

Freedom Psychotherapy & Wellness Services Internship

Program Information Sheet

Social Media Intern

Location - Remote

Weekly Minimum Hours - 8

6 month minimum commitment

About Us

This is a concierge style boutique private practice located in Houston, TX. It's a black female owned company that provides mental health services, professional consultations, and wellness experiences to adults and teens.

We help xennial professionals in long term relationships, who've lost themselves, use wellness to reconnect with who they are and truly find themselves again.

The CEO and founder, Nadie Roberson is a Licensed Psychotherapist that established Freedom Psychotherapy & Wellness Services with the intention of creating a space for herself to advocate for mental health. And to provide access and services to minorities who are looking to grow within. Aside from providing therapy, she is an advocate of mental health, speaker, content creator, confidence coach, course creator, and avid selfie taker.

Freedom is a growing company. Nadie plans to create courses for those struggling with starting a wellness journey as well as for developing self-love and confidence. We need dedicated team members that want to be a part of the journey.

Internship at Freedom

Freedom's internship program is an exciting opportunity for individuals looking to invest in their professional career development with an interest in online marketing, social media, and entrepreneurship. This opportunity helps contribute to the career development of budding professionals, future mental health providers, and entrepreneurs. Additionally, the program offers guidance, knowledge, and growth for the benefit of the intern professionally and personally through weekly coaching.

If you have a passion for online marketing, soft spot for mental health, and enjoy cat memes you may be a perfect candidate.

The individual will be offered the opportunity to work on exciting projects and community outreach. Additionally, Freedom interns will gain hands-on experience with running a mental health business and media. An intern will collaborate closely with the CEO throughout the program.

Intern Qualities, Skills, and Interest

This internship can be of value to individuals looking to gain experience in online marketing, social media management, photography, videography, communications, or public relations. Ambitious, creative, flexible individuals are encouraged to join the team through an internship that provides a unique experience in the mental health industry. We assure that all assignments add value both to our company and to an individual's development as a professional in the real world.

The following skills and qualities are desirable of applicants:

- Ambitious in their personal and professional endeavors
- Willingness to learn and grow speaking skills
- Ability to communicate effectively; verbally and written
- Great customer service skills and ability to present oneself in a fun, personable, and professional manner to clients and team
- Well developed skills in Google docs/word, Sheet/Excel, and Slides/PowerPoint.
- Well developed skills in Instagram, Twitter, Facebook, and LinkedIn
- Experience with Slack, Asana, Canva, and Planoly is a plus.
- Ability to plan, implement, and evaluate task completion in a timely manner
- Ability to attend virtual meetings
- Ability to be both consistent and flexible with schedule (I know how it sounds, but trust me...you need this)
- Ability to effectively weigh and evaluate personal needs, responsibilities, and commitment tot internship
- Ability to develop aesthetics for documentation and creative projects
- Team orientated
- Ability to receive and utilize constructive feedback regarding performance, presentations, and relationships established in the program
- Great taste in shows, movies, music, books
- Animal lover is plus

Tasks and Responsibilities:

Throughout the week, Ideally 2 hours per day, the intern will work on Freedom's social media platforms.

- Create and Schedule relevant Posts
- Engage clients during live streams and webinars

- Monitor and Manage all social media channels: Facebook, Twitter, Instagram, YouTube, LinkedIn
- Builds content calendars and some content creation
- Continuously improves company by capturing and analyzing the appropriate social data/metrics, insights and best practices, and then acting on the information
- Identifies opportunities with influencers to promote brand awareness

Evaluation & Feedback

Interns will be evaluated based on their efforts and learned skills throughout the internship program. A review of their work ethic and growth development since the start date will be provided. In addition, a log of intern hours and daily task descriptions will, in part, determine the progress made throughout the internship. Lastly, the intern will be provided the opportunity to review the internship program with their insight for improvement.

Required commitment for completion of program

A total requirement of 10 hours minimum per week for 6 months are required to participate and complete the program.

Perks of Internship

Weekly Coaching for Personal and Professional Development

Freedom Psychotherapy & Wellness Service's CEO and Founder, Nadie Roberson provides coaching to all her interns in exchange for their time and effort in the program. This unique and valuable opportunity originated from the limited access to mentors and role models in communities of color.

As a professional woman of color that is a first generation business owner, it was imperative for Nadie to create a solution to an ongoing lack of opportunity to young men and women in search of guidance for their budding career and continued educational journey.

Coaching is provided in person(if feasible) and online on various topics that aid an individual in growing personally and professionally. This is a unique opportunity that is rarely if ever experienced in internships. Topics that are frequently addressed include the art of networking, building a professional image online, building a business online, choosing a career that is fulfilling, knowing your worth as a professional, etc.

Free Access to Freedom Courses

Freedom Psychotherapy & Wellness Services is in the process of launching unique online courses and workshops! Nadie has been working on creating programs for confidence development and building happiness through wellness. Interns will have free VIP access to Freedom Courses, first look at new product launches, and the opportunity to collaborate with the team to create new content to aid communities of color that are frequently underserved.

Professional Letter of Recommendation

Among the many benefits of the program, an exciting perk is applying for graduate school or a new job and having the support of Freedom Psychotherapy & Wellness Services in writing. An exceptional letter of recommendation to the program or position of choice. Recruiters are likely to choose candidates who are well versed and have experience to show for it.

Application Instructions

Fill out an application [here](#)

Email resume and a 2 minute intro video on why you are a perfect candidate for this program

Send email to Nadie at NadieLPC@FreedomPsychotherapy.net

Contact: Nadie Roberson, MA, LPC Psychotherapist, Mentor, Ceo and Founder of Freedom Psychotherapy & Wellness Services, PLLC

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