directed to Zi Mei Events via info@zimei.com.au or (07) 3358 3689.