

# ONE DAY OCCUPATIONAL PERFORMANCE COACHING (OPC) WORKSHOP

*When: 27<sup>th</sup> September 2018*

*Where: Waitakere Hospital – West Auckland*

*Time: 9:00am to 4:30pm*

*Presenter: Dr Fiona Graham*

Occupational Performance Coaching (OPC) is a way of working with caregivers toward achievement of goals for their children and families using their strengths and creativity to find enduring solutions. OPC has relevance when enablement of participation is the outcome of interest, be that in home, school or community settings, particularly when building the capacity of caregivers to self-manage situations is desired. OPC involves highly collaborative goal setting and performance analysis with caregivers. Therapists using OPC assist caregivers to build on their existing knowledge and resourcefulness. Information is shared between therapist and caregiver in ways that caregiver competence is emphasised, readying caregivers to strive towards the family life they seek.

Fiona Graham who is an occupational therapist (NZROT) with 15 years' experience working with children and families in public, private, health and education sectors. OPC emerged from Fiona's PhD studies at the University of Queensland examining the effectiveness of coaching parents of children facing occupational performance challenges. She currently teaches interprofessional rehabilitation at the University of Otago, New Zealand and works privately as an occupational therapist with children and families.

## ***Occupational Performance Coaching Workshop Overview***

Occupational Performance Coaching (OPC) is a way of working with caregivers (e.g., parents, teachers) toward achievement of goals for children (1, 2). OPC draws from strengths-based and adult-education principals to ensure that: therapists and families are working to achieve change in what families' value most and; families are highly involved in identifying strategies that are effective and sustainable. Emerging evidence indicates the effectiveness of OPC for children with neurodisability (3).

OPC has particular relevance when enabling children and family's participation in the life roles they value is the key outcome, be that in home, school or community settings. OPC is also designed to build the capacity of caregivers to self-manage future participatory goals. OPC involves highly collaborative goal setting and performance analysis with caregivers.

### *Workshop Objectives:*

1. Learners will link Occupational Performance Coaching theory, methods and research evidence to their existing knowledge about working with children and their families.
2. Learners will demonstrate key techniques of Occupational Performance Coaching including meaning-oriented participatory goal conversations, enhancing caregiver engagement and eliciting caregiver knowledge and resources.
3. Learners will identify their readiness to apply Occupational Performance Coaching techniques in their work and their next learning needs in applying coaching techniques.
4. Learners will evaluate the applicability of Occupational Performance Coaching in their work setting.

### *Teaching/ Learning Methods:*

Learners will engage in small and large group discussion and role play during this workshop.

*Target Audience:* This workshop is suitable for any professional involved in supporting families of children with neurodisability. Occupational therapists working with caregivers outside of paediatrics may also find this workshop valuable; however case examples within the workshop will be drawn from paediatric practice.

*Level:* Introductory

*Pre-requisites:* No prior experience of coaching is required however basic professional communication skills are required. Attendance at the goal setting workshop would be an advantage.

1. Graham F, Rodger S, Kennedy-Behr A. Occupational Performance Coaching: enabling caregivers' and children's occupational performance. In: Kennedy-Behr A, Rodger S, editors. Occupation-centred practice with children Oxford, UK: Wiley-Blackwell; 2017.
2. Graham F, Rodger S, Ziviani J. Coaching parents to enable children's participation: An approach for working with parents and their children. Australian Occupational Therapy Journal. 2009;56(1):16-23.
3. Graham F, Rodger S, Ziviani J. Effectiveness of Occupational Performance Coaching in Improving Children's and Mothers' Performance and Mothers' Self-Competence. American Journal of Occupational Therapy. 2013;67(1):10-8.