



EMPLOYEE WELLNESS

The University of Alabama at Birmingham

Internship Program Overview

Contact Information

The University of Alabama at Birmingham
Employee Wellness
701 20th Street South
270 Administration Building
Birmingham, AL 35294

uabwellness@uab.edu

205.996.7343

Number of internship positions available: Two internship positions per semester

Reporting: Will report to Riley Thornton, Employee Wellness Specialist

Period of Performance

- Summer or Spring Academic Semesters
- Multiple semester Internship available

Is a salary available? No

Please send resume and expressions of interest to include:

- Academic Semester for internship
- Number of hours required for your internship
- University and Program of study related to internship
- Faculty Advisor contact information

Email information to: uabwellness@uab.edu

Mission

The mission of the University of Alabama at Birmingham Employee Wellness program is to cultivate, innovate, and nurture a collaborative wellness approach for the individual and corporate health of UAB employees

Statement of Purpose

The UAB Employee Wellness program exists to promote and facilitate healthy living in the areas of nutrition, exercise, stress management and tobacco cessation

Scope of Internship

- Must have an interest in overall health promotion and public health
- Must possess a desire to learn operational components of research, strategic planning, implementation, and evaluation of corporate health management
- Must be well versed in prevention/wellness statistics, research, and major health issues in the state of Alabama
- Must be willing to assist in the marketing, promotion, and implementation of programs by maximizing both internal and external resources

Internship Objectives

- Assist in the UAB Employee Wellness program development
 - Evaluate the organizational culture, demands, interests and needs
 - Design the framework, infrastructure, and resource solutions
 - Implement and deliver wellness program initiatives
 - Document and report effectiveness
- Review the literature and other business web resources, and synthesize key findings to design best practice prevention programs and tools for UAB employees
- Manage and maintain ongoing knowledge distribution via UAB Employee Wellness social media outlets
- Connect with UAB Medicine and UAB Academic Departments to promote UAB Employee Wellness programs and initiatives
- Act as a liaison to the faculty for research projects, solutions, and resources that may be applicable for UAB Employee Wellness

Preferred Qualifications

- Working knowledge of Word, Excel and Power Point
- Good organizational and communication skills
- Self-motivated and able to work independently
- Possessing strong communication skills and comfortable interacting with and leading UAB employees within program settings
- Willingness to be flexible with participation as some wellness events may occur outside of scheduled internship hours