



We Learn  
Independence for  
Tomorrow

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WeLIFT Job Search Center, 106 East Second Ave., Indianola, IA 50125  
Weliftjobsearch.org weliftjobsearch@gmail.com 515-962-5017

## Being a Friend of WeLIFT

By Roger Netsch, Executive Director

September & October are important months at WeLIFT as we undertake our “Friends of WeLIFT” fundraising campaign. Being a “FRIEND of WeLIFT” can be many things. Since WeLIFT is a non-profit supported financially by grants and donations, you can be a Friend of WeLIFT by donating money. (See “How to Donate” below) You can also donate time as a volunteer at WeLIFT. Both methods of being a “Friend of WeLIFT” are important, donating money helps us keep our doors open and provide vital resources to our clients.

***Please consider making a monetary donation to our “Friends of WeLIFT” fundraising campaign.***

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## How to Donate to Friends of WeLIFT

By Roger Netsch, Executive Director

If you’re interested in making a financial donation to WeLIFT and the FRIENDS campaign, the easiest way is to simply write a check out to FRIENDS OF WELIFT and stick it in an envelope and mail it to:

**WeLIFT Job Search Center  
106 East Second Ave,  
Indianola, IA 50125**

We will send you a thank you letter and confirmation of your donation.

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*“WeLIFT depends on donations to keep our doors open and to provide vital resources to our clients”*

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# Look for us in the Log Cabin Days Parade on September 27



## NCRC: What is it? How can it help me?

By Jana Tanner, WeLIFT Job Coach

The National Career Readiness Certificate (NCRC) is an industry recognized portable, research-based credential that certifies essential skills needed for workplace success. As a job seeker, this certification is a way of proving your skills to current or potential employers. An employer can determine whether a potential hire possesses the skills needed to perform job functions, saving them several days or weeks of training someone who may not have the necessary skills.

The NCRC is used in all areas of employment and documents a number of critical employment skills. Certificates are earned by taking a three hour test over Applied Mathematics, Locating Information, and Reading for Information.

As part of the testing process, clients receive access to KeyTrain, which is a complete interactive learning tool for the NCRC. A KeyTrain link and personal password are emailed several weeks prior to the test date allowing clients time to prepare for the actual NCRC test.

There are four levels of achievement for the NCRC:

- Bronze: Job seeker has foundational skills for 99% of the jobs in the Work Keys database
- Silver: Has foundational skills for 93% of jobs in database
- Gold: Possess foundational skills for 67% of database jobs
- Platinum: Able to perform 16% of jobs in database

WeLIFT Job Search Center is currently the only NCRC testing site in Warren County. The NCRC is recognized by 9100+ employers statewide. Testing is by appointment (there is currently a waiting list) and is FREE. For more information or to register for the NCRC, please contact WeLIFT at (515) 962-5017 or [weliftjobsearch@gmail.com](mailto:weliftjobsearch@gmail.com)

Visit our booth at the Warren  
County Health Fair  
September 11<sup>th</sup>  
On the Square

# Take Charge of Your Well-Being

By Roger Netsch

Taking charge of your health and well-being may include these suggestions:

- **Become Informed**

Keep an ongoing list of resources that contribute to your well-being (people, print, or on-line).

Develop a plan for how and when to use these resources.

- **Advocate for yourself**

Learn what contributes and what takes away from your well-being. Consider how to increase things that contribute to your well-being. Consider how to decrease the things that take away from your well-being.

- **Examine your relationships with family and friends**

Assess what is working, what is not working, what helps and what does not help.

Talk to those who are close to you to help them understand what they may be able to do to help you.

Develop a plan for how to reach out when necessary.

- **Examine your lifestyle**

Look at how you are living your life: diet and nutrition, sleep and rest, exercise, creative activities, social activities.

Consider what helps you to improve your energy, confidence, self-esteem, coping skills, and sense of inclusion while maintaining your well-being.

- **Create a plan**

Set goals and benchmarks

Monitor progress

Revise the plan as needed

Don't get discouraged

Celebrate small achievements



WeLIFT Logo



**Mission Statement:**

Empowering unemployed and underemployed individuals to achieve economic self-sufficiency

**Vision Statement:**

A community workplace and career pathway resource to empower employment success

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**WeLIFT's Hours:**

Tuesday, Wednesday,

And Thursday

**9 am to 3 pm**

Thursday Evenings

**6 to 8 pm**

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# Success

*the accomplishment  
of one's goals*

WeLIFT's Mission Statement states we "empower unemployed and underemployed individuals to achieve economic self-sufficiency. The following is an excerpt of a letter we received from a client whom we hope has fulfilled what our mission statement states:

A few months ago, I was at a job that I wasn't very happy with and was getting tired of living paycheck to paycheck, especially since I have a college degree. I knew there had to be something better out there. I heard about a job that sounded like something I would be happier with, but I didn't have a resume or cover letter. After so many years out of school I wasn't even sure how to write one. A friend suggested I come to WeLIFT and I'm so glad I did. Everyone was so welcoming and made the scary process of finding a job more comforting.

I am happy to tell you that I got the job I wanted! My family and I are so grateful for all of WeLIFT's help. I'm so glad I came to WeLIFT that day. I make sure to tell everyone in the same situation about the help I received. You helped take the intimidation out of looking for a new job.

Thanks again!

**Client prefers to remain confidential**

Look for us in the Log  
Cabin Days Parade on  
September 27