

## Advanced - Occupational Performance Coaching

Expressions of Interest Sought

Semester 2, 2022 - Online (over 4 sessions)

Allied Health practitioners can use coaching to promote meaningful occupational change with their clients. Through coaching clients are able to clarify what is important to them, clarify their goals and create a plan to achieve what is important to them. Research supports coaching as way to enhance participation, improve quality of life and satisfaction for allied health clients. Coaching has also proven to be well suited for use within our current climate of telehealth.

Occupational Performance Coaching (OPC) is a contemporary intervention approach which is person/family centered, occupation based and enablement focused. OPC focuses on the interpersonal aspects of the therapeutic relationship. It facilitates client engagement and goal achievement through a solution-focused approach that enables occupational performance through client implemented change.

This interactive workshop will provide clinicians already familiar with OPC, an opportunity to practice and develop their coaching skills. In small and large group practices, and with a standardised patient, participants will self-assess and be provided feedback on their alignment with OPC fidelity measures.

**Aims/objectives** of the workshop include:

- An enhanced ability to apply OPC with fidelity (in the way OPC was intended)
- An ability to identify each of the five OPC threshold concepts within their own and others' coaching
- An ability to recognise their own personal coaching style and areas for further development
- Guidance on how to effectively address challenges in implementing OPC within their service delivery context.

This workshop is suitable for allied health professionals who consider Occupational Performance Coaching as part of their professional "tool kit" and are wanting to further enhance their knowledge and skills in this area. Participants would benefit from having attended an Occupational Performance Coaching (Introductory) training workshop prior to registering for this workshop.

### Workshop Delivery

Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material, self-assessment of OPC skills (OPC Fidelity Measure) 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.
- **On line presentation** – using Zoom videoconferencing, participants will have the opportunity to link into four consecutive weekly presentation sessions. Sessions will include interactive components (ie didactic explanation, small and large group practice of OPC skills, 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.
- **Video recorded OPC feedback** (optional) – Participants will also have an opportunity to engage in a short 10-15 minute OPC trainer observed coaching session with a medical/health actor. Sessions will be video-taped and participants will be provided with a copy of their session and individualised feedback with regard to their OPC fidelity/coaching skills.

## About the Presenter/s



**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.

The Advanced OPC training will be delivered by Dr Fiona Graham, she will be assisted by an endorsed OPC trainer/s to complete the Video recorded OPC assessment components of the workshop. Endorsed OPC trainers have undertaken a series of Train-the-trainer workshops in OPC delivered by the OPC Network trainers; and have demonstrated application of OPC to a high standard, as assessed using the OPC fidelity measure by OPC Network members. All endorsed OPC trainers are members of the OPC Network.

**Expressions of Interest** for this workshop are now open. Please contact Zi Mei Events on [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3358 3689 to express your interest or if you have further workshop enquiries

