

## **The Nature of Mind Body**

### **Public Relations Internship**

The Nature of Mind Body (NOMB) offers virtual and in person mental health counseling, holistic health coaching, and in person wilderness immersion retreats led by licensed health care providers and professional wilderness guides. The Nature of Mind Body is newly formed, so this would be a great opportunity to connect with a company at its inception and have a large influence over our marketing development

#### **Responsibilities will include:**

- Creating social media posts for Instagram and Facebook.
- Submitting NOMB events to our network of clients
- Create virtual fliers

#### **Required skills/competencies**

- Social Media Fluency (Facebook, Instagram)
- Ability to creatively use Instagram stories/reels to engage CSC audiences
- Strong writing and editing abilities
- Interest in and desire to learn more the Nature of Mind Body

#### **Experience with the following preferred but not required :**

- Creating content for newsletters, blogs, apps, or social media platforms

This internship is offered year-round. This is an unpaid internship. Anticipate 1-2 hours per week which can be flexible around students' schedules.

**Applicants should email resume, one written references and either a short writing sample or example of social media posts:**

Email: [hello@natureofmindbody.com](mailto:hello@natureofmindbody.com) and [jaymesiet@gmail.com](mailto:jaymesiet@gmail.com)

**To find out more about us please visit our website:**

<https://www.thenatureofmindbody.com>