



Occupational Performance Coaching (OPC) Session Schedule

| Session Agenda | Question examples |
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| SESSION 1: GOAL, CPA¹, ACT | |
| <ul style="list-style-type: none">• Establish valued participatory GOAL• For highest priority goal, CPA: collaboratively explore perceived bridges and barriers & client needs through to brief specific agreed ACTION plan. | <ul style="list-style-type: none">• <i>What is most important to you right now?</i>• <i>What is your vision for you/ your client/ family?</i>• <i>If you were to change anything what would it be?</i>• <i>What would have the biggest impact on you and your family/ client?</i>• <i>What happens now?</i>• <i>What have you tried already? How did that go?</i>• <i>What do you need to make this happen?</i>• <i>In relation to other things happening right now, how important is this to you?</i>• <i>What is your take-away plan from today's discussion?</i> |
| SESSIONS 2-12 (end at goal achievement): GOAL, CPA, ACT, EVALUATE, GENERALISE | |
| <ul style="list-style-type: none">• 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. | <ul style="list-style-type: none">• <i>Can I just check in with you, is this goal still your priority?</i>• <i>Given where you are at today, how important is achieving this goal to you right now?</i>• <i>What happened as you attempted..[specify plan]?</i>• <i>Tell me more about what happened as you tried to [implement strategy].</i>• <i>Where /when/who else might this strategy be relevant, or useful?</i> |

Note. 1. CPA = Collaborative Performance Analysis

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