

OPC Training Schedule

NOTE: Each preparation session (independent reading and journaling/reflection) will take approximately 1 hour; Zoom sessions will be 2 hours duration

Week	Session	Learning outcome	Key content
WEEK 1	Prep 1	Participants will identify their level of familiarity with the theoretical concepts underpinning OPC.	Manual Chapter 1: Introduction Manual Chapter 2: Theoretical and conceptual foundations
	ZOOM 1	Participants will: <ul style="list-style-type: none"> articulate the theoretical and conceptual foundations of OPC. differentiate OPC from other coaching interventions. 	OPC - <ul style="list-style-type: none"> key features core assumptions aims and tools Why do OPC? <ul style="list-style-type: none"> Why coaching Interprofessional coaching Applied positive psychology Therapist enabling actions How OPC is different to other coaching interventions Theoretical context to OPC <ul style="list-style-type: none"> ICF ICF goal examples CanChild F-words Usual care versus OPC How to do OPC? - <ul style="list-style-type: none"> OPC in detail – enabling actions Enabling change through connection
	Prep 2	Participants will define the Connect domain of OPC in relation to the key concepts of Listen, Empathise and Partner.	Manual Chapter 3: Implementation procedures (part 1: CONNECT)

Week	Session	Learning outcome	Key content
	ZOOM 2	Participants will demonstrate skills in listening, empathising and partnering.	OPC: Connect <ul style="list-style-type: none"> • Listen • Emphathise
WEEK 2	Prep 3	Participants will be able to name the key elements of the Structure domain.	Manual Chapter 3: Implementation procedures (part 2: STRUCTURE)
	ZOOM 3	Participants <ul style="list-style-type: none"> • will demonstrate skills in establishing valued participatory goals, • will apply the process of collaborative analysis of performance, and • will articulate example questions relevant to the phases of envision, explore and engage. Participants will <ul style="list-style-type: none"> • identify and respond to barriers to action • Demonstrate client led evaluation of change • Identify generalisation opportunities and demonstrate responses that prompt generalisation 	OPC: Structure <ul style="list-style-type: none"> • Establish valued participatory goals – • Collaboratively analyse performance - <ul style="list-style-type: none"> • Envision • Explore • Engage (SDT theory) • Act, Evaluate, Generalise
	Prep 4	Participants will <ul style="list-style-type: none"> • name the key elements of the Share domain • describe the extent to which they currently engage in shared decision making. 	Manual Chapter 3: Implementation procedures (part 3: SHARE)
	ZOOM 4	Participants will <ul style="list-style-type: none"> • reflect on their use of an attitude of curiosity. 	OPC: Share <ul style="list-style-type: none"> • Share knowledge • Info club sandwich

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		<ul style="list-style-type: none">• develop a repertoire of strategies to situate agency with clients, and maintain this while prompting client reflection, and teaching principles as appropriate.	<ul style="list-style-type: none">• Active agents Evidence onwards
END OF INTRODUCTORY COURSE			