

Occupational Performance Coaching

Monday 23rd September 2024

Victoria Park Function Centre
Herston Rd, Herston - BRISBANE

9:00am – 4:30pm

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.

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

This workshop is suitable for allied health professionals.

Participants will be mailed a copy of *Occupational Performance Coaching Manual (2020) Eds Graham, Kennedy-Behr and Ziviani* published by Routledge. RRP (\$77.99). 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.

Videoconferencing/Online Format

Zi Mei Events is committed to provide high quality professional development, opportunities for participants. Unfortunately, the ability to link to this workshop via an online format is NOT an option. If you are wishing to access an [ONLINE option](#) of this workshop – please refer to [this option](#).

Please note: to safeguard the copyright of material presented, maintain the confidentiality of case discussions and the privacy of participants, **this workshop WILL NOT be recorded**

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 on our website www.zimei.com.au. Further workshop enquires can be directed to Zi Mei Events on info@zimei.com.au or (07) 3358 3689.