

Coaching for Empowerment

Fostering a Growth Mindset in Client-Focused Practice

Expressions of Interest Sought
Online (over 4 x 3 hour sessions)

Term 2, 2026

Coaching offers powerful tools for supporting clients to make meaningful change with regard to their health and participation in daily routines. In recent times, coaching has become increasingly recognised as a critical tool in allied health clinical practice, supporting behavior change, performance improvement, and client engagement. By partnering with clients, coaching focuses on identifying strengths, building capacity and bringing goals to fruition.

Coaching can however look different for each client, depending on what they truly need. This workshop explores how allied health professionals can utilise evidence-based coaching frameworks, and enhanced communication skills to authentically connect with clients and tailor interactions to support sustainable, client-driven change.

Jacqui's **Foundation Coach approach** emphasises:

- **Clarity:** defining the purpose of each coaching conversation and desired outcomes
- **Curiosity:** asking open, reflective questions to understand client perspectives
- **Responsiveness:** adapting coaching strategies to meet the individual needs of each client
- **Reflective practice:** continually evaluating and improving one's coaching approach

Through interactive discussion and case-based learning, participants will learn how to apply these key principles to foster a growth mindset; as well as gain further practical skills for using coaching conversations to enrich their therapeutic relationships, empower clients, and promote sustainable change. These coaching principles can also inform supervision and personal performance development, building a cohesive approach to reflective, strengths-based practice.

Workshop Aims/objectives

By the end of this workshop, participants will be able to:

- Review key coaching principles and their relevance to client-centred clinical practice.
- Apply neuroscience-informed strategies to enhance communication, connection, and engagement with clients.
- Be even more attuned in their listening, use more powerful questions for deeper reflection, and engage in feedback that enhances greater motivation and autonomy.
- Gain further practical skills for using coaching conversations to
 - enrich their therapeutic relationships
 - strengthen client confidence and competence
 - empower clients in identifying and achieving meaningful goals
- Develop an action plan for embedding coaching conversations into daily clinical practice (supervision and professional self-development)

This workshop is designed for allied health professionals with **prior coaching experience**, seeking to deepen their client-focused practice.

Workshop Delivery

Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material, optional pre/post workshop webinars and participation in **four ONLINE live** scheduled group presentations/workshop sessions.

1. Pre-workshop webinar – (45 minutes)

Participants will be invited to a live pre-workshop webinar scheduled one week prior to the online workshops to get their learning started.

2. Live ONLINE Workshop Sessions (4 x 3 hours)

Participants will need to allocate **1 -1.5 hours per week for self-study** outside the scheduled online group sessions. The following components will be provided to participants to assist their workshop participation:

- **Foundation Coach approach workbook** - 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 support the self-evaluation of their coaching skills.
- **Reflection card set**– participants will receive a set of 10 reflection cards, which will support ongoing reflection and learning of the key coaching concepts
- **On line presentation** – using Zoom videoconferencing, participants will have the opportunity to link into four 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 and any pre-workshop preparation/pre-reading tasks one week prior to the session.

3. Post Workshop Webinar – (1 hour)

Following the live online sessions, participants will be invited to a live webinar session (approx. 6 weeks post workshop) for a chance to share their successes, ask any clarifying questions and seek guidance for their next steps.

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



Jacqui Snider is an Occupational Therapist with over 35 years of experience, an Accredited ICF Coach, a certified Team Coach, and a trainer. She works with individual practitioners, team leaders, and business owners across the early childhood education, disability, and business sectors.

Drawing on her diverse clinical background and coaching learning, Jacqui brings a unique perspective to helping individuals, teams, and organisations thrive. Her approach is both practical and reflective—encouraging clients to explore with authentic curiosity, experiment with effective communication and collaboration strategies, and build the kind of powerful partnerships that support meaningful change. Jacqui is passionate about the neuroscience behind communication and connection. She uses this understanding as a foundation to help others deepen their impact—not just by learning to coach, but by adopting a true ‘coaching mindset’.

Expressions of Interest are now being sought for this online workshop. Register your interest to Zi Mei Events on info@zimei.com.au