



**Resources for Resilience™**

13½ Eagle Street, Asheville, NC 28801  
828-367-7092 | [www.resourcesforresilience.com](http://www.resourcesforresilience.com)

## **Program Development Intern**

Resources for Resilience (RFR) is seeking a creative, self-motivated academic intern to support our Program Development team. This internship can be adapted to meet their specific academic program requirements and is intended to run for the duration of a full semester. **This placement includes a \$1,000 stipend.**

This is a home-based internship, with some in-person events available to enrich the internship experience. Applicants must reside in North Carolina with preference given to interns living in Western North Carolina. The intern will be supervised by our Director of Program Development, who holds a master's degree in Health Education and Promotion.

### **Key Responsibilities**

In close collaboration with RFR staff, interns will:

- Develop, implement, and evaluate educational programs
- Support ongoing and new initiatives within RFR's program development portfolio

Interns will have the opportunity to contribute meaningfully to several exciting initiatives currently underway including our *Resilient Schools in Action* project supporting elementary schools who are implementing RFR's resiliency toolkit. Additionally, we will be working to close out the piloting of our leadership workshop and teen curriculum. Interns will play a key role in shaping and expanding these efforts and will have the chance to engage creatively with both the content and the partnerships that help bring this work to life. Our team deeply values collaboration and is eager to connect with a skilled intern who is passionate about supporting resilience.

### **Desired Majors**

We are seeking graduate or undergraduate candidates from Health Education and Promotion or Public Health programs. Applicants from other disciplines with relevant experience are encouraged to apply.

### **Benefits**

Placement with RFR allows interns to gain a greater understanding of small nonprofits, community-based education, and mental health, as well as the freedom to utilize their creativity to contribute to a vast array of initiatives. In collaboration with the Director of Program Development, the intern will receive individualized coaching on various topics which may include program development, implementation, and evaluation; grant writing and management; public speaking; and team facilitation and collaboration. A successful semester is one in which interns, staff, and community partners were able to grow and benefit during the internship experience.

### **About Resources for Resilience**

Resources for Resilience is a nonprofit organization sharing practical tools and research-based resources that people of all ages can use to manage stress, prevent burnout, and build resilience in themselves and others. Our trainings and professional development workshops help participants better understand how our brains and bodies respond to stress and teach them strategies to keep themselves and others healthy and resilient.

**Interested applicants should email your resume and cover letter describing your experiences and interest, including relevant information about your internship requirements to:**

[cat.parker@ResourcesForResilience.org](mailto:cat.parker@ResourcesForResilience.org)