

## Occupational Performance Coaching

Thursdays – 23<sup>rd</sup>, 30<sup>th</sup> May and 6th June 2024

Online (over 3 x 3 hour sessions)

9:00am – 12:30pm (Aust Eastern Standard Time) – with break

Brisbane/Sydney/Canberra/Melbourne/Hobart – 9:30am – 1:00pm (Aust EST)

Darwin/Adelaide – 9:00am – 12:30pm (Aust CST) – Perth – 7:30am – 11:00am (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's 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 **three** scheduled group presentations/tutorial sessions. Participants will need to allocate **1 -1.5 hours per week for self-study** outside the online group 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 be emailed the link (including password) to the workshop presentation sessions one week prior to the session.

Participants will need to have access to internet facilities including Zoom 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 and agree to the [online T&C](#)

Due to confidentiality, copyright and privacy reasons, **this workshop WILL NOT be recorded.**

### About the Presenter



**Dr Charmaine Bernie** Charmaine is an Occupational Therapist, lecturer and researcher with 20 years' experience across community and hospital settings in Australia, and overseas. She has specialised in paediatric assessment and intervention, and is currently completing her PhD on pathways to autism diagnosis with the University of Melbourne. Charmaine has used Occupational Performance Coaching with parents and caregivers as part of her post-graduate work, and became a qualified trainer in 2019. nal 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 our website [www.zimei.com.au](http://www.zimei.com.au). Further workshop enquires can be directed to Zi Mei Events on [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3358 3689.