



## **GrassROOTS Community Foundation Junior SEEDLINGS Wellness Coach INTERNSHIP**

GrassROOTS Community Foundation (GCF) is a training institution with a focus on public health and social action. Our mission is to create a world where all girls grow up to be healthy women. Using social science and public health research, GrassROOTS develops place-based community wellness programs and initiatives for women and girls, particularly those who represent vulnerable populations; we do so because these individuals and their communities often bear the burdens of health and economic challenges. In practice, we train and develop women and girls to become healthy, confident community members who use their healthy energies to transform themselves, their families, and communities.

We operate programs across the United States, but primarily in Essex County, NJ; City of Philadelphia, PA; and Memphis, TN.

We primarily serve as an incubator of ideas. Our goal is to develop and evaluate ideas about how to maximize individual and community wellness. Our programs are specifically designed to be low cost yet has high impact. As a learning organization, we collect information so that we can consistently reassess our efforts.

As a junior wellness coach, your time will be share between helping to assist younger girls and participating in our training workshops.

### **Intern Roles & Responsibilities:**

The GrassROOTS Community Foundation (GCF) intern will work closely with the Program Director, GrassROOTS President, team members and Super Camp families and SuperGirls. Primary roles and responsibilities include but are not limited to:

- Assist the GCF Program Director
  - Take written notes during presentations and workshops;
  - Aid in the development of presentations;
  - Help in composing weekly wrap-up;
  - Make appointments;
  - Greet presenters.
- Assist with final presentations and performance.
- Assist Team members with set up of camp site;
  - Serve as an assistant to President on field trips;
- Aid in social media promotion of the camp (i.e. post on IG, Twitter and SnapChat)
- Be a health ambassador, advocate and peer leader for GCF and Super Campers
  - Participate in educational and wellness sessions;
  - Maintain personal health and hygiene;
  - Monitor and maintain health and well-being of campers by participating in daily walk/run daily and weekly wellness clinics.



- Participate in health and wellness workshops
  - Be an active participant in public health, dance/drumming and health education workshops.
    - Our wellness coaches are required to learn from the workshop leaders and lecturers.
  - Attend and participate in field trips

#### Key Qualifications

- A demonstrated passion for working with young people and belief in GCF's mission;
- Enthusiasm for learning;
- Problem solving skills;
- Be physically active—be capable of running one mile;
- Positive demeanor;
- Physically active with a strong commitment to personal health;
- Strong academic skills; honors students encouraged;
- Previous experience as a Super Camper is helpful but not a must;
- Social media savvy;
- Strong technological skills.

#### On the Job Requirements

- No personal calls or texts unless emergency.
- Maintain decorum and a clear understanding of your role throughout the camp day.
- **Confidentiality is critical** in this role. GCF will require a signed confidentiality agreement.
- Dress appropriately at camp events so as to participate in all activities (Yoga, Field Trips ,etc).
- Any absences, outside of illness, must be approved by the President and Program Director in advance.
- Be on time. If late, must provide notification. Being late more than one hour without notification will result in termination of internship.
- Complete a weekly evaluation of your work progress.

#### Additional Information

Dates: July 9, 2018 thru August 4, 2018

Hours: 8:30 – 6:00 daily (half the day is working/half is educational training)

Industry: Not-for-Profit

Compensation: Stipend commensurate with experience

*As a minor, your legal guardian will be informed of your work progress and will be included in all communications with you.*