

# Middle Class Express Orientation



# Agenda

- ✓ Welcome/Introductions
- ✓ What is Human Capital Development?
- ✓ Middle Class Express Overview
- ✓ Partners Overview
- ✓ Next Steps

# Introduction

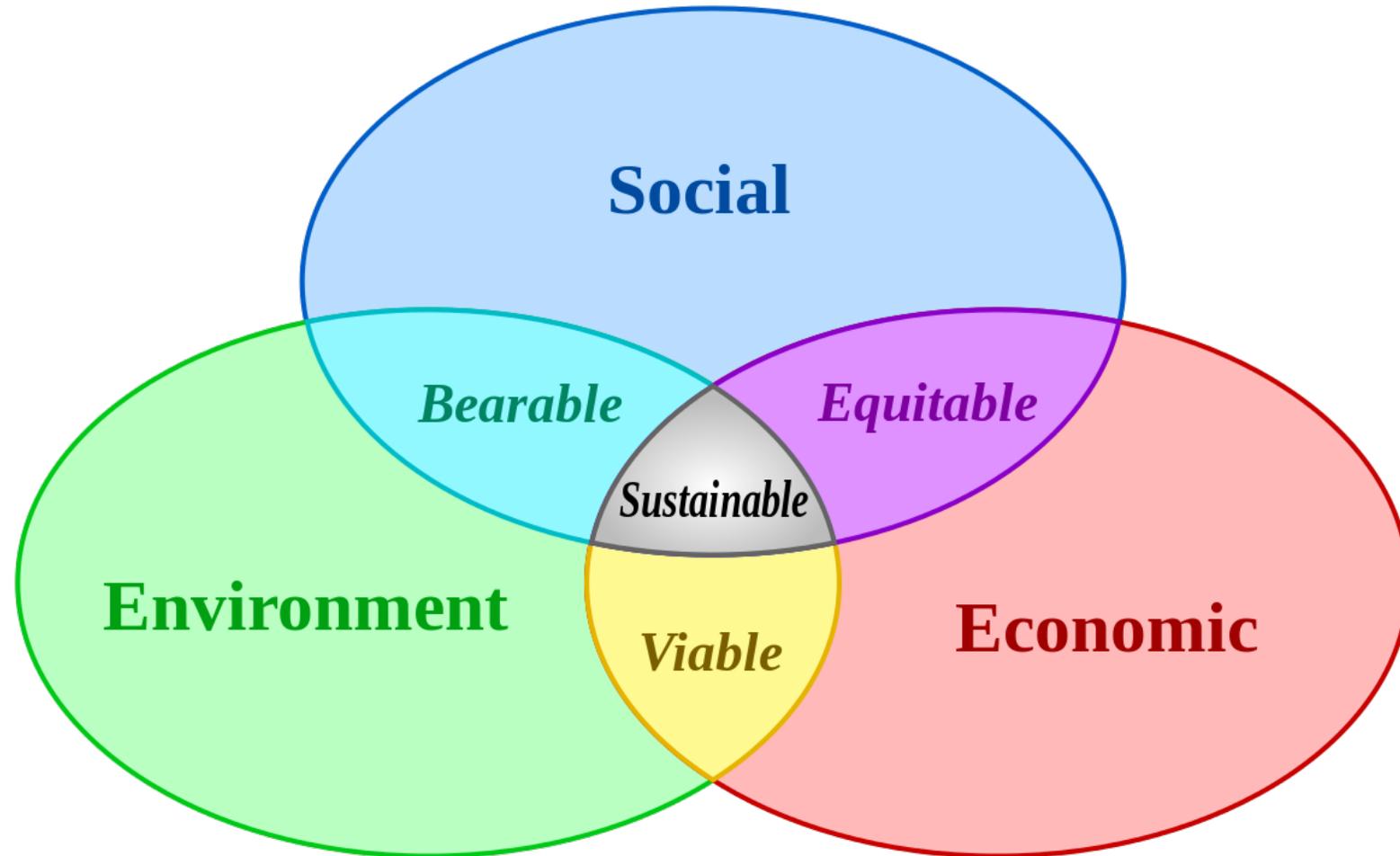
- Your name
- Something Interesting About You
- What Brings You Here Today?



UNITED NATIONS  
UNIVERSITY  
**UNU-WIDER**

**HUMAN CAPITAL & GROWTH**

# Human Capital Development



# What is Human Capital Development???

- Capacity to build individual and collective resources to sustain autonomy and independence
- Motivation to achieve and capacity to actively pursue goals
- Ability to become competent, coping and contributing members of society
- Capacity for sound decision-making
- Capacity for problem solving
- Capacity to access and take advantage of opportunities.

ACHIEVE  
YOUR GOALS



What is the Middle  
Class Express?

