

Introduction to

Occupational Performance Coaching

Foundation Concepts and Methods

Mondays – 2nd, 9th, 16th and 23rd February 2026

Online (over 4 x 3 hour sessions)

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

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

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

Occupational Performance Coaching (OPC) is a form of coaching designed for use with people learning to live well in the face of health or disability circumstances. OPC is a goal-oriented approach that uses relational methods, envisaging and collaborative performance analysis to guide people towards insight and change. Designed by occupational therapists, OPC is grounded in principles of person-centred care, autonomy supportive communication and adult learning. A growing body of evidence supports the use of OPC to enable people to participate in the life roles and situations that they value, and to enhance self-efficacy. In particular, OPC appears to build clients' capacity to self-manage their disability-related needs without regular therapist intervention.

OPC is applicable to people with a range of health and disability conditions but is most suited to those living with ongoing health or disability situations. OPC is applicable to people with cognitive impairment, with adapted communication strategies. To date positive outcomes with people across the lifespan have been reported. Parents are usually involved or the recipient of coaching with children under the age of 12 years.

Key Features of OPC:

- **Person-Centered:** Tailored to individual needs and aspirations through intentionally developed high trust partnerships.
- **Goal-Oriented:** Involves clients (individuals, caregivers, parents) in goal-setting towards highly valued and meaningful areas of daily participation.
- **Enablement-Focused:** Amplify client expertise and agency. Enhances client competence and confidence to analysis the situation and consider possible solutions to barriers to participation.

OPC can be applied by health professionals from a wide range of professions. This an interactive course that will enable participants to practice and develop their coaching skills.

Aims/objectives of the workshop include:

- Experience being coached as a means of gaining insight and enacting change
- Explore the foundation skills of OPC, and gain and understanding of its key concepts
- Learn effective strategies for connecting with clients and use of goal setting in ways that elevate client engagement in their rehabilitation

By the end of the course, learners will be skilled in the core elements of OPC and able to implement these in familiar clinical situations.

Occupational Performance Coaching is a transdisciplinary approach 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 **four** 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 and relevant tools to self assess competence in delivering OPC.
- **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](#)

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**

Presenter



Dr Michelle Jackman (PhD), BOT (Hons) - Dr Michelle Jackman is an occupational therapist who has over 15 years experience in paediatrics. Michelle is passionate about providing client and family-centred services that focus on meaningful changes in real life activities. Michelle completed her PhD in 2018, and currently combines her clinical position at John Hunter Children's Hospital in Newcastle, with a postdoctoral research fellow position with the Cerebral Palsy Research Institute, University of Sydney. Michelle's research has included a randomised controlled trial and qualitative interviews investigating the efficacy of the CO-OP approach for children and young people with cerebral palsy or brain injury.

Michelle is a certified Occupational Performance Coaching and CO-OP trainer. She is excited about the opportunity to share new knowledge regarding current best practice principles that make real changes for the clients we work with.

Registrations are now open for this online workshop. Register at www.zimei.com.au Further workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au or (07) 3358 3689.