

EAT SMART INTERNSHIP

NOTE: Our internship programs are run twice yearly, commencing January and June/July of each year.

Check our socials and website at these times if you're keen to join our team!

When we are recruiting, Eat Smart looks for an enthusiastic and passionate person. We want to make sure that you are right for Eat Smart and that Eat Smart is right for you! If you answer YES to these questions, you're a good fit for us.

- Do you love food?
- Are you passionate about helping people?
- Do you get excited about exercise and sport?
- Do you get excited about cooking, trying new foods, finding new recipes and eating great food?
- Do you have a background in sport and exercise?
- Are you the type of person that can walk in to a room and just start talking to people?
- Do people warm to you easily?
- Do others think you are a good listener?

Eat Smart is a dynamic, forward thinking nutrition consulting business. We help hundreds of people everyday – from Mums and Dads, to elite athletes, to the those just getting in to a healthy exercise habit, to Veterans who have served our country; we believe in advancing an individual's health, nutrition and exercise habits to improve their performance. We are practical, innovative and above all, committed to providing the best nutrition consultation we can.

We are excited to offer Sports & Clinical Nutrition Internships starting each January and June/July. The internship placements run for 20 weeks. It is offered

to 4th/ final year Dietetic students or recent graduates. Eat Smart has been in business over 30 years and we are experiencing fast growth. We are building our future and we would like you to be a part of it!

Why are we offering this internship?

We know that universities cannot provide all the real life education a Dietitian and Sports Dietitian needs to be successful upon graduation. We know that job opportunities can be hard to come by. We aim to provide additional practical experience, in the field, to complement your formal studies. Eat Smart has a vision to expand our reach to greater Queensland so we can help more people improve their nutritional health, life performance and sporting ambitions. This includes students and those new to private practice or the sports nutrition workforce. We are hoping that one of our interns will turn out to be our next, awesome Eat Smart team member!

Who can apply?

- 4th/final year undergraduate
- Post-graduate Dietitians
- New or recent graduates
- Those with more experience who would like to increase their skill and knowledge in clinical dietetics, sports nutrition and private practice.

Who are we looking for?

Someone who would be a great fit for the Eat Smart team!

In private practice and in sports nutrition, being a people person is vital to your success and enjoyment in the role.

We **can** teach you:

- medical nutrition therapy
- sports nutrition principles
- motivational interviewing

We **cannot** teach you to:

- be enthusiastic,
- be empathetic

- be passionate
- simply love helping people!

If you're a natural "people person" with a genuine interest in changing people's lives, then you are what we are looking for.

How many hours will you work?

We are happy to be flexible to suit your timetable, but we would love to have you on board 2 days or approximately 16 hours per week. This will include time where you will observe an Eat Smart Dietitian in action, opportunities where you can assist an Eat Smart Dietitian in their role and also some project or independent work.

As part of the role, you will need to be available on Wednesday evenings to cook a meal for athletes in their training venue (Inner Brisbane location).

Is this a paid position?

This position will offer a paid honorarium of \$1000 as well as the value of experience, exposure and learning off the best in the business. If you really impress us, you may even land a part-time or full-time paid position with Eat Smart (hello, dream job!).

You will also be given the opportunity to be part of:

- Our new graduate education and training program
- Journal club
- Access to our webinar library
- Professional development opportunities