

OPC Goal Development Example and Template



OPC Goal Development Example

Goal component & example	Notes
Who? <i>Johnny</i>	<ul style="list-style-type: none"> Whose behaviour/ability are we seeking to change/improve? This may be the client, their family, child or dependent Client must have an authority to try to affect this change (e.g., parent).
Will do what activity? <i>Will be seated on the mat</i>	<ul style="list-style-type: none"> What observable difference <i>will</i> occur (avoid stating what <i>won't</i> be done)?
In what daily life context? <i>During mat times at school</i>	<ul style="list-style-type: none"> Where specifically will the change be observed? Note that achieving change 'in clinic or during treatment session' is not the same as 'participating more fully in life' The coachee must have authority in this context (e.g., teacher in classroom; parent at home).
How often/to what extent? <i>90% of the week (teacher report)</i>	<ul style="list-style-type: none"> How can the change be quantified? E.g., <ul style="list-style-type: none"> Frequency Level of satisfaction/experience Length of time Level of involvement Intensity Distance
By when [DATE]? <i>the end of this term (dd/mm/yyyy)</i>	<ul style="list-style-type: none"> Agree to an estimated date that achievement of this goal is expected. This indicates when we expect to get a result, given the effort put in.
Complete goal statement: <i>Johnny will be seated on the mat during mat times at school 90% of the week (by teacher report) by the end of this term (dd/mm/yyyy).</i>	

Suggested citation: Graham, F., (2020), Occupational Performance Coaching (OPC) Logic Model. Retrieved from <https://www.otago.ac.nz/opc> (date retrieved). University of Otago.



OPC Goal Development Template



Goal component [enter detail below]	Notes
Who?	<p>Whose behaviour/ability are we seeking to change/ improve?</p> <ul style="list-style-type: none"> • This may be the client, their family, child or dependent <p>Client must have an authority to try to affect this change (e.g., parent).</p>
Will do what activity?	<p>What observable difference <i>will</i> occur (avoid stating what <i>won't</i> be done)?</p>
In what daily life context?	<p>Where will the change be observed?</p> <ul style="list-style-type: none"> • Be specific • Note that achieving change 'in clinic or during treatment session' is not the same as 'participating more fully in life' <p>The coachee must have authority in this context (e.g., teacher in classroom; parent at home)</p>
How often/to what extent?	<p>How can the change be quantified?</p> <ul style="list-style-type: none"> • Frequency • Level of satisfaction/experience • Length of time • Level of involvement • Intensity • Distance
By when [DATE]?	<p>Agree to an estimated date that achievement of this goal is expected.</p> <p>This indicates when we expect to get a result, given the effort put in.</p>
Complete goal statement:	

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