VIVACIOUS WELLNESS PERSONAL COACHING

Street Address: 500 North Street, Suite 3, Springfield, IL 62704

Website: www.vivaciouswellness.us

Phone Number: 347-306-8864

Agency Contact: Janet Cook, Owner

Email Address: janet@vivaciouswellness.us

How should students contact this agency? Email or calling

How should students submit cover letters and resumes? Email

General description of business:
We are a locally female owned body transformation business specializing in helping women who struggle with Yo-Yo Dieting to transform their mindset, fitness, nutrition and lifestyle with permanent habits to help them live their best lives.

Internship or Job Description:

Marketing Assistant Internship
- Website Maintenance
- Social Media Maintenance
- Administrative Duties
- Media Relations
- Advertising
- Networking
- Will work closely with the Owner

Personal Trainer Internship
- Implement and lead training with small private groups
- Manage group dynamics
- Hold individuals accountable
- Implement proper exercise techniques and make corrections
- Begin to understand movement patterns and imbalances
- Deliver a similar exercise when a client cannot perform the prescribed ones

Basic student learning anticipated:
Working for our company will give a student a broad experience in branding, marketing, entrepreneurship and small business ownership.
We work specifically with women 26 - 65 years young and target them through social media platforms, webinars, and from networking.

Hours per week: Up to 25 (flexible hours)

Number of weeks: 8 - 12 weeks

Position Available: Fall, Spring, Summer