

Go the Extra Mile! Volunteer as a Coach:

- You have the opportunity to make a lasting impact!
- Coaches can volunteer individually or with a co-coach.
- Training and ongoing support are provided by the Extra Mile Coordinator and Love INC Staff.
- Application and background screenings completed on all volunteers.
- Coaches experience a level of growth they never expected:

"I love the intentionality of planned weekly meetings that promote both practical learning and relationship building. Three words I would use to describe the benefits of Extra Mile are structure, wholeness and hope."

"I have gained an admiration for those we've come to know because of their great faith and the courage and joy they demonstrate in the face of hardships."

Other Opportunities for Involvement:

- **Fund an Extra Mile** – provide monetary or in-kind donations for one or more participant's rewards.



Other Love INC programs:

- **The Love Seat Furniture/Clothing Ministry** (free basic needs furniture, house wares and clothing for those in crisis/transition)
- **Living Large for Real** (free life skills classes with transportation and childcare)
- **Side by Side** (trained volunteers offer focused coaching in life purpose/goal setting, budgeting, job search, housing search, and adult tutoring)
- **Church Gap Ministries** developed in collaboration with Love INC: Crisis Funds, TOTS Clothing Closet, Hygiene Closet, Laundry Voucher, Holiday Food & Gifts, Home Bound Food, Job Club, Sewing Center, Home Repairs/Lawn Care

Getting Involved with Love INC:

Learning about You: Everything begins with a telephone interview with our Clearinghouse. The Clearinghouse accepts calls 1-2 mornings a week, typically Tuesday and Thursday from 8:30-12:30. Call **573-256-7662, Option 3** and leave a message. If they have received a high volume of calls, the lines will be closed. Please try back another day.

Making a Plan: After we get acquainted, Love INC staff or volunteers will discuss with you how to best respond to your current situation based on your strengths/goals and the resources available.

Building Relationships: We hope to form an ongoing relationship with you and provide ways for you to broaden your support network in the community. We believe life's struggles can be a steppingstone for life enrichment and difficulty can be a catalyst for personal growth.

1516 Business Loop 70 W

Columbia, MO 65202

Phone: 573.256.7662

Fax: 573.256.7665

office@columbialoveinc.org

www.columbialoveinc.org



Financial management coaching program for individuals wanting to gain control of their finances and move forward in life

"Learn New Skills,
Try New Strategies,
Meet New People"



Love in the Name of Christ of Columbia, Missouri

Are you sensing a need for change and need encouragement and guidance?

Do you find yourself running out of money before the end of the month or living paycheck-to-paycheck?

Would you like to take more control over your life?

If you answered yes to any of these questions, Extra Mile may be for you!

What is Extra Mile?

Extra Mile is a free, one-on-one, four-month coaching program for individuals who are motivated to gain control of their finances and build new relationships. Participants form effective money management habits through weekly practice of new skills and guidance of their Coach. Participants work with their Coach and Love INC staff to set goals, identify barriers to achieving those goals, and move forward in life.

Components

Coach/Support Team

Each participant is matched with a primary Coach. Support individuals are brought in to offer practical, emotional, and spiritual support at the participant's request.

Point System and Incentives

A point system is used at each coaching session to review the participant's budgeting and progress on goals. Monetary incentives/rewards are given based on point score. Incentives/rewards can total more than \$600.

How does it work?

The Participant meets with their Extra Mile Coach weekly for four months.

Month 1: The first month of the program includes an orientation, strengths assessment, goal setting, and basic money management training.

Months 2 – 4: Weekly meetings provide opportunities to practice new skills and form new habits. The Weekly Point System is used to guide each meeting.

Snapshot of Weekly Point System

On time to meeting	10
Brought receipts	10
Paid budgeted bills	10
Worked or attended school full allotted hours for week	10-15
Completed majority of weekly agreed-upon tasks	10
Reviewed Progress of SMART Goals with Coach	5



Want to become an Extra Mile Participant?

Contact our Clearinghouse at 573-256-7662, Option 3 to begin the process!

Participants:

The program is geared towards individuals and couples with children, but a select number of spaces are available for single persons.

We're looking for individuals who:

- Are having difficulty managing their finances (budgeting, prioritizing expenses, overwhelming debt, etc.).
- Are highly motivated and desiring change.
- Have a stable income (employed, long-term disability) and are willing to be open about their finances.

Generous income eligibility guidelines apply (families of 4 can make up to \$60,000).

Interested persons are initially screened through the Love INC Clearinghouse and eligible clients complete an interview with the Extra Mile Coordinator to determine readiness for the program.

Benefits of Extra Mile:

- Peace of mind
- Stronger money management skills
- Financial rewards/incentives help Participants meet their goals.
- Larger support network
- Personal growth

What Extra Mile Participants have to say:

- "I'm not as stressed out about money [now]. I'm more confident in my ability to maintain a budget."
- "[Extra Mile] helped us pay our debt and achieve our goals."
- "I am more confident that I am capable of getting ahead financially."