

UNIVERSITY OF REDLANDS

THRIVE COACHING GRADUATE POSITIONS

FALL 2021 or SPRING 2022

1. Institution

- a. University of Redlands

2. Department

- a. Office of Community Standards and Wellbeing

3. Site Supervisor Name and Title

- a. Jared Rodrigues, Associate Dean of Community Standards and Wellbeing

4. Number of Openings

- a. 2-4, depending on availability of coaches

5. Internship Description

- a. The Office of Community Standards & Wellbeing is seeking qualified and interested graduate students to serve as a THRIVE Coach for undergraduate and graduate students. THRIVE coaches will work one-on-one with clients to help them achieve a higher level of wellbeing based on their own self-selected goals. THRIVE coaches will receive a comprehensive 16-20 hour training on motivational interviewing techniques, strengths-based coaching, goal setting, how to make a referral, and note taking and administrative skills. Commitment for the full academic year required.

6. Learning Outcomes

- a. Develop an understanding of motivational interviewing and apply to client session
- c. Develop an understanding of strengths-based coaching and apply to client sessions
- d. Develop and understanding of goal setting strategies and apply to client sessions
- e. Recognize when a client needs assistance outside of the scope of THRIVE Coaching and appropriately respond and refer
- f. Ability to speak knowledgeably on a variety of health-related topics
- g. Demonstrate effective note taking and record keeping

7. Specific Duties

- a. Meet one-on-one with undergraduate and graduate students requesting THRIVE Coaching
- b. Attend weekly supervision meeting
- c. Maintain personal schedule of coaching sessions
- d. Maintain records (i.e., notes, assessment) on student meetings, and appropriately report issues
- e. Record sessions (with obtained student permission) and present case for observation and supervision
- f. Maintain appropriate levels of confidentiality and privacy

8. Required Skills

- a. Direct or transferrable experience working with traditional aged college students
- b. Willingness and ability to assume responsibility for confidential record keeping
- c. Exceptional written and oral communication skills
- d. Computer literacy

9. Schedule

- a. 6-10 hrs per week. Traditional business hours, and evening/weekend hours available

10. Start Date

- a. Required 16-20 hour training
- b. Official start date tbd

11. Interested students may submit resume and cover letter to:

- a. livewell_bulldogs@redlands.edu