



## OCCUPATIONAL PERFORMANCE COACHING

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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. Occupational Therapists (O.T.) using OPC assist caregivers to build on their existing knowledge and resourcefulness. Information is shared between O.T. and caregiver in ways that caregiver competence is emphasised, readying caregivers to strive towards the family life they seek.

### **Learning Objectives:**

- Describe the philosophy and purpose of coaching in the context of rehabilitation, and articulate your reflection on its application in staffs' clinical areas,
- Describe and demonstrate the key techniques of coaching namely meaning-oriented goal-setting, eliciting caregiver knowledge and shared performance analysis,
- Identify key learning areas in staffs' use of coaching and describe how these will be developed following the workshop.

[Registration Form](#)