



**Proposal:** Telehealth training and 3 monthly follow up support sessions for CESA8

**Date:** Session 1 & 2: 11th August 2020, 3-5pm (CDT)  
Session 3 & 4: 18th August 2020, 3-5pm (CDT)

**Platform:** Zoom

**Goal:** Facilitate the shift from hands on therapist to online coach.

**Outcome:** Utilise Telehealth to ensure continuity of care to school community.

	CONTENT	STRATEGIES	TOOLS
SESSION 1: ALIGNMENT	Mindset shift from therapist to coach.	Assessing alignment and ensuring coach readiness!	Scale 1-10  Movement Action Plan (MAP)  Internal and external Evaluation
SESSION 2: AWARENESS	Equipment and communication tools at our disposal.	Exploring different platforms and tools available to operate effectively in this online space.	Zoom - practice session
SESSION 3: ACTIVATION	Implementation of knowledge, in a way that empowers, equips and engages therapists.	Transferring knowledge from therapist to parents.  Facilitating a dependency shift which creates ownership and desirable outcomes.	Pie Chart - including the 6 "F" words - fitness, function, friendships, family factors, fun
SESSION 4: STRENGTH AND ENDURANCE	What it takes to keep moving forward!	Telehealth is here to stay. Expanding what we know and how we continue to use it will set us apart and allow our impact and influence to stay stronger for longer.	Digital team approach

“Great coaches make better therapists”