

Momentum is an **employment program designed to empower marginalized individuals in overcoming barriers and gaining self-sufficiency.**

What We Do

Momentum is a **proven successful, six-week intense workforce development and life skills program from One City United** that mines talent in Waterloo and surrounding communities. It is a radically different way of addressing workforce development with a unique blend of life skills, essential skills, and employment readiness skills. Momentum gets to the root of what causes job loss, initiates transformational change, and develops talent with traits that employers crave.

We Journey Together to Overcome



MOMENTUM
URBAN EMPLOYMENT INITIATIVE

Ways to Get Involved

- Become a Coach
- Become a Volunteer Instructor
- Become a Financial Partner
- Become a Meal Provider

For more information, contact Michele Feltes, Momentum Director, at **319-334-0156** or mfeltes@onecitycv.org



FILLING GAPS...EQUIPPING PEOPLE



MOMENTUM
URBAN EMPLOYMENT INITIATIVE

Visit our website at onecitycv.org
or connect with us Facebook [@onecitycv.org](https://www.facebook.com/onecitycv.org)

907 Independence Avenue, Waterloo, IA 50703

Overcoming Barriers

- Transportation and Housing
- Criminal Backgrounds and Re-Entry Following Incarceration
- Addictions

Building Self-Sufficiency

- Equipping Individuals with Life Skills
- Training for Employment Skills
- Building Confidence and Trust

Transforming Lives

- Discovering Employment Opportunities
- Initiating Lasting Life Change
- Forming a Community of Support



**3%
Recidivism
Rate for
Momentum
Graduates***

The Momentum Experience

Momentum provides eligible, unemployed, and underemployed people with job and life skills training to secure and maintain viable employment. Each Momentum graduate completes a rigorous six-week course that includes 100 hours of in-class instruction and volunteer work experience. In addition, graduates are placed into good-paying jobs from the network of local employers with an average starting wage of **\$17.10 per hour.*** The program includes life skill services, workforce readiness training, and job placement services.

Employment Barriers

Completely Unemployed	85%
Past or Present Drug Use	84%
Ex-Offenders	84%
From Generational Poverty	80%
From Single-Parent Households	72%
Parents	53%
Homeless	30%

*data from August 2022

Workforce Readiness Training

In addition to life skills, we provide technical skills training for each participant. Topics include:

- Resume writing and cover letter construction
- Job interview training
- Identifying and nurturing short-term and long-term career objectives
- Skills identification
- Introduction to search engine utilization, email set up and use, virtual platforms, MS Office, and online job search networks
- Access to full-time training professionals
- Guest workshop presenters who are specialists in their fields

Job Placement Services

The One City Momentum Business Network (MBN) consists of more than ten businesses that guarantee interviews for each graduate upon completion of the program and whose policies allow for the hiring of Momentum graduates.

Individualized Services

A needs assessment is conducted with each participant to identify barriers preventing them from obtaining and sustaining meaningful employment. An individualized assistance plan is developed for each participant, including a mix of life skills classes, support from community partners, and a career coach.

Proven Real-Time Success

