

The Health Enhancement Research Organization (HERO) provides a professional 200+ hour internship to graduate students seeking opportunities to gain applied experience in the health and well-being field. This experience aims to provide real-world work experiences that will prepare students for their future careers. HERO will work with the students to adapt the objectives/outcomes of the internship to meet the requirements of their institution.

Specific activities that one may be involved in as a HERO intern include: participating in company staff meetings and volunteer workgroup meetings; scheduling and conducting informational interviews with HERO staff members at all levels of organization, as well as with industry leaders outside of HERO; reading recommended health and well-being articles with a focus on specific areas of interest; contributing to the ongoing refinement of the HERO Health and Well-being Best Practices Scorecard in Collaboration with Mercer (HERO Scorecard), contributing to development of a written paper that supports HERO's mission; participating in committee, project, and/or HERO Scorecard related meetings; providing support to HERO staff on research studies in progress; reviewing publicly available resources developed by HERO study committees; etc.

**Benefits of our internship program may include:**

- Enhancing your applied research experience, as you work with the HERO team to perform a literature review, develop a research question, analyze and interpret data, as well as publish the findings.
- Building industry contacts for your future job search.
- Learning more about health and well-being best practices.
- Understanding the processes and operations of a non-profit organization.
- Enhancing career-related skills such as, oral and written communication skills.

**Minimum requirements**

Applicant must be at least a Master's degree candidate and have completed at least 50% of their course requirements. Applicant must be willing to work a minimum of 200 hours with HERO and have the availability and resources to work virtually and participate in weekly remote HERO team meetings. Applicants must also be proficient in the use of Microsoft Office applications such as Word, Excel, and Powerpoint, as well as be able to interpret data in tables/graphs.

If interested, please complete the application and send it along with your resume and a writing sample to Mary Imboden ([mary.imboden@hero-health.org](mailto:mary.imboden@hero-health.org)) and Jessica Grossmeier ([Jessica.Grossmeier@hero-health.org](mailto:Jessica.Grossmeier@hero-health.org)).