

# Start to can



Work

0 of 1 activities completed



Living



Relationships



Leisure Time



Me

0 of 1 activities completed



Health



WACHTPOST IN  
JOUW TOEGANG



European Union



Vlaanderen  
to work



LAPIN YLIOPISTO  
UNIVERSITY OF LAPLAND

# WHY a tool: Start to Can?

COVID-19

Pressure on:

- Relations and contacts
- Perspective
- Mental health and wellbeing



Mediation from school to work

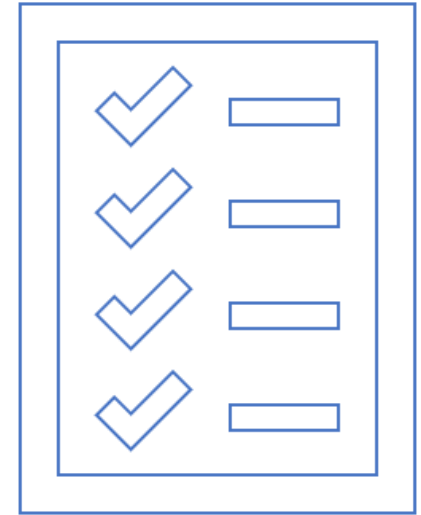
- Stay in contact, be present
- Create hope and perspective
- Mediate to jobs
- Support networks



- ✓ a web tool for a blended approach
- ✓ solution focused
- ✓ Starting with dreams

# Essentials

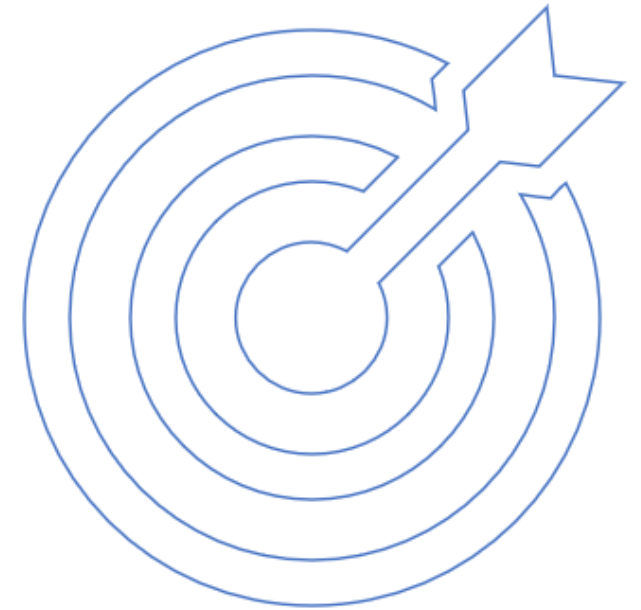
- **Attractive** look and feel
- Provided with **individual support**
- **Gamification** – avatar
- **Nothing about us, without us**
- The youngster **decides** what he/she wants to **share**
- The coach is **present**
- The importance of the **network**
- **Resilient coaches** - provide training and intervision



## A webtool for and by youngsters...

- To turn their **dreams**
- Into **meaningful actions**
- Towards **work**
- Develop their **network**
- Develop their professional **skills**

**To facilitate the transition from school to the labor market**



**Webtool**  
**[www.starttocan.be](http://www.starttocan.be)**



# Benefits of ONLINE TOOL



- digital platforms enable people to self steer (Bucci et al., 2019)
- Online mental health tools are effective, flexible and have a low threshold (Feijt et al., 2020; Kauer et al., 2014)
- Stimulate the motivation of the users (Macias et al., 2015)
- Coaching is adapted on the needs of the user

# EPR as a network

- Can **collect** the good practices on web based tools for rehabilitation.
- **Exchange** experiences of the use of online tools.
- **Stimulate** inclusive user-based online coaching tools

it all starts  
with a dream





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Me  
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Health

