

Resilience in uncertain times: Supporting ourselves as we support others

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DISTANCELEARNING

Postgraduate study
in **rehabilitation.**

POSTGRADUATE



otago.ac.nz/rehab



Meaning, Agency & Nurturing Autonomy

MANA Study of

Occupational Performance Coaching (OPC)

Assoc Prof. Fiona Graham

J. Williman, L. Desha, D. Snell, B. Jones, T. Ingham, A. Latu, J. Maggo, A. Ranta, J. Ziviani

hrc nz

30
YEARS
of
LIFE-CHANGING
RESEARCH

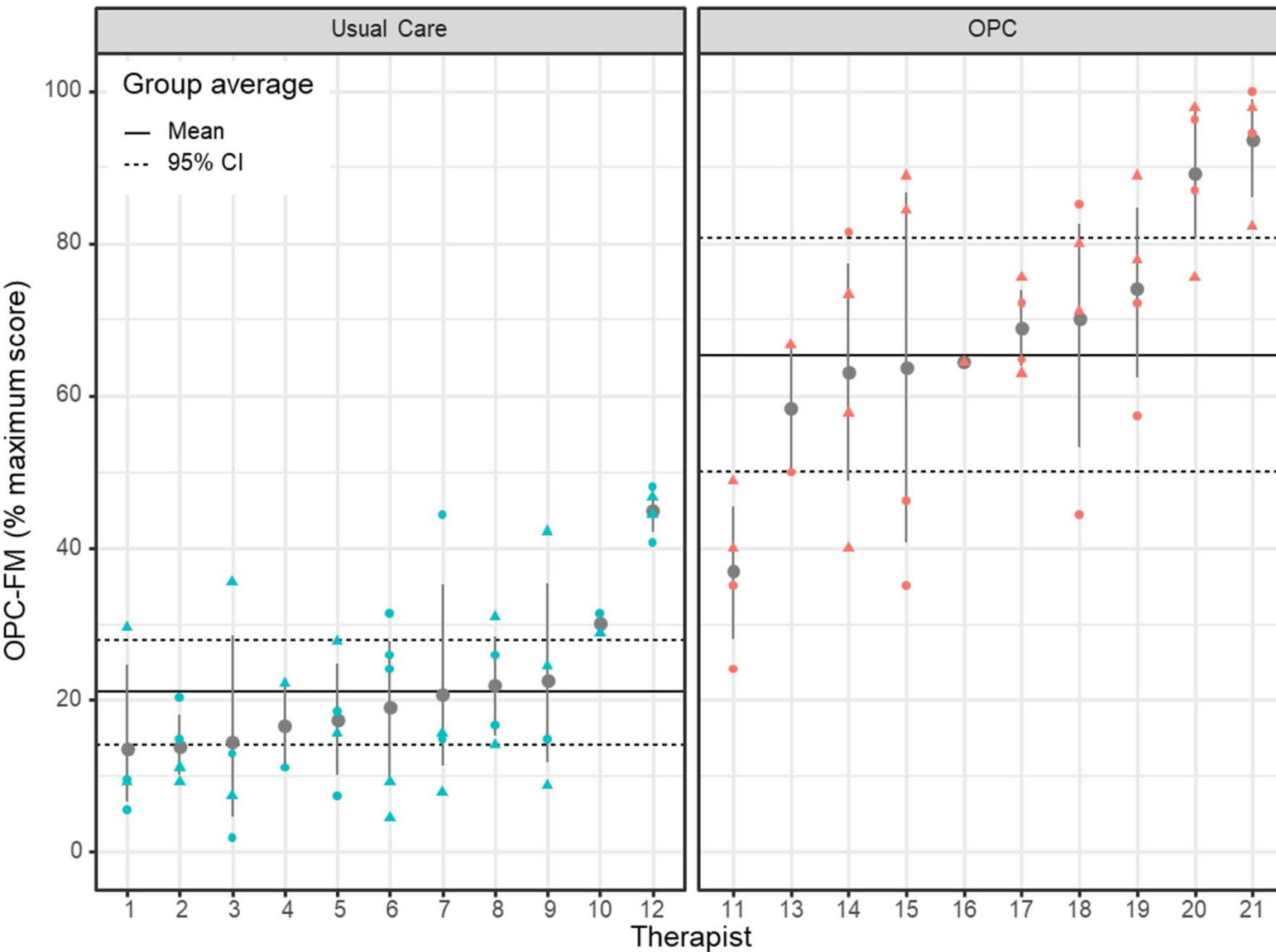
Therapists needed to be

- emotionally present
- cognitively flexible
- able to self-regulate their emotions
- willing to let go of control



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OPC
coaching
fidelity

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Psychological flexibility

the ability to recognise and adapt to
situational demands in pursuit of personally
meaningful longer-term outcomes

Three easy
steps

1. Notice

2. Adapt

3. Know why



1. Notice

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2. Adapt



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3. Know why

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