



Occupational Performance Coaching Five S's to Act

1. Keep it **small**. Big change often starts with small steps. Big steps often don't happen.
2. Keep it **simple**: Just 1-3 simply stated actions within plans.
3. Let clients **state** and confirm the planned actions in their own words.
4. A **snowball effect** often occurs from small initial steps. Be patient and trust the client's lead, including allowing them to learn from mistakes.
5. Real (lasting) change **sticks**. Actions that didn't fit the client or context will not be sustained so need to be refined or abandoned, without judgement.

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