

University of Louisville

Get Healthy Now

Wellness Coaching
Internship

Get Healthy Now Internship

Course Description

- Hands-on learning
- Teach individualized intervention techniques at the professional level
- Gain experience
- Develop a professional attitude and readiness to proceed into a career in the health industry
- Create and implement customized action plans for clients

Comments from Past Interns

- *FUN!*
- *Real world experience!*
- *Helps you decide what direction you want to take your career!*
- *Best class I have ever taken!*

Comment from university employee:

Because of the techniques my wellness coach intern taught me, I felt more relaxed during our computer upgrade. Many of my co-workers commented on how well I handled my stress while working with the conversion. I feel my intern gave me many tools to use to handle the overload and turn the negatives into positives. I was successful in not letting the stress take a negative effect on my mind and body.

Get Healthy Now Internship Process



Get Healthy Now Internship Process Explanation

Complete HSS 382

- Learn how to:
 - Structure coaching relationship
 - Lead client through Wellness Vision
 - Set SMART goals
 - Identify client's resources
 - Identify strategies to overcome barriers

Apply for GHN Life Coach Internship

- Complete Application Packet
 - Resume
 - Personal Statement
 - Personal recommendation from instructor or employer

Interview for HSS 492-Wellness Coach Internship

Register for HSS 492

- Upon approval from GHN team

To become the most successful wellness coach, the following classes are suggested, but not required:

HSS 302

- Nutrition content area

HSS 394

- Exercise content area

HSS 501

- Stress content area

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Internship Application Form

Today's Date_____

Personal Information

Last Name_____ First Name_____ Middle Initial_____

Student ID Number _____ Email Address_____

Current Address_____

City_____ State_____ Zip_____

Home Phone Number (____)_____ Cell Phone Number(____)_____

Major/Concentration_____

Degree working toward_____

Number of semesters completed_____ Anticipated graduation date_____

Internship Information

Term(s)

___Spring ___Fall ___Summer

Will you seek academic credit for this internship? **YES NO**

If seeking academic credit, interns are responsible for obtaining and meeting their specific program requirements. Get Healthy Now will provide necessary documentation upon request.

Please provide contact information for your academic advisor.

Name_____ Phone Number_____

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List any special skills, interests, and/or training.

Reference

Please provide one professional reference. Do not list a friend or family member.

Name _____ Phone Number (____) _____

Address _____

City _____ State _____ Zip _____

Relationship _____ How long have you known this reference? _____

Attachments

Please submit the following materials as part of your application package.

Resume: Attach a resume in which you list relevant coursework, work experience, and other experience that relate to the internship for which you are applying.

Personal Statement: Attach a short proposal stating why an internship at *Get Healthy Now* relates to your academic and career goals. Please keep to one page.

Letter of Recommendation: Provide one letter of recommendation from a current or former professor or have a teacher, advisor, or work supervisor complete the *Get Healthy Now* Internship Recommendation form.

Get Healthy Now Internship Recommendation

Please rate the applicant on the qualities you feel you can judge on the grid below. Indicate your perception of the student's readiness to function in a wellness coach internship program by placing an "X" under the appropriate score. Provide comments of ratings and your signature on the next page.

Actual or Expected
Date of Graduation _____

Student's Name _____

O-Outstanding; S-Satisfactory; NI-Needs Improvement; U-Unsatisfactory

	O	S	NI	U	Unable to Evaluate
Application of Knowledge					
Analytical Skills/Problem Solving					
Conceptual Skills					
Communication Skills					
Oral					
Written					
Interpersonal Skills					
Peers/Co-workers					
Teachers/Supervisors					
Leadership Potential					
Initiative/Motivation					
Punctuality					
Adaptability					
Reaction to Stress					
Perseverance					
Creativity					
Organizational Skills					
Works Independently					
Responsibility/ Maturity					
Overall Potential as a Wellness Coach					

Relationship to Applicant: Advisor____ Teacher____ Work Supervisor____
Other____

If Other, please indicate relationship:_____

How long have you known the applicant? _____

Do You: Highly Recommend____ Recommend____ Not Recommend____

Additional Information: Use to add to characteristics rated on previous page. Indicate applicant's strengths and those qualities that require further development.

Strengths:

Qualities that Require Further Development:

Name_____ Signature_____ Date_____

Position_____ Place of Employment_____

Phone_____ E-mail_____