

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

Online (over 3 sessions)

Friday 22<sup>nd</sup>, 29<sup>th</sup> January, & 12<sup>th</sup> February 2021

12:00 noon - 3:30pm (Aust DST)

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.

This workshop is suitable for allied health professionals.

### Workshop Delivery

Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material and participation in scheduled group presentations/tutorial sessions. Participants will be responsible for having access to the Internet for some or all of the workshop content.

- **Workshop Folder** participants will be mailed a hard copy of the workshop manual which will include presentation notes, covering the online presentation content as well as the case studies used in the interactive components of the presentation sessions.
- **OPC Manual** – participants will be provided with a copy of *Occupational Performance Coaching Manual (2020)* Eds Graham, Kennedy-Behr and Ziviani published by Routledge. An e-Resource linked to the book provides downloadable materials including a self-assessment of OPC skills (OPC Fidelity Measure) and templates for clinical work.
- **On line presentation** – using Zoom videoconferencing, participants will have the opportunity to link into three consecutive weekly presentation sessions (with 30 min break mid-session). Sessions will include interactive components (ie group discussions, case studies and Q&A sessions) to assist with integrating participants newly acquired knowledge and skills. Participants will need to have access to internet facilities and webcam to ensure that they are able to download and view workshop content, as well as actively participate in the on line group tutorials. Participants will be emailed the link (including password) to the workshop presentation sessions.
- **Drop in Group Session** (optional) – Participants are encouraged to utilise their newly acquired skills within their clinical settings. They will then have an opportunity to engage in an optional drop in session (online) on **Friday 19<sup>th</sup> February** to get feedback/support with regard to any questions/concerns.

### About the Presenter

**Dr Fiona Graham (Fi)** is a Senior Lecturer in interprofessional rehabilitation at the University of Otago, New Zealand. Fiona has over 25 years' experience working with children and families in public, private, health, and education sectors. 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, knowledge translation, and interprofessional practice. She travels internationally, speaking and teaching on the use of Occupational Performance Coaching across diverse settings.

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