

Marketing & Communications Intern

ThriveShift Foundation

Location: Remote / Hybrid

Time Commitment: Minimum 8 hours per month

Duration: Semester-based (8–12 weeks)

Stipend: \$100/month

Payment: Issued at the end of each month

About ThriveShift Foundation

ThriveShift is a community-centered nonprofit focused on building equitable, sustainable programming that supports community health, education, and long-term wellbeing. We believe in developing the next generation of public health leaders through real-world, values-aligned experience.

Internship Overview

The Marketing & Communications Intern will support ThriveShift's efforts to translate public health information into accessible, culturally responsive messaging for community audiences. This role is ideal for students interested in health equity, community engagement, and nonprofit communications.

This internship is designed to be educational, mentored, and skill-building—not clerical or extractive.

Key Responsibilities

- Assist in developing clear, accessible public health messaging
 - Support content creation for digital platforms (social media, newsletters, flyers)
 - Help translate research or program data into community-facing language
 - Support outreach and awareness efforts for ThriveShift programs
 - Participate in brief check-ins and reflective learning discussions
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Learning Outcomes

Interns will gain experience in:

- Health communication strategies
- Community-based public health work
- Culturally responsive messaging
- Nonprofit program support and outreach

- Professional collaboration and feedback

Interns who successfully complete the program may receive:

- A letter of recommendation
- Resume and portfolio support
- Referrals for future opportunities (when available)

Compensation

- \$100 monthly stipend for a minimum of 8 hours of work per month
- Payment is issued at the end of each month

Optional Additional Opportunity

Interns may also opt into a paid virtual tutoring role:

- Tutor elementary or middle school students in reading
 - Two sessions per week from 5PM-7PM (virtual)
 - Additional \$300/month
 - Tutoring is optional and separate from internship responsibilities
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