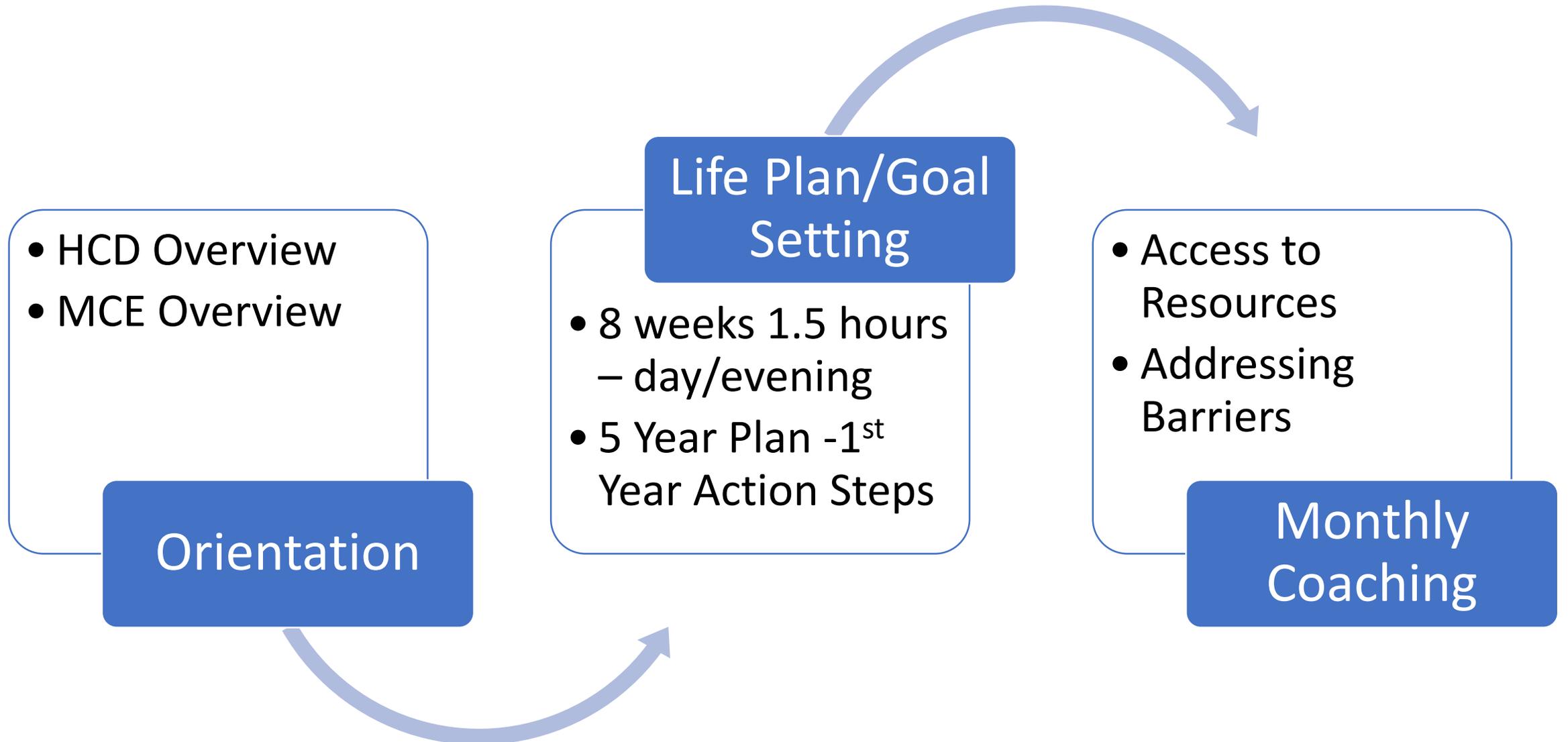
# Middle Class Express

The Middle Class Express (MCE) was established in Wake County Human Services (WCHS) in 2008. The Middle Class Express is an innovative approach to help citizens of Wake County make progress toward economic and social stability that ensures access to gainful employment, healthy living, safe and affordable housing, educational and financial development opportunities, and other health and human service resources.

