



Nutrition Education Intern

About Kaizen Nutrition & Wellness

Kaizen Nutrition & Wellness is an Integrative and Functional Nutrition private practice located in Hillsborough, North Carolina. Services offered include

- Nutrition Consultations
- Health Coaching
- Learning Library of free downloads or mini-courses
- Meal Plans for numerous conditions, including planner, grocery list and recipes
- Extensive laboratory testing
- Organic Skincare and Essential Oils
- Supplements, Teas and other products to support Wellness

Purpose of this Internship

This position primarily serves to enhance the online Kaizen Learning Library that provides free downloadable content and mini-courses which are free, with plans to add more extensive standard courses centered around a central topic, include handouts and questionnaires.

The purpose of this internship is to provide experience with creating nutrition education materials and may include any of the following activities:

- Utilizing Canva to create handouts or questionnaires, website graphics, or marketing content for new courses;
- Utilizing Teachable to create new courses, including lessons, videos, and webinars;
- Completing research on various topics relevant to current courses being created;
- Course content creation for new course offerings including creation of logic model, implementation guide, lessons, handouts, and questionnaires;
- Creating marketing plan for launch of new courses including scheduling social media posts through Hoot Suite, creating and scheduling electronic newsletter through Mail Chimp, answering questions from the public regarding course launch
- Editing or updating existing courses;

Requirements

The ideal candidate is organized, motivated, and reliable. Experience in creating nutrition education content is preferred but not essential. Coursework in nutrition is preferred. Undergraduate or graduate students may apply. Occasional meetings in the office will be required, but much of the work can be completed remotely. This position is an unpaid internship. The recommended amount of time devoted to the internship is approximately 12 hours per week.

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