

# Cognitive Orientation to daily Occupational Performance Approach (CO-OP)

**Module 1 – Monday 27th – Tuesday 28th October 2025**  
**Angliss Conference Centre - 555 La Trobe St, MELBOURNE**  
**9:00am – 4:30pm**

**Module 2 – Consolidation – Tuesday 24th February 2026**  
**Online**

**10:00am - 4:00pm (Aust EDT)**

**Brisbane** - 9:00am - 3:00pm (Aust EST) - **Sydney/Canberra/Melbourne/Hobart** - 10:00am - 4:00pm (Aust EST)  
**Darwin** – 8:30am - 2:30pm (AustCST) - **Adelaide** – 9:30am - 3:30pm (AustCDT) - **Perth** – 7:00am – 1:00pm (AustWST)

The goal of the Cognitive Orientation to daily Occupational Performance approach (CO-OP) is to enable children and adults with performance difficulties, be they physical, cognitive, or other, to succeed in performing the everyday tasks and activities that are important to them. The CO-OP approach is client-centred and supports individuals to apply cognitive strategies to develop the skills they need to achieve at the tasks they want to, need to or are expected to do.

CO-OP was developed to provide therapists with an evidence-based approach to enabling performance success in an effective and efficient way. It engages the individual at the meta-cognitive level to solve performance problems. Focused on enabling success, the CO-OP Approach employs collaborative goal setting, dynamic performance analysis, cognitive strategy use, guided discovery, and enabling principles. These elements, all considered essential to the CO-OP Approach are situated within a structured intervention format, and with parent/significant other involvement as appropriate.

The CO-OP Approach can be used with adults and children (over 4 years of age) who struggle with everyday tasks such as dressing, grooming, handwriting or cycling. It has been shown to be successful for clients with a variety of developmental or neurological conditions (eg developmental coordination disorder, ADHD, stroke and acquired brain injury) who experience difficulties with learning or re-learning motor based skills.

This workshop is suitable for allied health professionals

## **Workshop Aims/objectives** - on completion of the two days participants will

- have a working knowledge of the key theoretical and evidentiary foundations aspects of the CO-OP intervention approach
- develop an understanding of the key features of the CO-OP Approach including
  - occupation-based, client-centered goal setting
  - dynamic performance analysis (DPA)
  - cognitive strategy use
  - guided discovery
  - enabling principles
- be able to apply CO-OP in an evidence-based manner at a competent level

## Workshop Delivery

This workshop is provided in two modules (attendance at both modules is required to gain a Certificate of Attendance)

**Module 1 – Two days Face to Face** (Melbourne) – this module will provide participants with the fundamental understanding of CO-OP and the practice competencies to apply the approach in their client cohort.

**Module 2 – One day – Online via Zoom – Tuesday 26<sup>th</sup> February 2026.** This consolidation session allows clinicians to practice CO-OP in their clinical settings, prior to engaging in case discussions/presentations regarding their ability to apply CO-OP with fidelity (in the way CO-OP was intended).

**Optional ICAN Certification** – there is an option for participants to provide a 20 minute case presentation during the module 2 online session. This presentation is required for eligibility to proceed with the [CO-OP Certification via ICAN](#).

## Certified CO-OP Approach Trainers



**Professor Iona Novak** PhD, MSc (Hons), BSc (OT)

Professor Iona Novak is the Cerebral Palsy Alliance Chair of Allied Health, at The University of Sydney, Australia. As an international keynote speaker and a Fulbright Scholar, Iona is a trusted authority in evidence-based practice. The core of her research is a commitment to discovering, testing, and translating innovative treatments prioritised by people with cerebral palsy. Iona has made significant contributions internationally, in early diagnosis and discovering new therapies. Recognising the urgent need for solutions, Iona took the initiative to establish the “XCellerate”, an Australian and American Cerebral Palsy Stem Cell Research Network committed to finding repairs for brain injury.



**Dr Sarah Davies** PhD, MOccThySt UQ, BSc (BioMed) UQ

Dr Sarah Davies is a Lecturer in Occupational Therapy in the School of Health at the University of the Sunshine Coast. Sarah is an accredited CO-OP therapist, CO-OP instructor and an Associate Fellow of the Higher Education Academy. Sarah holds a PhD, a Master of Occupational Therapy Studies and a Bachelor of Biomedical Science from the University of Queensland. Sarah has extensive clinical experience working with adults with physical and neurological conditions, in Australia and the United Kingdom. Sarah's research involves the CO-OP approach in novel adult populations and service settings. Her PhD focused on the CO-OP approach for people with Parkinson's Disease. Sarah holds roles as a Science Ambassador for the World Parkinson Coalition, and a member of the ICAN networking and mentoring committee.

**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.