

## TOOLS AND METHODS

**Make Your Life Visible**

Finland 2022



## TOOL'S SUMMARY

<b>Tool/method name</b>	Make your life visible Service
<b>Tool/method summary description</b>	<p>NäytönPaikka -service is a personal tool that helps you take a closer look at your life. You have different tools, such as a network map, timeline, and a ready-made CV form.</p> <p>You can save your various information in the service and edit them whenever you want. You may also share your information with the workers/professionals/support persons whenever to want.</p>
<b>Country observed</b>	<b>Finland</b>
<b>Year observed</b>	<b>2022</b>
<b>Programme area</b>	Social Inclusion, Active Citizenship, Migrant Integration.
<b>Tool type</b>	Digital portfolio of one's life, training session,
<b>Specific topic</b>	
<b>Beneficiaries of tool:</b>	All community in various areas of life. This is Ready-made tool for professionals as well.
<b>Can this tool be applied to other beneficiaries: yes/no</b>	Yes
<b>What type of beneficiaries: ALL, or specific ones?</b>	All (professionals included)
<b>If specific ones, which?</b>	

## Tool full description

NäytönPaikka -service is a free-of-charge, customer-oriented and resource-based tool which empowers and helps a person to reflect on their life comprehensively from different perspectives. With the tools available at the service – such as a life situation mapping-out -tool, a timeline -tool and a network map – the service users can take a closer look at the strengths, challenges, threats, and possibilities. Moreover, the user can choose to make them visible to their support network.

Simultaneously the service provides workers with a complete and versatile way of customer-oriented and professional work against marginalization and support inclusion, growth, and empowerment.

## Context

Since 2005, the service's content has been ongoing cooperation between the users and workers from the professional welfare field.

Initially, a project called " Oma Elämä Näkyväksi/ Make your life visible" funded by RAY (Finland's Slot Machine Association), oversaw the design, implementation, and administration of the service. In 2016 the service was passed over to be managed by The Finnish Federation of Settlement House.

The service is widely used around Finland, for example, within employment, immigrants -, youth-, educational-, housing-, substance abuse- and mental health -services.

Could it be used in other contexts? If yes, which ones?

The digital portfolio can be adapted and used according to the needs and contexts. For personal use, the digital portfolio provides users with various tools to support them in planning their life situation mapping, network mapping, timeline, and a ready-made CV database.

For professionals, make your life visible web service provides an easy and illustrative view of the client's (service user's) situation, thus speeding up and deepening cooperation with the client. The service offers a ready-made and versatile way to work in a client-oriented and holistic way to combat exclusion and support inclusion, growth, and empowerment.

## What is innovative about this method or tool?

The online service encourages and helps its user to take a holistic view of their life from many different perspectives. With tools such as a life situation map, a timeline, and a network map, you can pause to reflect on your life's strengths, weaknesses, threats, and opportunities, and share them with your support network if you wish.

The users own the data about their own life and decide with whom to share it who. And decide what to share what to share with the professionals around them.

## Detailed Methodology

Here are the steps into using the digital portfolio tool:

- The users hear about the tool from professionals.
- The users start using the tool with a professional help or guidance or by him/herself.
- The users will decide if he/she wants to share the data with professionals or support persons.
- The user can modify the data anytime he/she wants.
- The user can change the settings concerning sharing the data.

## Comments from participants

*“Make your Life Visible approach is very interesting, although difficult to implement in my country(unfortunately), which is a pity since I think it would make things much easier for everybody, it would save time, money and energy.”*

*“I like the portfolio “Make Your Life Visible. You can manage your personal/medical/work files and choose with whom you want to share them with. This way a client can keep control over information by opening or closing sections. It can also support intakes by opening a personal introduction about yourself.”*

## Specific advice for staff/volunteers/adult educators

The advice would be to train professionals users for at least an hour before taking the tool into use.

## For more resources and information



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The user's section on “Make Your Yourself Visible” website.