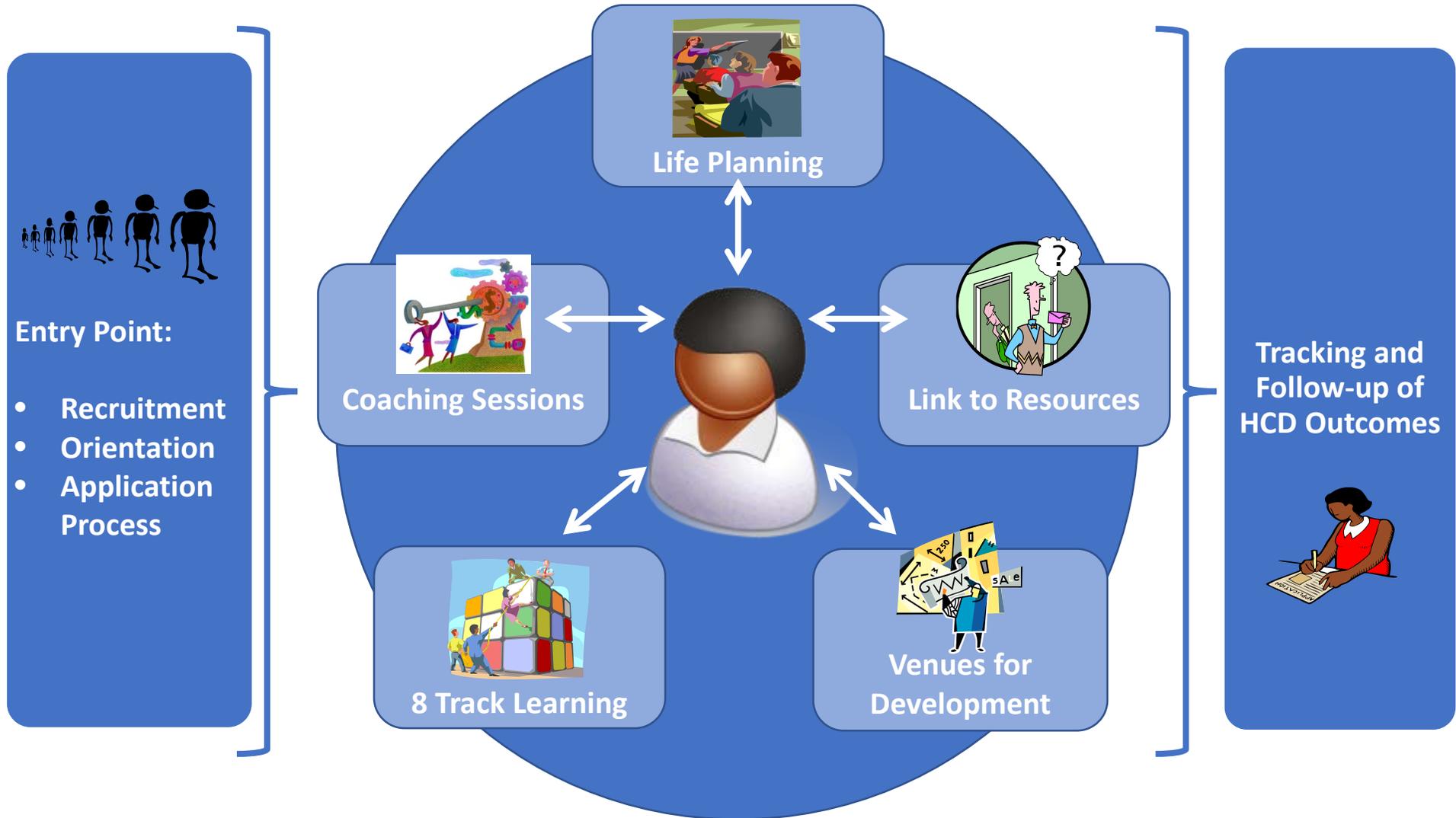
# Middle Class Express

This approach provides participants life coaching and life planning to live and thrive in a self-sufficient lifestyle in 5 years. It concentrates on 8 tracks to help individuals and families fulfill their life goals as they change their mindset and attitude, gain new skills and knowledge, access a network of resources that moves them closer to the fulfillment of their life plan.

# MCE Steps to Success



# MCE Opportunities & Venues



# The Middle Class Express focuses on 8 Tracks of Success that target the following areas:

- Employment
- Financial Literacy & Entrepreneurship
- Formal Education
- Training/Skill Sets
- Attitude/Mindset
- Access & utilization of resources
- Health
- Family & Community

## Middle Class Express– Defining the Work

### ❖ Comprehensive 8 Track Development:

*Employment, Financial Literacy, Formal Education, Training & Skills Sets, Mindset, Access to Resources, Healthy Lifestyles, Community & Family*

- ❖ Mindset & Motivation
- ❖ Social Isolation
- ❖ Coaching for Success
- ❖ Sustained Multiyear Effort
- ❖ Sweat Equity
- ❖ Mechanism for tracking progress

