Irving Cares
Newsletter

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Welcome back, Lizette!

In 2014, Lizette Sosa came to Irving Cares for utility assistance and instead found a job as an Employment Services Case Manager. Lizette left Irving Cares in 2016 to further her career in the insurance industry, but a family crisis in December 2020 forced Lizette to reevaluate her career options. She reached out to Mary Shelton, Irving Cares Employment Services Manager, who informed her that Irving Cares had recently lost a staff member. Shortly after, Lizette came home to Irving Cares as a Bilingual Case Manager.



Lizette loves working with the Irving Cares Employment Services and Invest in Yourself programs. She is uniquely suited to the role by providing a combination of services to those in need, such as employment services, financial education, emergency assistance and supportive coaching. Lizette's background in banking and insurance have prepared her to teach personal finance and employment skills. She specializes in resume creation, initiating relationships with companies interested in building their workforce and connecting Irving Cares clients with local employers. Lizette excels in helping clients see how their unique background can be marketable in the workplace.

Lizette says, "I want people to realize there are a lot of transferrable skills they may have even if they don't have much formal work experience. Sometimes it feels like you can never get out of your current situation, but there are ways to do better. Coaching [at Irving Cares] helps me connect with the client throughout the process instead of just providing them with a job opportunity and then walking away."

Lizette likes to share her personal experiences with Irving Cares' clients because she wants to encourage others that difficult events don't necessarily make or break you and good decisions can push you through any hard times. She was born in Fresno, California and moved to Irving as a young child. Lizette grew up in poverty as one of six children raised by a single mother. At age 16, she became pregnant and lost her unborn daughter due to medical complications. Lizette says, "I swore to myself that her loss would not be in vain." Though she missed a lot of school due to the unplanned pregnancy, she says she "reapplied to school, earned a high school diploma on time, and vowed to start a career." Since then, she has persevered through many ups and downs including depression worsened by financial hardship, a difficult divorce, and supporting her chronically ill mother and three sons.

Lizette's favorite part of working at Irving Cares is compassionately supporting clients, coaching them to break through barriers and reach their goals, and most of all, celebrating

each and every success. Lizette says, “Working at Irving Cares allows me to make a difference for so many people and fulfill my purpose in life.”

Lizette has lived in Irving for 37 years and currently resides with her elderly mother and three sons, ages 19, 16, and 14. She is passionate about music and singing, and says she loves to read. She’s also an avid fan of the Dallas Mavericks.