



Resources for Resilience™

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Program Development Intern

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

This is a home-based internship, with the option to attend some in person events. Interns must be available to perform tasks and attend meetings within RFR's standard working hours (M-F, 8:30 a.m. – 5:00 p.m. EST). 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

Interns will contribute meaningfully to a new exciting initiative currently underway in Western North Carolina. Our *Resilient Schools in Action* project supports elementary schools implementing RFR's resiliency-focused toolkit. 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.

In close collaboration with RFR staff, interns will:

- Create child-friendly videos that bring resiliency concepts to life
- Build a comprehensive toolbox of activities and learning materials to support classroom integration
- Support the development of train-the-trainer materials for school staff

Desired Majors

We are seeking candidates from Health Education and Promotion, Public Health, Digital Media Arts, Communications, Graphic Design, or Elementary Education programs. Applicants from other disciplines with relevant experience and a passion for supporting resilience 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 in a meaningful way. Goals will be developed collaboratively with interns and RFR staff. Our team provides opportunities for coaching, mentorship, and networking. A successful semester is one in which interns, staff, and community partners were able to grow and benefit during the internship experience. \$1,000 stipend provided.

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, their loved ones, and the people they serve healthy and resilient. Learn more about our work at ResourcesForResilience.org

Interested applicants should email your resume and cover letter describing your experiences and interest, including relevant information about your internship requirements to: info@resourcesforresilience.com