

# F-Words Life Wheel



Arul Hamill

Lucy Charles



Kelly Reynolds

Arul and Lucy are both Occupational Therapists with over 25 years-experience working with children in a number of different health, educational and community settings in New Zealand, Australia, the Pacific Islands and the United Kingdom. They are co-founders of Paediatric Occupational Therapy and Physiotherapy Aotearoa in Auckland, New Zealand. They provide Occupation and Participation focused Occupational Therapy, Physiotherapy and Multidisciplinary services for infants and children, which are based on relationship-directed and family centred interventions.

Arul and Lucy have built on their clinical knowledge and integrated Coaching approaches and techniques into their practice. They provide clinical and professional mentoring, supervision and training for Paediatric Therapists on Knowledge Translation, Clinical Reasoning, The F-Words Life Wheel, Implementing Coaching into practice as well as Occupational Performance Coaching (developed by Dr Fi Graham)

They developed the “F-Words Life Wheel” in collaboration with Kelly Reynolds Physiotherapist from Kidsplus Australia and CanChild Canada. They are passionate about hearing the child and family’s voice, journeying alongside families, building on individual’s strengths and enabling participation in their lived environment. As well as connecting with families, meeting and matching them where they are at, respecting their values, culture and life capacity at any given time.

They have been delivering the F-Words Life wheel Workshops both in person and using interactive Online platforms with live demonstrations, video examples and break out rooms.

The course provides opportunities to practice using the Wheel with the use of coaching conversations. They draw on their clinical knowledge to facilitate discussions on how you can translate this new knowledge into your practice.