# Sweat Equity...

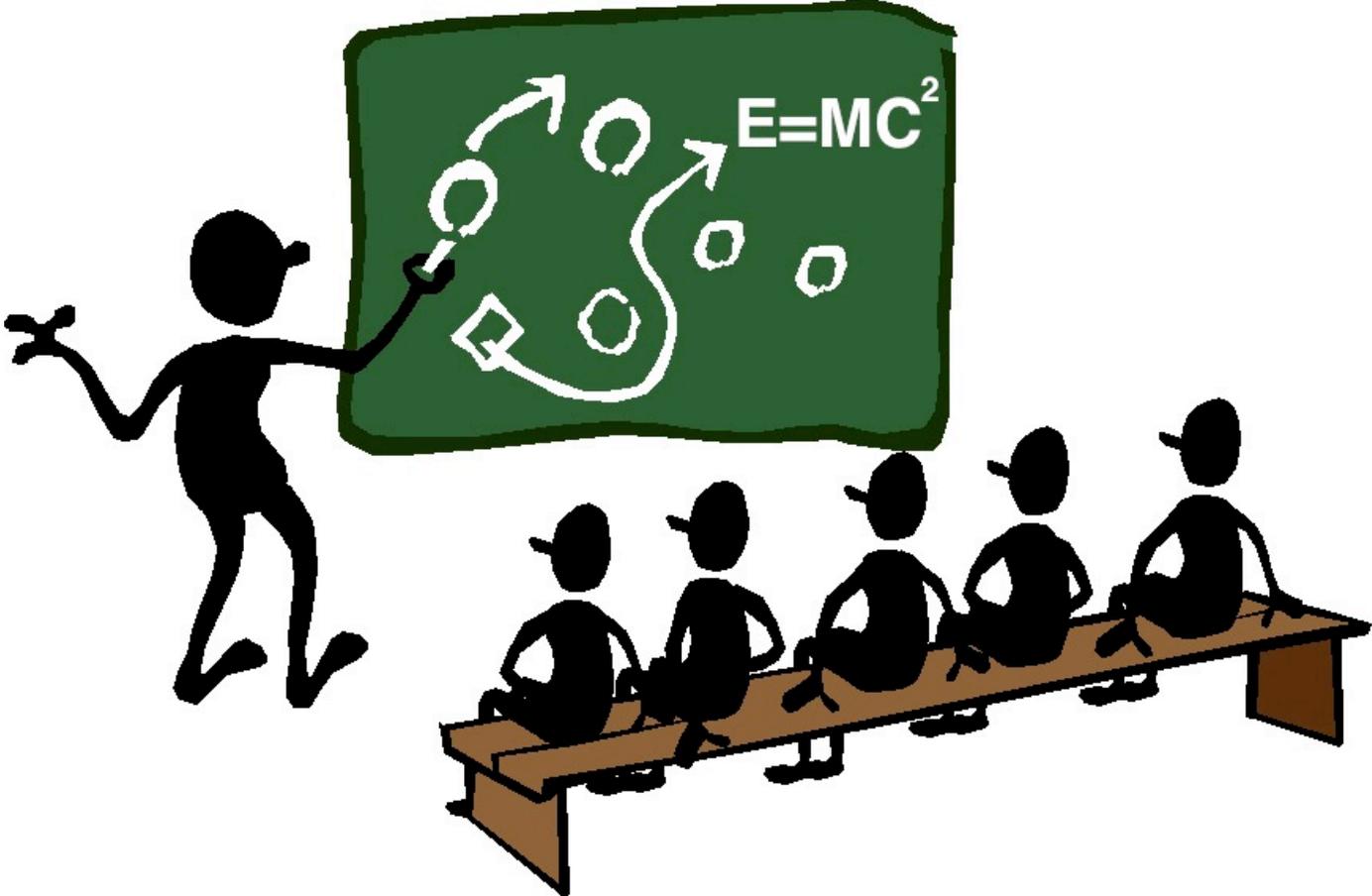


**“ASK YOURSELF IF WHAT YOU'RE DOING TODAY IS GETTING YOU CLOSER TO WHERE YOU WANT TO BE TOMORROW”-UNKNOWN**

## 5- Year Commitment

Are you merely  
interested in success  
or are you totally  
committed to success?

# The Role of the MCE Life Coach...



# *Driving Elements: Relationship to Success*

- ***Satisfaction***
- ***Motivation***
- ***Emotions***
- ***Mindfulness***

The word "DRiVE" is written in a bold, red, sans-serif font. The letter 'i' is lowercase and has a dot. Below the word is a grey shadow of the same word. A small, grey silhouette of a person running is positioned between the 'i' and the 'V' of the shadowed word.

