

# My Favourite Words Life Wheel: A Coaching Approach

**My Favourite Words (F-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 in Child Development' 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**

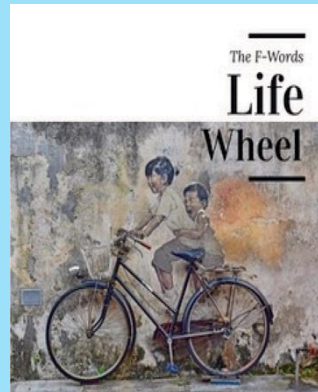
## **Course Details:**

Interactive on-line course with livestream presentations and videos.

Ideas for implementation and knowledge translation of the F-Words and the Life Wheel into practice.

Opportunity to practice coaching conversations.

Handouts, including a copy of the "F-Words Life Wheel Guidelines" are also provided.



## **Workshop Details:**

Saturday, 23 August 2025

NZT: 11am - 5pm

AEDT: 9am - 3pm

## **Cost:**

NZ\$300 incl GST

**Expressions of interest to:  
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.
- Connection and engagement through the Life Wheel - learn the principles of coaching conversations to develop connection and provide children and families with a voice to express their hopes and dreams.
- Envisaging and goal development - learn how to identify next 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.
  - Creative Teletherapy.
- *Pre-completion of the free CanChild F-Word modules is recommended.*

## Expand your Journey:

### Explore extra modules for the My Favourite Words Life Wheel

#### 1. Advanced F-Word Training:

This module focuses on building the capacity of families and tapping into their resourcefulness in supporting them to move towards the goals for their child. We delve further into coaching skills with a focus on envisaging, reflective questions and prompting analysis. 3Hrs

#### 2. Hearing What Matters - Capturing the Child's Voice:

Spark engagement and intrinsic motivation. Empower children through creative and affirming ways using the F-Words. 2Hrs

#### 3. Cultural Considerations and the Life Wheel:

With a focus on connection, this module explores the Life Wheel and its use as a framework for connection, listening and the sharing of stories in a culturally sensitive way. 1Hr

#### 4. Perspective Taking:

This module explores relational approaches to enhance the parent and child's connection and capacity. 2Hrs