

The Favourite F-words Life Wheel: A coaching approach.



The F-Words Life Wheel: Bringing a biopsychosocial approach and coaching together to engage families of children with developmental needs.

Lucy Charles and Arul Hamill are both Occupational Therapists with over 30 years-experience working with children in a number of different health, educational and private settings. They run a private practice in Auckland *Paediatric Occupational Therapy and Physiotherapy Aotearoa New Zealand* with a small team of Occupational Therapists and Physiotherapists. They also support children and families in the Pacific islands.

Lucy and Arul developed the "Favourite F-Words Life Wheel" in 2020 in collaboration with CanChild Canada. Building on their knowledge of coaching techniques and relational frameworks. This approach supports reflective conversations, enables envisaging, goal setting, and meaningful engagement with children and their families. It emphasizes strength-based, inclusive, and neuro-affirming practices, fostering participation and connection while respecting the values, cultures, and lived experiences of the children and families they work with.

They have taught the "Favourite F-Words Life Wheel" and Occupational Performance Coaching courses (developed by Dr Fi Graham) internationally in the United Kingdom, Ireland, Canada, Australia and New Zealand and are involved in research with CanChild, McMaster University and Auckland University of Technology around "Partnering to explore the tailored implementation of the F-words for Child Development at an organizational level" and Auckland University "Reflexive thematic analysis of a coaching-based, holistic approach to child development."

They have presented their work at international conferences including the Pacific Rim Development and Diversity conference in Hawaii, AusACPDM conference in Australia and New Zealand, the EACD in Belgium, the National Cerebral Palsy conference in South Africa, Changemakers conference at Kidsplus Australia, Child and Adolescent Mental Health conference Australia and The Wired on Collective conference Summit. They have contributed to the "Skies we're under" and "No such thing as normal" podcasts.