The Surprising Truth  
About What Motivates Us

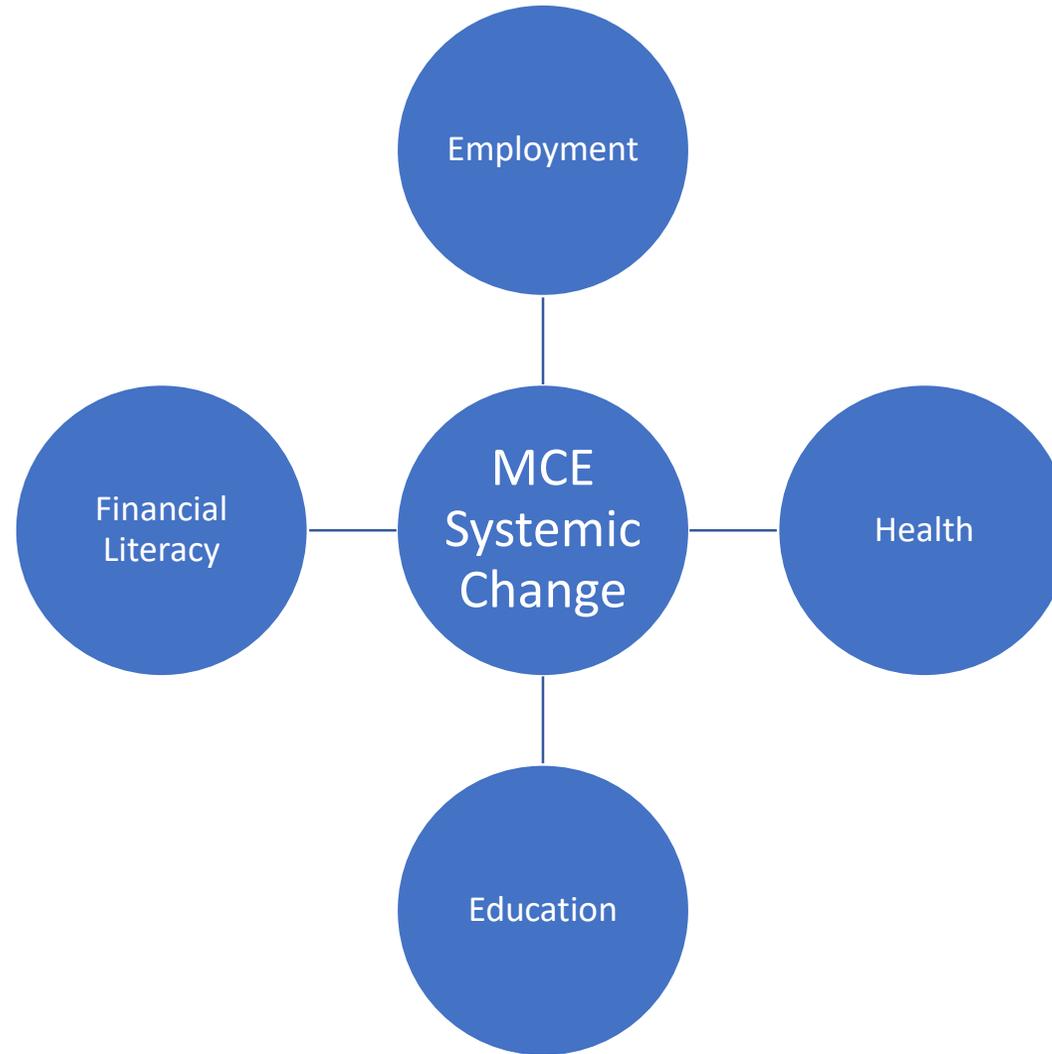
# *MCE Life Coaching Benefits*

- *Enjoy a new and healthy view of your life.*
  - *Gain clarity about your values, motivators and goals.*
  - *Uncover barriers that are holding you back.*
  - *Plan and develop an effective course of action.*
  - *Get unstuck, encouraged, and moving forward.*
  
- *Increase Access to new resources*

# Partnership Development



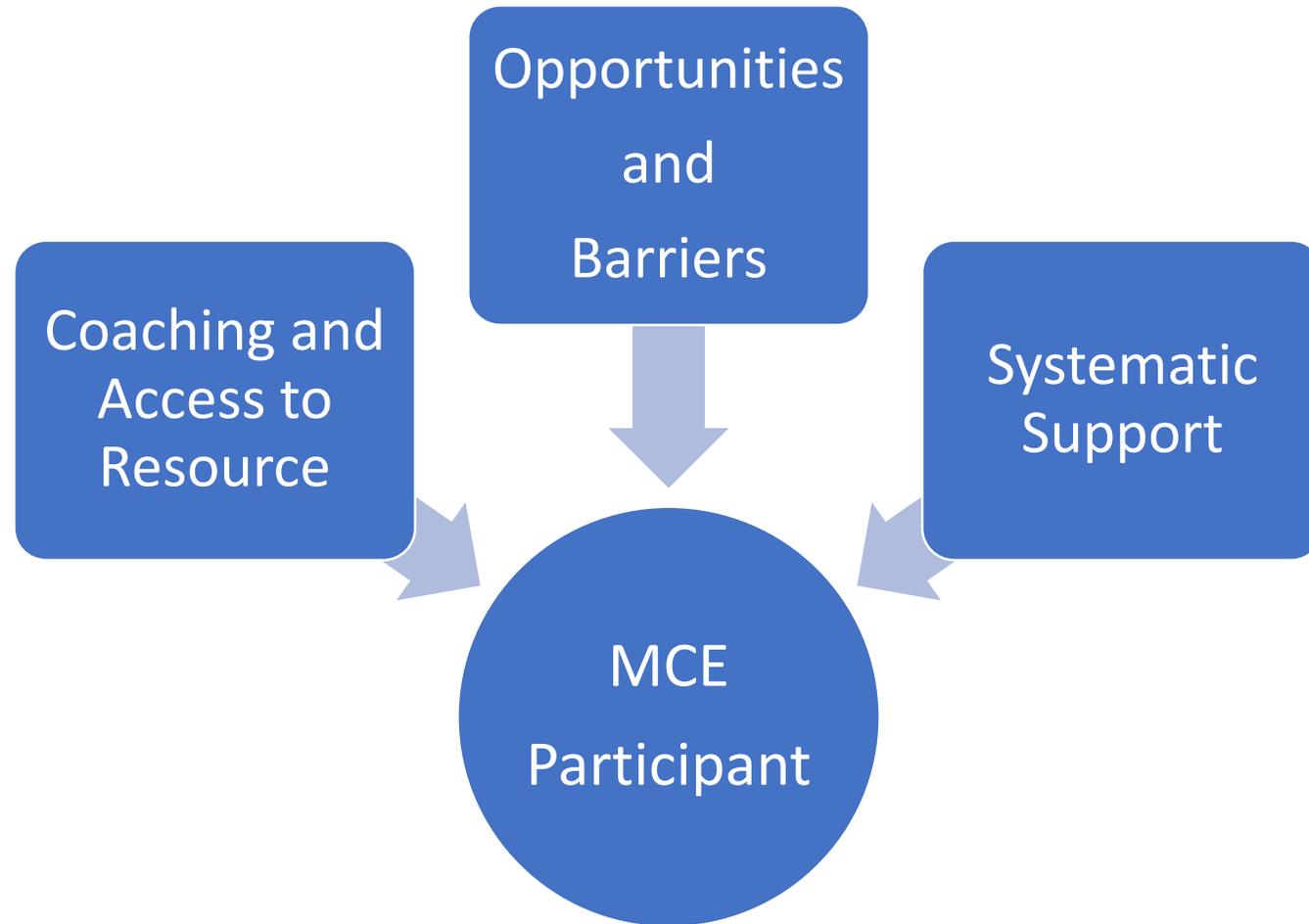
# Connections for Change to Address Barriers to Basics



