

Recovery orientation in job coaching – Supported gig work



Valtti Valmennus - Niemikoti foundation



VALTTI COACHING

- Provides job coaching services for people with mental health difficulties
- Individual and group job coaching
- Support for finding your own skills and strengths



- Support for planning and implementing education and working life paths
- Different low-threshold groups that include for example themes about working life, education and job searching.
- We value our service users' knowledge and experience. They have an important and big role in implementing and developing our services.



SUPPORTED GIG WORK

- Offers the opportunity to perform short-term jobs, often lasting one or a few shifts, which are referred to as gigs.
- For whom; individuals with partial work capacity, long-term unemployed, or those on disability pensions.
- WorkPilots application to manage gig work

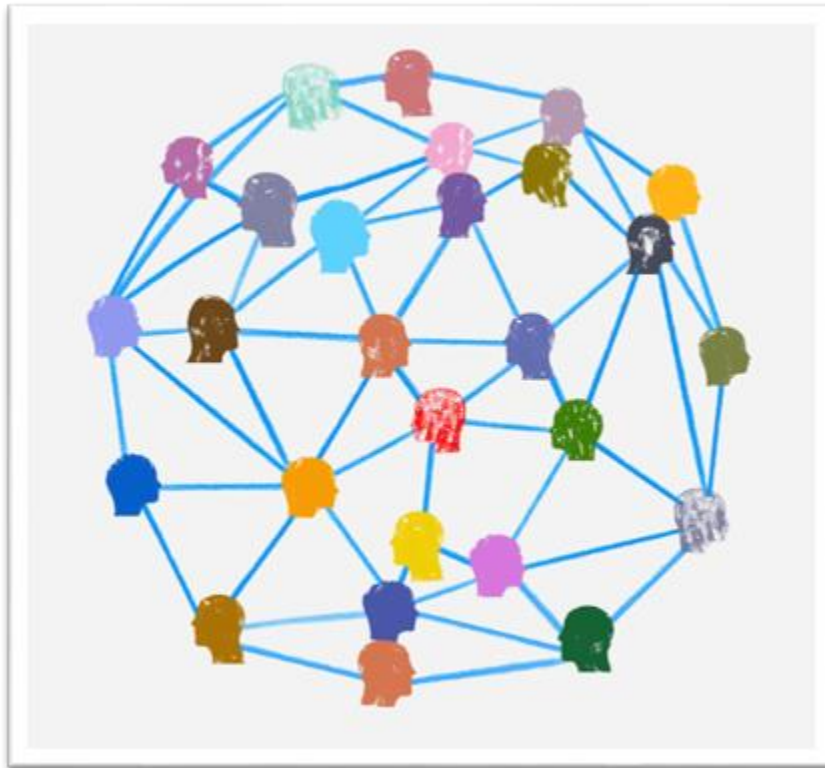
- The goal; is to help individuals return to the workforce or gain valuable work experience.
- “one gig at a time” can serve as a stepping stone into the workforce



JOB COACHING –

Support from a job coach is needed in many areas

- The role of the job coach during supported gig work is determined by the personal needs of the gig worker.
- In supported gig work, the job coach supports both the gig worker and the gig provider before, during, and after the gig.



- One significant barrier to gig work is the difficulty of combining paid work with social benefits and the complexity of the system.
- Resolving these issues requires knowledge and the courage to contact experts.



Before and during supported gig work, job coaching includes:

- Guidance on arriving at the workplace
- Reviewing work instructions
- Providing necessary support during the task
- Managing breaks and work progress
- Concluding the gig and providing feedback



After supported gig work, job coaching includes:

- Providing feedback from the gig worker to the gig provider
- Updating the resume
- Evaluating the gig work experience
- Planning the next steps

Experiences from supported gig work:

- **“It’s easier to show my level of motivation with the experiences I’ve gained.”**
- **“It’s easier to move forward when you’re not alone.”**
- **“I gain hope.”**
- **“I’ve been able to progress step by step.”**
- **“For me, working is important, especially when dealing with an illness. It’s important to work; it maintains a positive mood. At the same time, it’s social activity, seeing people. When you’re at home for a long time, you go crazy. Work is good for the soul and body.”**
- **“I haven’t dared to dream or aim for anything before. Supported gigs have increased my self-confidence, and in the long run, they bring confidence and courage to dream.”**



