



“If I can you
Can Too!”

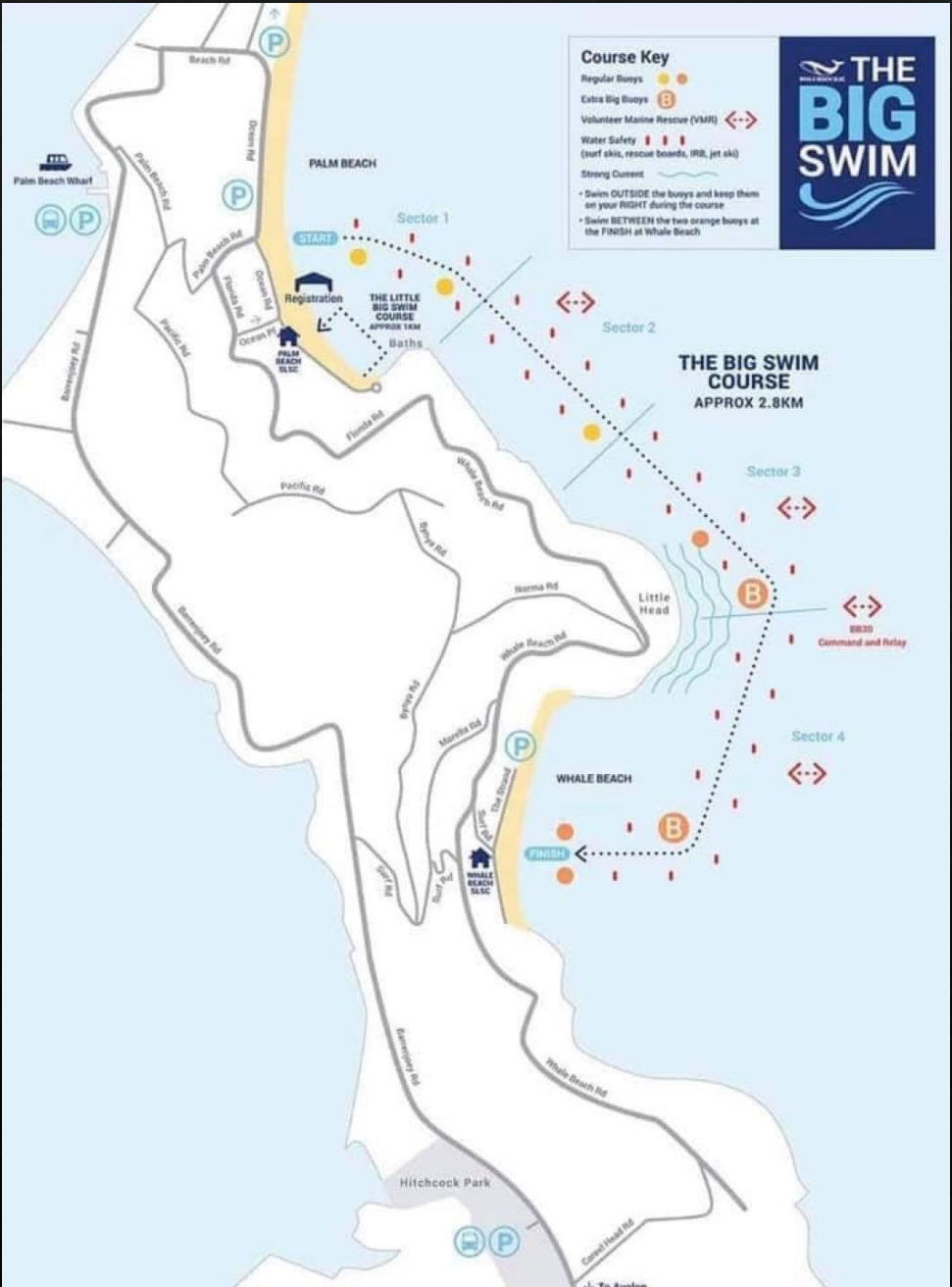


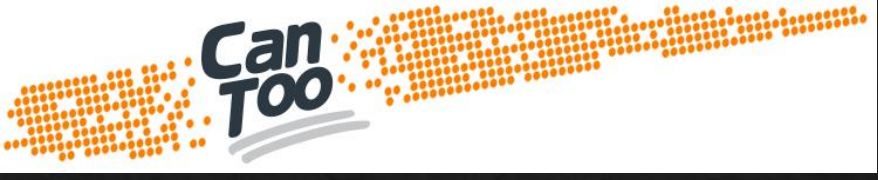
Annette Gray

Can Too participant and mentor.
Solution Focus Consultant

Peter McLean – CEO Can Too

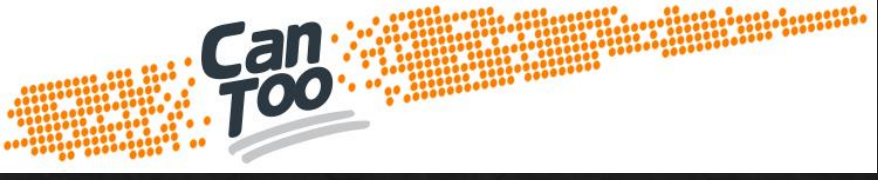
The Preferred Future - the course





The training – Pool session





Beach training sessions



The race!



The Coaches Mentors Team Captains Champions Swim buddy



The Champions



The inspiring people!

Ganesh Vengadasalam





Can
Too
can-too.org.au

The sense of community!



The community that stays connected



The Finish

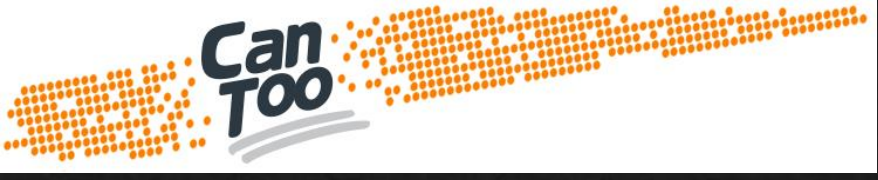




The Founder – Annie Crawford – The Annie Effect







What worked?

In breakout rooms

- ◇ What impressed you about what Can Too have done?
- ◇ What clues tells you this has a Solution Focus flavour/resemblance?
- ◇ What do you think worked?
- ◇ What questions do you have of Peter McLean – CEO Can Too



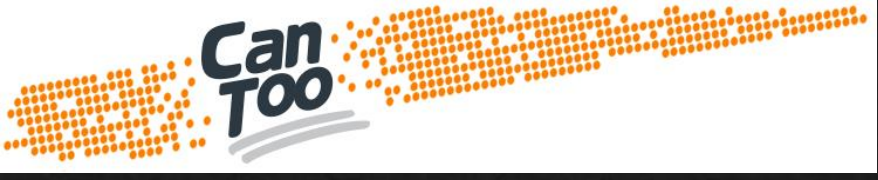
The Can Too effect

Values

- ◆ Inspire
- ◆ Motivate
- ◆ Support
- ◆ Empower

Culture

- ◆ Nurturing
- ◆ Fun
- ◆ Goal oriented
- ◆ A place where you can face fears – learn resilience
- ◆ Vehicle for personal transformation
- ◆ Giving back



What worked?

- So many people looking out for each swimmer
 - formal roles Can Too set up – Coach, Team Captain, Mentor, Champion
 - informally each person has a swimming buddy at the beach training
- All requested to raise \$1,300 for charity – giving to a bigger cause, celebrated once achieved
- Support on ideas for fundraising
- Generally everyone has been connected to cancer in some way
