

My Favourite Words Life Wheel: A Coaching Approach

My Favourite Words Life Wheel is an interviewing and coaching approach to facilitate connection and goal setting for children and their families, caregivers and educators.

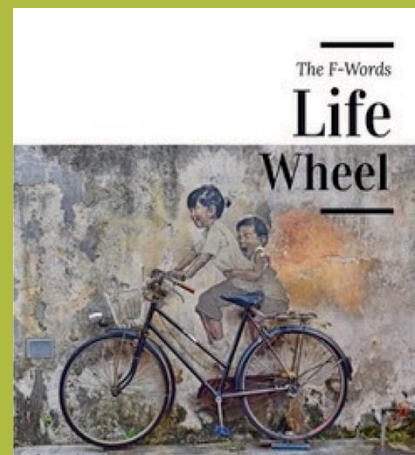
Developed by Arul Hamill and Lucy Charles, Occupational Therapists (Paediatric Occupational Therapy & Physiotherapy Aotearoa, New Zealand) in collaboration with CanChild Canada, the F-Words life wheel evolved from CanChild's Favourite Words 'F-Words' based on the International Classification of Functioning, Disability and Health (ICF) which focuses on six key areas of child development.

Family, Fun, Fitness, Future, Function and Friends

Course Details:

This is an interactive on-line course with livestream presentations and videos of the F-Words Life Wheel and break-out groups to practice coaching conversations, knowledge translation and use of the Wheel.

Presentation notes plus a copy of the "F-Words Life Wheel Guidelines" are also provided.



To express interest in attending a workshop, pls email
admin@paediatricot.co.nz



Who should attend?

Occupational Therapists, Physiotherapists, Speech Language Therapists, Teachers and Psychologists working with infants, children, young adults and families.

Course Outcomes:

- Develop an understanding of the F-Words, their evolution from the World Health Organisation International Classification of Functioning, Disability and Health and how to integrate these into your practice.
- Learn the principles of coaching conversations to develop connection and provide children and families with a voice to express their hopes and dreams. Learn how to identify steps towards developing a future vision through meaningful goal setting and intervention planning.
- How to use My Favourite Words Life Wheel and measure current satisfaction across all dimensions of life domains in different contexts.
- Learn how to use My Favourite Words Life Wheel during Teletherapy.

Comments from Attendees

“The F-words Life Wheel provided a vision for the future, to provide purpose for the present, by enabling a holistic view that focuses on strengths”

“The F-words Life Wheel enables strength-based conversations about possibilities for the future”

“I wasn’t quite sure where it fitted into my role, but the F-Words Life Wheel has given me a platform to really connect with families and to develop meaningful goals”

“The F-words and the Life Wheel have given us the ability to feed information back to the team to guide their practice”

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