



Coach Information

Do you want to support a fellow community member in their journey towards positive change?

Background & Introduction: Making ends meet in Routt County isn't easy. Many people work three or even four jobs to make ends meet and that is because it takes more than three times the federal poverty level to get by in this rural, resort community.

Routt to Work supports specially selected individuals and families in their journeys towards increased stability and self-sufficiency. We do this by guiding participants through an intensive and reflective goal-achieving process. Results show that traditional "just go get a job" anti-poverty programs haven't been all that effective. At Routt to Work, we understand that every situation is different, often complex, and that everyone has their own strengths and weaknesses, goals and dreams. As a result, participants set personal, meaningful, and manageable goals in five aspects of life – personal, family, health, work/career, and finance.

Participants are referred by human service agencies. 15 motivated and capable individuals are selected out of a larger pool of applicants. This is a special opportunity, and participation is voluntary. Participants (without the support of coaches) first partake in seven weekly sessions of "Step it Up." During Step it Up, participants are learning and practicing the goal-achievement process. They are preparing for the 10-month "Move it Up" phase which can be described as "where the rubber meets the road." It is during Move it Up that participants are setting substantial goals and therefore will need a little support and encouragement along the way.

What you need to know.

Who & What: Routt to Work is asking YOU to be a part of the solution, one local family at a time by becoming a Move it Up coach. Coaches are volunteers that support participants in their multidimensional goal work and also help remove barriers and build resources. Coaches and participants follow the program model during class and in between classes. This gives the partnership direction and structure.

How & When: To be a coach you don't have to have a special degree. Perhaps you have an area of expertise or personality trait that will be applicable. If you can do the following, you are qualified:

- Commit 6-8 hours per month total to program (including class).
- Attend Move it Up training. Tuesday, June 6 and Tuesday, June 13, 5:30-8 PM, St. Paul's Episcopal Church (846 Oak Street, Steamboat Springs);
- Attend Move it Up classes with your participant. 9 monthly classes: August 2016 -May 2017, second Wednesday each month, 5:30-8:00 PM, St. Paul's Episcopal Church.
- Meet/communicate with your participant to advance goal work outside of class.
- Adhere to program model.
- Do what you say you will do and responding promptly to your participant.
- Maintain confidentiality and acting without prejudice or bias.
- Utilize your own personal and professional connections as resources.

Helpful Tips:

- Be patient.
- Offer help without expectations.
- Strive for trust first.
- Listen.
- Communicate.
- Let the participant lead.
- Ask for help.
- Have realistic hopes and act without a personal agenda.

Are you interested but want to learn more?

Move it Up coach informational sessions
Wed., April 19 or Mon., May 22, 8:30-9:15 AM, Cabin (613 Oak Street)
Contact Lindsay Kohler: lkohler@co.routt.co.us, 870-5291