- The whole program was built on small steps and breaking down the components of skilling up – eg. Getting out through the waves efficiently, gaining confidence to actually swim beyond the breakers, overcoming the fear of what is underneath the water
- After each beach training everyone went and had breakfast together
- Built a community (sense of belonging) that lived on well after the goal events
- Making yourself vulnerable – overcoming fears

Mel Rahtz

“Mel is a legend! Mel coached my first Can Too experience last year. She was so motivating and inclusive, with constant encouragement – that great smile greeted us every Wednesday and Saturday. Mel swam with whoever needed a helping hand. This year I came back with Mel as my Coach again. I was determined and very nervous about the 2.8km Palm to Whale beach swim. She offered to swim with me right away.

On the day Mel had already swam with another Can Tooer and was encouraging us all from the minute we hit the beach. She told the gang of us where to start the race and then called ‘3,2,1 under’ to get me out through the waves. Mel never stopped calling to me, swimming back to check on others coming back and calling encouragement. I wouldn't have been able to do it without her.

So many people have been touched by Mel's generous spirit, big smile and loud supportive voice! Mel will battle the waves with you, swim and support anyone that needs it. Thanks Mel you are awesome and a Can Too inspiration.”



Imagine.....



- ◇ Suppose all organisations had people who looked out for you.....
 - ◇ Leader
 - ◇ Coach
 - ◇ Mentor
 - ◇ Team captain
 - ◇ Champions
 - ◇ Each colleague look out for each other
-Imagine how people could grow and achieve amazing things!