



## **Routt to Work Coaching Program: It takes a Community!**

We all know that making ends meet in Routt County isn't easy. Routt to Work is excited to offer this two part program to low-income residents that are ready, committed, and able to achieve increased stability and self-sufficiency for the long term. Through an intentional, research-based, goal achievement process, this program assists individuals in making lasting changes that are personal in nature and also contributes to our vision of being:

**the go-to resource for individuals and families  
who want to move towards a better life.**

Below is an overview of this two part program:

### **Step it Up:**

- 8 week class
  - Wednesday evenings, St. Paul's Episcopal Church OR Friday evenings, Oak Creek Community Center
- Participants assess areas they want to change and learn how to apply a structured goal achievement process to reach tangible goals.
- Get to know and gain support from others

### **Move it Up:**

- Participants implement goals with support
- Community Coaches help steer, direct, and encourage participants in their goal work.
- Program classes, coach meetings, and skills based classes are offered all year.

## **We Need You as a Community Coach!**

**Who & What:** Coaches are volunteers that support participants in their goal work and help to remove barriers and build resources. Coaches and participants follow the program model during and in between classes. This gives the partnership direction and structure. You do not have to have a special degree. If you have patience, compassion, and the ability to be a listening ear and a cheerleader for someone, you are qualified.

### **How & When**

- Commit 6+ hours per month for work with your participant (including class).
- Attend coaching orientation and additional volunteer trainings throughout the year
- Attend Move it Up classes with your participant. 10 classes
- Meet/communicate with your participant to provide support and advance goal work
- Utilize your own personal and professional connections as resource

## **Are you interested but want to learn more?**

Contact Beth Lavelly, Program Coordinator, 970-870-5291, [blavelly@co.routt.co.us](mailto:blavelly@co.routt.co.us)



