

Occupational Performance Coaching

Online (over 3 sessions)

Mondays – 31st October, 7th and 21st November 2022

10:00am – 1:30pm (Aust Eastern Daylight Time) – with break

Hobart/Melbourne/Sydney – 10:00am – 1:30pm (Aust DST) - Brisbane – 9:00 – 12:30pm (Aust EST)

Adelaide – 9:30am – 1:00pm (Aust CDT) – Darwin – 8:30am- 12noon (ACST) - Perth – 7:00am – 10:30am (Aust WST)

Occupational Performance Coaching (OPC) is an evidence-based intervention approach which involves working alongside clients and their caregivers to achieve goals for themselves, their children and/or and their families. OPC draws from core principles of occupational therapy that people learn, develop and grow from doing the things they value as fully as they wish and are able. OPC was originally developed to assist parents of children with developmental disabilities, but OPC is now used by multiple allied health professions to support people of all ages, and with diverse health conditions, to achieve personally valued change in life domains.

Occupational Performance Coaching (OPC) is an intervention which is person, family- and occupation-centred, enablement-focused and research informed. In OPC therapists utilise performance analysis, problem-solving, occupational and disability knowledge to guide client' exploration of changes that facilitate engagement and goal achievement. OPC has a capacity building focus as it aims to enhance client competence and confidence to manage current and future situations independently.

The OPC approach has been extremely beneficial through the current climate of teletherapy enabling us to coach families in their own settings and being able to journey alongside them in their daily lives.

This an interactive course that will enable participants to practice and develop their coaching skills.

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 (Connect, Structure, Share), session format and therapeutic techniques used during OPC
- An understanding of how to effectively utilise coaching within their services delivery context.

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 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.

About the Presenter



Associate Professor Melissa Nott - Melissa is a regionally based occupational therapist working with rural communities, health service users, families, health professionals and service providers. She has a strong background in collaborative and partnership-based research that focuses on translating evidence into healthcare practice, supporting health professionals to build sustainable research networks, co-design and co-production with community stakeholders, and evidencing impacts of healthcare initiatives. Melissa has undertaken extensive research and occupational therapy practice development focusing on context-specific, person-centred approaches to clinical assessment and intervention. She is a certified trainer for the Occupational Performance Coaching network and uses OPC in practice with adults who have neurological conditions. She is currently conducting research on therapist fidelity using Occupational Performance Coaching.

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