

Professional Development: Which CAOT Services and Programs Are the Best Fit for You?

Presenter:
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CAOT Professional Development Manager

CAOT Professional Development
News & Resources Webinar
December 7, 2017

Canadian Association of Occupational Therapists  Association canadienne des ergothérapeutes

Learning Objectives

After taking part in this webinar, participants will:

1. Be able to briefly describe and differentiate the Professional Development services and programs available through CAOT.
2. Be aware of at least 5 new developments for 2017-2018 based on member feedback.
3. Be able to utilize at least 3 efficient ways to share your professional development needs.
4. Know the opportunities to get involved with Professional Development activities.

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Self-Reflection

What is the #1 most important element to you in a professional development activity?

- | | |
|---|--|
| <input type="checkbox"/> Demonstrations | <input type="checkbox"/> On-demand (available when you need it) |
| <input type="checkbox"/> Group discussions (including case studies) | <input type="checkbox"/> Opportunity to practice the skills |
| <input type="checkbox"/> Immediate feedback on your performance | <input type="checkbox"/> Personalized and individualized guidance and mentorship |
| <input type="checkbox"/> Minimal cost | <input type="checkbox"/> Q&A with an expert in the field |
| <input type="checkbox"/> Networking | |

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Self-Reflection

What is the #2 most important element to you in a professional development activity?

- Demonstrations
- Group discussions (including case studies)
- Immediate feedback on your performance
- Minimal cost
- Networking
- On-demand (available when you need it)
- Opportunity to practice the skills
- Personalized and individualized guidance and mentorship
- Q&A with an expert in the field

Feedback from CAOT Members

The 5 most important elements:

1. Opportunity to ask questions and receive answers from an expert in the field
2. Opportunity to practice the skills
3. Minimal cost
4. Demonstrations
5. Networking with other occupational therapists

From CAOT annual membership survey, January 2017



The 10 most sought-after topics:

1. Cognitive and perceptual intervention
2. Cognitive and behavioural therapy
3. Executive function
4. Cognitive and perceptual assessment
5. Brain injury interventions
6. Adaptation and equipment
7. Mindfulness
8. Anxiety disorders
9. Motivational interviewing
10. Chronic pain management

From CAOT Professional Development Needs Survey, May 2017



The ideal level of difficulty:

Almost 70% want an intermediate level of professional development

From CAOT Professional Development Needs Survey, May 2017

Canadian Association of Occupational Therapists. (2017). What's new. *Occupational Therapy Now*, 19(5), 5. Retrieved from <https://www.caot.ca/document/5840/whatsnew.pdf>

Professional Development Services and Programs

What services and programs are available?
Which one(s) best meet my needs?

Self-Reflection

Which CAOT Professional Development services and programs are you aware of?

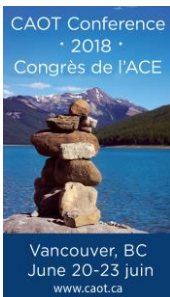
- CAOT Conference
- Mentorship On Demand
- News & Resources Webinars
- Periodicals
- Practice Evidence Webinars
- Publications
- Workshops

Self-Reflection

Which CAOT Professional Development services and programs have you previously participated in/accessed?

- CAOT Conference
- Mentorship On Demand (formerly Momentum)
- News & Resources Webinars (formerly Water Cooler Talks)
- Periodicals
- Practice Evidence Webinars (formerly Lunch & Learn webinars)
- Publications
- Workshops

CAOT Conference



- 1 per year
- 3 days in length
- In person
- 400-800 delegates
- Ideal for:
 - Learning the latest evidence
 - Networking
 - Q&A

News & Resources Webinars

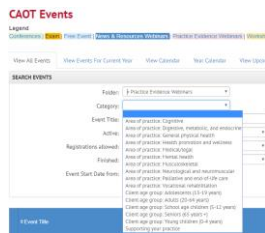
- 5 to 15 per year
- Up to 1 hour in length
- Online
- Ideal for:
 - Free and exclusive to CAOT Members and Associates
 - Learning about new projects, updates, resources and initiatives relevant for Canadian occupational therapists
 - 24/7 access (for On-Demand Webinars)

Practice Evidence Webinars (1 of 2)

- 30 to 45 per year
- 1 hour in length
- Online
- Ideal for:
 - Learning evidence-informed, occupation-based and practical resources and information
 - Q&A
 - Minimal cost
 - 24/7 access (for On-Demand Webinars)

Practice Evidence Webinars (2 of 2)

- **New for 2016-2017!**
 1. Automated bundles
 2. 5, 10 and 15 bundles for live and/or On-Demand
- **New for 2017-2018!**
 1. Automated On-Demand Practice Evidence Webinars
 2. Level of experience
 3. Search by area of practice or client age group



Workshops (1 of 2)

- 30 to 45 per year
- 1-3 days in length
- In person
- Ideal for:
 - Practicing hands-on skills
 - Discussing case studies
 - Networking
 - Q&A



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Workshops (2 of 2)

- **New for 2017-2018!**
 1. Level of experience
 2. Search by area of practice or client age group
 3. Reduced registration fee for all
 4. Workshop registration fee detail

Included with your registration fee
Two-day workshop, electronic copy of presentation slide handouts, coffee/hosted during mid-morning and mid-afternoon breaks, opportunity to network and make connections with other occupational therapists interested in this topic, one-hour Q&A webinar with the presenter approximately 2 months following the webinar, electronic certificate of attendance

5. Facilitated networking
6. Some include a follow-up Q&A webinar with presenter
7. Improved presenter processes

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Periodicals/Journals (1 of 2)

- *Canadian Journal of Occupational Therapy, Occupational Therapy Now* and 10 other leading periodicals
- Ideal for:
 - Free for CAOT Members and Associates
 - 24/7 access
 - Access latest research to stay evidence-informed



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Professional Development Calendar



www.caot.ca/site/pd/professionaldevelopment?nav=sidebar

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Self-Reflection

Take a moment to review what you indicated your #1 most important element is in a professional development activity. Which CAOT Professional Development services and programs are the best fit for you?

