

THE FOUNDATIONS OF OT SUCCESS

Learn to be a better OT who loves what they do...

With Clare Batkin - Your OT Tutor

EMPOWER YOURSELF

- 1 Consider your own needs first. Engage in self-reflection and supervision, set impactful CPD goals, build resilience, and navigate career progression, ensuring your passion for learning and professional fulfilment remain central to your OT experience.

THINK LIKE AN OT

- 2 Kickstart your OT Brain and set it to autopilot. Unleash the power of thinking like an OT by using models, processes, frameworks and principles to guide a client-centred, holistic approach to your practice.

BE A PROUD #OTNERD

- 3 Dive into the world of evidence-based practice. Learn the art of blending research evidence, client values, resource considerations, and your personal expertise to craft the optimal therapeutic approach.

CONNECT AND COLLABORATE

- 4 Hone your skills in effective communication, interpersonal interactions and rapport building. Explore the essentials of forming therapeutic relationships with clients, families, and fellow health professionals.

BE AN OT DETECTIVE

- 5 Elevate your skills in gathering comprehensive client information. Improve your interview, observation, activity analysis and assessment selection abilities to facilitate targeted and effective therapy sessions.

SOLVE PROBLEMS, CHANGE LIVES

- 6 Help your clients overcome functional barriers. Explore core skills like assistive technology prescription, self-care retraining, environmental modification and report writing to elevate client independence, participation, and quality of life.

TEACH AND TRANSFORM

- 7 Embrace your inner teacher, passing on your knowledge and skills to fellow OTs. Gain confidence in providing supervision, teaching students, mentoring, leading others, and extending your impact through providing team education and external training.

RAISE THE BAR

- 8 Elevate your impact and showcase the awesomeness of OT. Dive into quality improvement, step up by joining associations and committees, take the stage by presenting at conferences and events, and create a powerful social media presence.