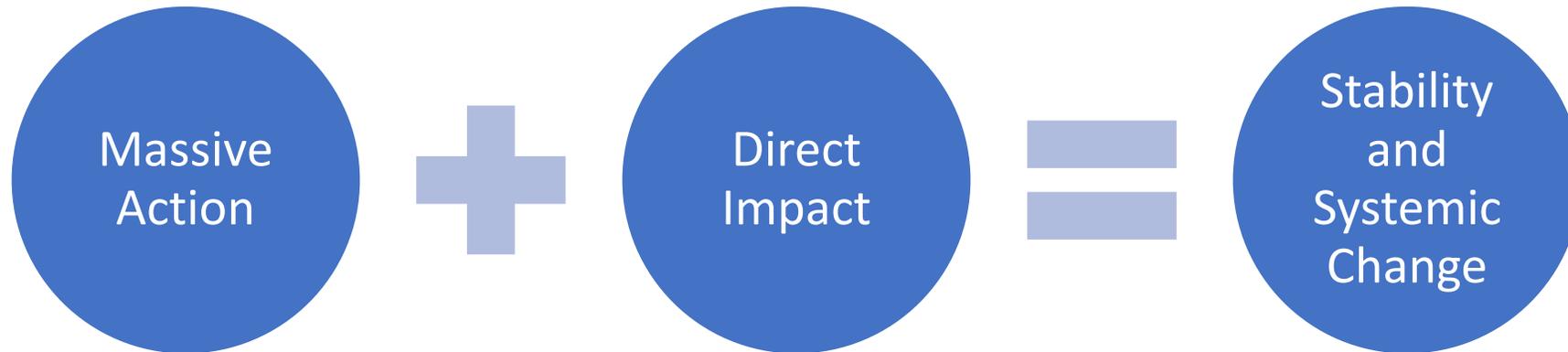
# MCE Partners

- 4-H Youth Development
- Advance Community Health
- C.A.R. Council
- CASA
- CCDA
- Dress For Success
- Habitat for Humanity
- Jobs for Life
- Lisa Davis/State Farm
- Local Property Owners
- Marbles Kids Museum
- NAMI-Wake
- NC Works
- Passage Home
- PLM Families Together
- Prevent Child Abuse NC
- Pride for Parent
- SafeChild
- The Green Chair
- Triangle Family Services
- Wake Technical College
- WC Environmental Services
- WCHS Child Welfare
- WCHS Economic Services
- WCHS Family Services
- WCHS Fit 4 Life
- WCHS Workforce Development
- WCHS Ready to Rent

