



## Wellness Coach Internship

### Internship Opportunity:

- Coach students on the subjects of fitness, nutrition, stress management, intuitive eating and healthy relationships.
- Develop and assist BYU Student Wellness in implementing programs and activities to promote health and wellness.
- Maintain a friendly, clean, and professional appearance and demeanor.
- Attendance at occasional training and in-service meetings.

### Applicant Qualifications:

- Senior standing, available either Mondays and Wednesdays or Tuesdays and Thursdays from 10am-3pm.
- Related class or work experience in exercise programming, training, health and wellness.
- Desire to contribute to the mission of Student Wellness on campus.
- Willing to complete their 4-credit hour internship within 2 semesters (200 credit hours).
- Demonstrated ability to work with individuals and groups in a helpful and friendly manner.

### Benefits of Participating:

- Contribute to mission of BYU Student Wellness and the personal growth of students.
- Successfully complete the Major Internship requirement.
- Earn a \$500 internship scholarship.
- Build an incredible resume with hands on experience.

Name: \_\_\_\_\_ BYU ID #: \_\_\_\_\_ Year in School: \_\_\_\_\_

Semester applying for Internship: \_\_\_\_\_ Current Major: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Why do you want to participate in this specific internship (careers goals, training aspirations, etc.)?

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Summarize the reasons you feel qualified to participate in this specific internship:

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What does wellness mean to you?

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