## 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?*
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| * 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?*
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| 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?*
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Note. 1. CPA = Collaborative Performance Analysis

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