## Occupational Performance Coaching (OPC) Session Schedule

| Session Agenda | Question examples |
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| SESSION 1: GOAL, CPA1, ACT | |
| * Establish valued participatory GOAL | * *What is most important to you right now?* * *What is your vision for you/ your client/ family?* * *If you were to change anything what would it be?* * *What would have the biggest impact on you and your family/ client?* |
| * For highest priority goal, CPA: collaboratively explore perceived bridges and barriers & client needs through to brief specific agreed ACTION plan. | * *What happens now?* * *What have you tried already? How did that go?* * *What do you need to make this happen?* * *In relation to other things happening right now, how important is this to you?* * *What is your take-away plan from today’s discussion?* |
| SESSIONS 2-12 (end at goal achievement): GOAL, CPA, ACT, EVALUATE, GENERALISE | |
| * Check GOAL value each session. * EVALUATE current performance compared to baseline from client perspective. * In light of ACTIONS implemented and subsequent insights, continue CPA through to brief specific agreed ACTION plan. * Discuss opportunities to GENERALISE successful plans beyond immediate task, context and people. * End when no further goals. | * *Can I just check in with you, is this goal still your priority?* * *Given where you are at today, how important is achieving this goal to you right now?* * *What happened as you attempted..[specify plan]?* * *Tell me more about what happened as you tried to [implement strategy].* * *Where /when/who else might this strategy be relevant, or useful?* |

Note. 1. CPA = Collaborative Performance Analysis

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