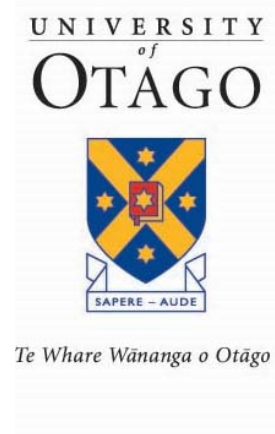




Occupational Performance Coaching (OPC)

**Introductory Presentation Material
for Non-commercial Teaching and Discussion**

Occupational Performance Coaching Resources (Graham, 2020)





Learning Objective

That learners can describe the
key aims,
theoretical basis and
components of
Occupational Performance Coaching (OPC).





What is OPC?

A highly ***person-centred approach*** to supporting clients to identify and implement changes, using ***reflective, goal oriented conversations*** with clients and strategies to support client readiness for change.

OPC recognises clients as ***adult learners*** with personally oriented learning needs and established knowledge and perceptions.

OPC aims to enhance client ***competence and confidence*** to manage current and future situations independently.





OPC: Therapist enabling actions

Information is **shared** between client and clinician, with an emphasis on drawing from what clients already know.

SHARE

Be curious Expect resourcefulness
Ask first Prompt reflections
Teach principals

A **structured** process is made explicit so clients retain control.

STRUCTURE



Est. valued participatory goals
Collaboratively analyse performance
Act Evaluate Generalise

OPC starts with **connection**.
Trust and empathy are critical to coaching.

CONNECT

Listen Empathise Partner



Core Principles of OPC

1. High trust partnerships are critical to effective help-giving.
2. Clients are the agents of change in their own lives.
3. Meaningful goals are those that reflect clients' aspired future states- rather than the minimisation of impairments or problems.
4. In the context of life-long disability, sustainable goal-related change can arise from many systems, and seldom arises from change to body structures and body functions.
5. Engaging with clients in ways that facilitate their sense of autonomy, competence and relatedness is a distinctive and highly relevant skill in supporting achievement of occupational performance/participation goals.





Reflection Questions

- Consider a situation in life you would like to be different, or a problem someone has shared with you. What specifically will that situation look like when it is the way the person wants it to be (what is their goal)?
- What does empathy and compassion for their experience feel like within you?
- What does the person already know that is important to making their situation more like the way they want it to be? How many different questions can you ask to encourage expression of what they already know?
- What is one specific action that the person feels they could take within the upcoming week that might help them to progress towards their goal?



Additional Resources

- Graham, F., Kennedy-Behr, A., & Ziviani, J. (Eds.). (2020). *Occupational Performance Coaching (OPC): A manual for practitioners and researchers*: Routledge. Available at [Routledge.com](https://www.routledge.com)
- <https://www.otago.ac.nz/opc>
- <https://www.otago.ac.nz/fionagraham>





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Occupational Performance Coaching Resources.
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