- CAOT Conference
- Mentorship On Demand
- News & Resources Webinars
- Periodicals
- Practice Evidence Webinars
- Publications
- Workshops

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Share Your Professional Development Needs

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Would you like a current Workshop offered closer to you?

- Access the survey available on the bottom of each workshop webpage to let us know
- Share this link with colleagues

Additional questions?
If you would like to inquire on accessibility options available to you, please contact education@caot.ca or 1-800-454-2368 ext. 222.
If you would like to attend this workshop in another location, please note that the registration fee may vary from one location to another as there are different costs involved.

Do you have a suggestion for a topic or a presenter?

- Submit your suggestions for Workshop, Webinar and/or Publication topics by using the survey link on the Professional Development page <http://www.caot.ca/site/pd/professionaldevelopment?nav=sidebar>
- Share this link with colleagues

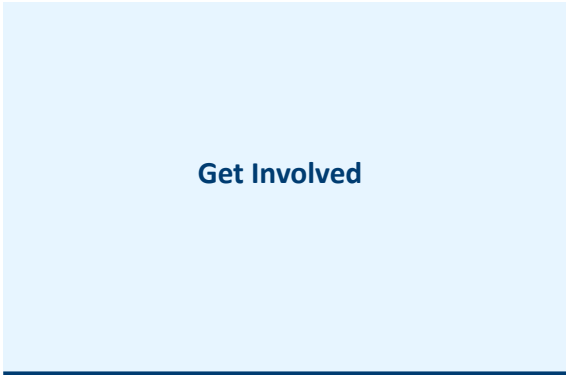
Suggestions
Provide suggestions for future Workshops, Webinars and/or Publications so we can continue to meet your professional development needs!

Do you have a suggestion for a new type of Professional Development activity, an initiative or a partnership?

- Great Ideas Portfolio: Submit your Great Ideas to board@caot.ca

CAOT Member Surveys

- Respond to CAOT membership surveys
- Examples:
 - CAOT member satisfaction survey
 - CAOT Professional Development needs survey



Would you like to become a presenter or an author?

- Complete a proposal form and submit it to CAOT, following the instructions on the Get Involved page <https://caot.ca/site/pd/getinvolved?nav=sidebar>
- The CAOT team will then review the completed proposals and be in touch with the next steps

Would you like to become a mentor for Mentorship On Demand?

1. Download and complete the [mentor profile](#) (intended for sharing with potential mentees to help to ensure a good fit during the matching process)
2. Fill out [this brief survey](#)
3. CAOT will be in touch with potential mentors once the program is launched (expected in January 2018)
4. Mentors will be trained by completing an online learning module and a workbook for mentors.
5. Once matched with a mentee, you will work with them for 6 months towards their professional goals

Would you like to volunteer with the CAOT Conference or other programs?

- Consult the current available opportunities as part of the CAOT Volunteer Program <https://caot.ca/site/vp/volunteerprogram?nav=sidebar>



Key Points

Learning Objectives (Review)

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Key Points (1 of 4)

1. CAOT has a variety of Professional Development services and programs (Conference, Workshop, Webinars, Publications, Periodicals, Mentorship On Demand). Select the ones that have the element(s) that are most important to you, such as:
 - Group discussion
 - Minimal cost
 - Networking
 - On-demand
 - Opportunity to practice the skills
 - Personalized and individualized guidance and mentorship
 - Q&A

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Key Points (2 of 4)

2. CAOT invites you to submit your suggestions and ideas through:
 - “Other location” Workshop surveys
 - General suggestions survey on the Professional Development webpage
 - Great Ideas Portfolio
 - CAOT membership surveys

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Key Points (3 of 4)

3. Your feedback is integrated into new developments and offerings, such as:
- Reduced workshop registration fees
 - Facilitated networking
 - Follow-up Q&A webinars after workshops
 - Automated On-Demand Practice Evidence Webinars
 - Facilitated mentorship available on demand and at minimal cost
 - "Level" indicated for Workshops and Practice Evidence Webinars
 - Search by area of practice and client age clients

Key Points (4 of 4)

4. To get involved as a Presenter or an Author, visit the Get Involved webpage.
To get involved as a mentor or a volunteer with the CAOT Conference, visit the CAOT Volunteer Program webpage.

Questions?

Christina Lamontagne
education@caot.ca

THANK YOU

In an effort to continue to improve our webinars, registrants will receive an email with a link to a feedback form. We'd greatly appreciate any feedback you can provide.

Registrants will receive a certificate of attendance by email with the feedback form, which may be completed with their name in order to attest their participation in this webinar and to keep for their records.

**Only those that have registered for this webinar should complete the certificate of attendance.*

