

# ConqHer, Inc

## Mental Health & Wellness Events Intern

### About Us:

At **ConqHer, Inc.**, our mission is to embrace under-resourced girls and women to thrive through education, mentorship, leadership, and holistic growth; equipping them with skills and resilience for lasting success.

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### Role Overview:

Are you a psychology student who's passionate about helping others build confidence, balance, and emotional well-being? Do you enjoy creating safe, empowering spaces where girls and women can connect, heal, and grow?

As our **Mental Health & Wellness Events Intern**, you'll bring ConqHer's holistic approach to life by helping design and support meaningful events focused on mental health, emotional wellness, and self-care. You'll work closely with our leadership team to plan engaging experiences for youth, mothers and daughters, and women; integrating mental wellness with physical health and community connection.

This internship offers a powerful opportunity to gain hands-on experience in event planning, group facilitation, and community mental health programming, all while helping shape impactful experiences for girls and women.

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### What You'll Do:

#### Event Curation & Planning

- Help plan and curate **mental health–focused events and workshops** for youth, women, and mothers/daughters.
- Develop **themes, discussion prompts, and interactive wellness activities** around topics such as stress management, self-esteem, emotional regulation, and healthy relationships.
- Collaborate with staff to blend **mental and physical wellness** (e.g., journaling + yoga, mindfulness walks, smoothie or nutrition sessions).

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## Facilitation & Engagement

- Support or co-lead group reflection activities, conversation circles, or mental wellness games.
- Help design **take-home materials or resource guides** for participants (affirmations, breathing exercises, coping tools, etc.).

## Research & Resource Development

- Research and compile **local mental health resources, tools, and community partners** for event integration or referral.
- Identify and recommend **guest speakers, facilitators, or wellness practitioners** aligned with event themes.

## Participant Support & Data Collection

- Assist with **pre- and post-event surveys**, helping gather and summarize participant feedback.
- Help track attendance and outcomes to strengthen future programming and reporting.

## Creative Collaboration

- Work with the **Marketing & Communications team** to promote upcoming wellness events and campaigns.
- Contribute ideas for social content or outreach tied to mental health awareness months or national observances.

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## Who You Are:

**Empathetic:** You have a heart for people and naturally create safe, inclusive spaces.

**Organized:** You can balance multiple details, timelines, and moving pieces with ease.

**Curious:** You love learning about the mind, behavior, and emotional well-being.

**Creative:** You think outside the box when it comes to connecting mental health to everyday life.

**Passionate:** You believe mental wellness is essential—and want to help others access it.

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## Qualifications:

- Junior or senior pursuing a degree in **Psychology, Counseling, Public Health, Social Work**, or a related field.
  - Strong interpersonal and communication skills.
  - Interest in community mental health, event coordination, and holistic wellness.
  - Comfortable collaborating in both virtual and in-person environments.
  - Available **15 hours per week** for the duration of the internship.
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## How to Apply:

If you're ready to combine your passion for psychology and community impact, we'd love to hear from you! Send your resume and a brief note about your interest in this role to **hello@conqher.org**.

Don't have a resume? You can still apply! fill out this form [HERE](#)