

A photograph of a group of people, possibly a team, in an outdoor setting. They are wearing light-colored shirts and are looking towards the right. The image is overlaid with a dark, semi-transparent rectangle containing yellow text. Below the text is a thin blue horizontal line.

OCCUPATIONAL PERFORMANCE
COACHING OPC

Coaching 'a shift from problem-oriented, therapist directed approach to possibilities-oriented approach where client empowerment takes precedence'

What are the challenges and benefits of adopting a coaching approach in occupational therapy practice?

Occupational Performance Coaching

How does it differ to other coaching approaches?

How to engage in a goal-focused reflective conversation drawing on occupational therapy knowledge of performance analysis and problem solving, disability and development?

What practice settings are appropriate?