

Mobility Mentoring

Mobility Mentoring®, an approach developed by EMPATH, involves working and coaching with families to obtain resources, develop skills, and create sustainable changes in behavior to become economically independent. Participants work with a trained mentor or coach to assess family life, finances, education, health, and career. Participants set long-term goals and create a plan using the Bridge to Self-Sufficiency®.

Purpose

Many families are overloaded with stress affecting their ability to make decisions and navigate through life's stressors. Many families are faced with the reality of scarcity, or the feeling of not having the resources that they need.

- Stressful situations like living in poverty can jeopardize the skills and behaviors most necessary for people to elevate themselves out of poverty.
- Mobility Mentoring is client driven that promotes collaboration to develop or increase mental processes like executive functioning skills, which help individuals to plan, focus attention, and build mental flexibility.

Process

Mobility Mentoring has four essential components.

- Begins with a self-assessment to participant-driven goal setting.
- Participants work with a trained mentor to assess their family life, finances, education, health, and career.
- Participants set goals, create action plans, and track progress on the bridge.
- Mentors or Coaches acknowledge participants' efforts and celebrate successes and obstacles that have been overcome.

Equitable Approach

When examining the impact and experience of Mobility Mentoring varied across participants' racial and ethnic group, it was found that:

- Improvements in income, employment and, for participants in shelter, length of stay, did not differ across racial or ethnic groups.
- Participants rated their experience with Mobility Mentoring highly, with no differences across race and ethnicity.

Mobility Mentoring® Essential Elements



Coaching for
Economic Mobility



Bridge to Self-
Sufficiency®



Goal Setting



Recognition



Continuous Improvement

<https://www.empathways.org/approach/mobility-mentoring>

Implementation

Mobility Mentoring is currently being implemented by Children's Wisconsin's Family Support and Preservation programs across the state of Wisconsin, in addition to many other programs across the country and world.

Mobility Mentoring participants increased engagement leads to success

- **94%** working or in school
- **68%** goals completed across all EMPATH programs in 2018