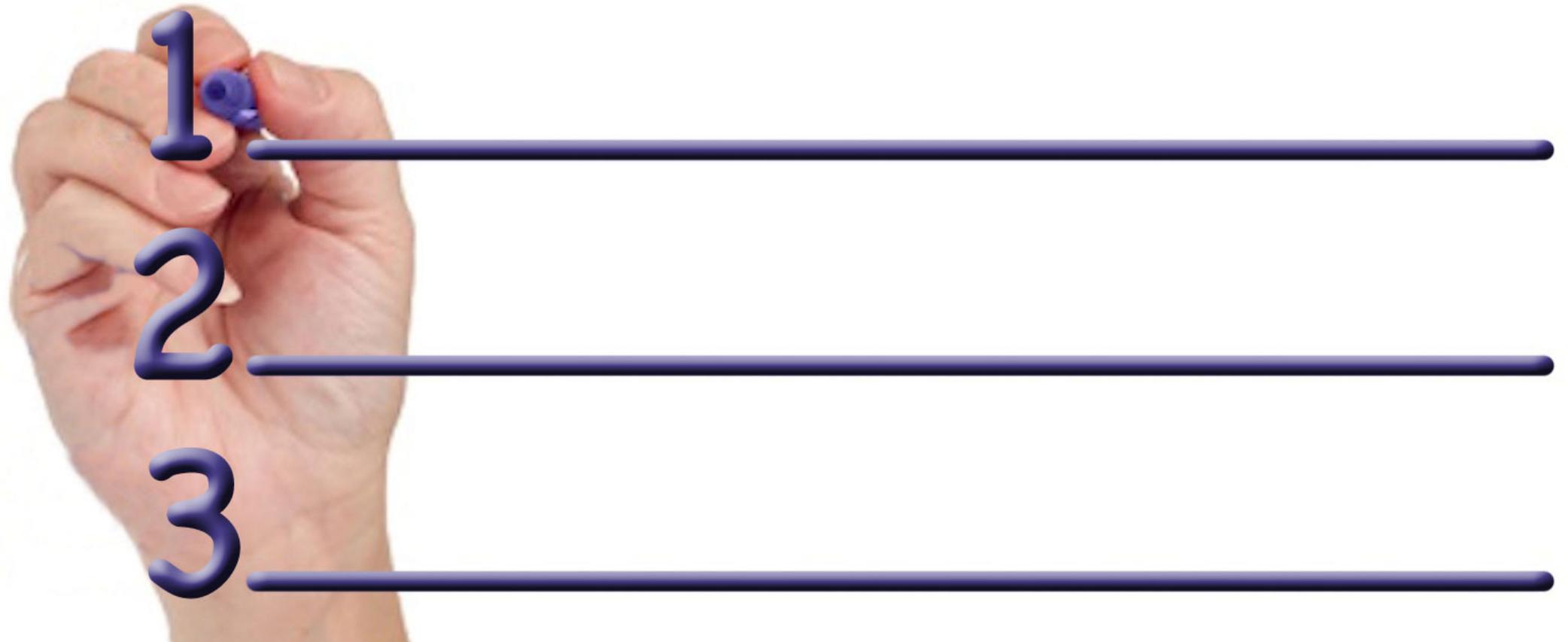
# Direct Impact



# Transformation through MCE (Human Capital and Community Development Model)



# Setting Goals



# The Formula to Make Your Dreams Become a Reality

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## **The Invitation**

More than a program, the Middle Class Express is an invitation to have hope in the future. Many people go through their lives without fulfilling their more precious wishes and desires. That should not be your case. This process provides tools that could help you make your dreams come true.

## **The Formula**

We are proposing a very simple formula to make your dreams become real.

**CLARITY** + **PREPARATION** + **EFFORT** =  
**REALIZATION OF DREAMS**

- **Clarity**: It means that you are very clear and specific about your goals in life.
- **Preparation**: It means that you prepare yourself to work toward the envisioned goals.
- **Effort**: It refers to all the work and the actions taken in pursuit of the dream.
- **Realization of Dreams**: You make dreams come true.  
With the help of a life coach you can make dreams become a reality.

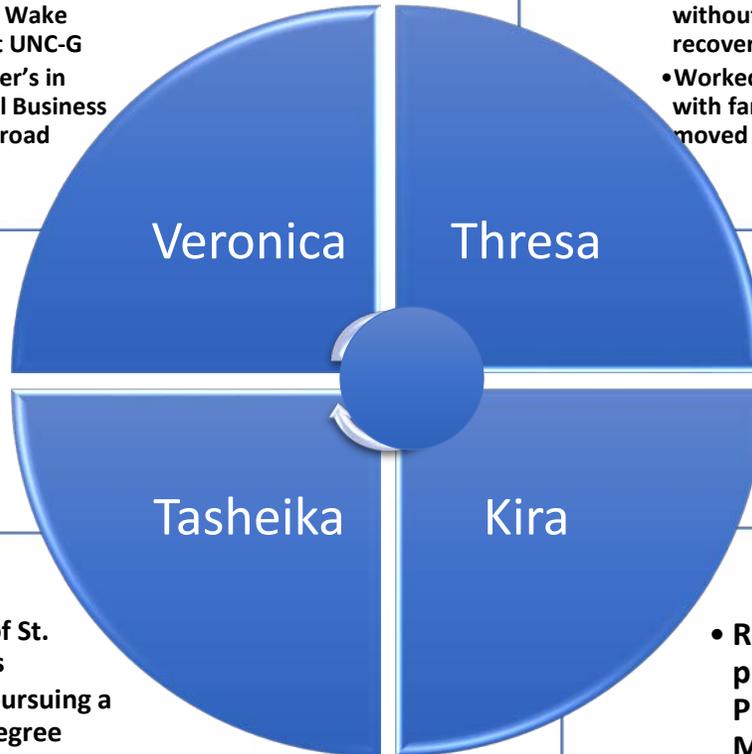
# Participants on the Move...



