Helping Verbs, Auxiliary Verbs - Can and Could:
A helping verb is used with another verb to form its conjugations. Helping verbs (auxiliary verbs) are action, state, or being words that are used together with other verbs to express changes of thought such as voice, mood, tense and other shades of meaning. Say it! Write it! Repeat it!

I can work.

You can work.

He, she, or it can work.

We can work.

You all can work.

They can work.

Mark can work.

Matt can work.