# The Faces of Middle Class Express



- Graduated with honors from Wake Tech, now at UNC-G
- Goal is Master's in International Business and work abroad



- Lost home in fire without full insurance recovery
- Worked her life plan with family and moved back into home

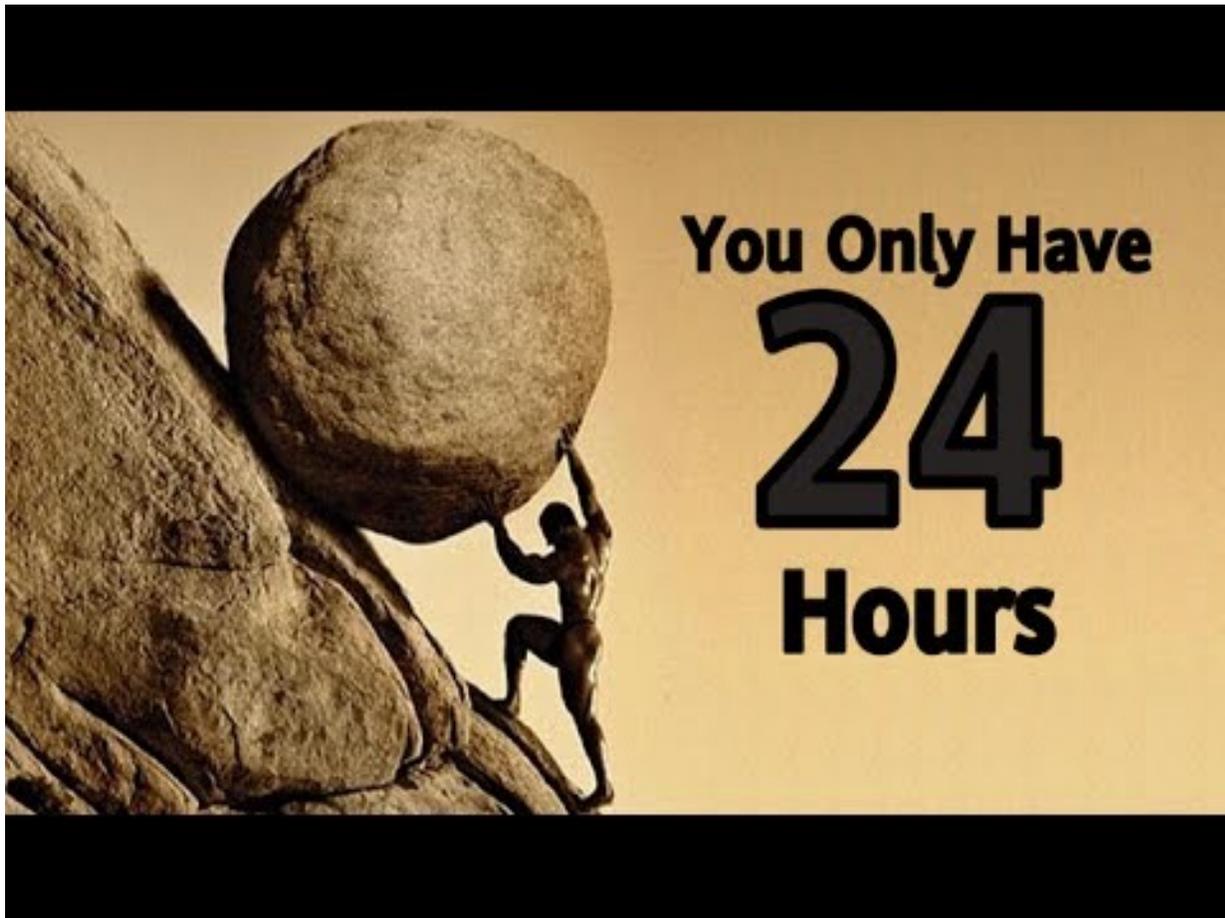


- Graduate of St. Augustine's
- Currently pursuing a Master's Degree



- Received job promotion to Property Manager

**THERE WILL BE OBSTACLES.  
THERE WILL BE DOUBTERS.  
THERE WILL BE MISTAKES.  
BUT WITH HARD WORK,  
THERE ARE NO LIMITS.**



**You Only Have**

**24**

**Hours**

# Questions





**NEXT STEPS**

**NOTHING WILL CHANGE  
UNLESS YOU CHANGE**

FEARLESS MOTIVATION





# Middle Class Express and Me

## Part 1