

Digital Media Internship - Hybrid Structure

Seeking: Video Podcast Producer & Editor, Social Media Content Creation

Embody Wellness LLC was founded by Meaghan Szilagyi in 2022 to empower individuals on their journey to well-being by providing holistic guidance and practices that alleviate stress, release negative energy, and foster positive transformation. As an Energy Renewal Specialist, Meaghan's vision is to inspire individuals to cultivate a deep connection with themselves, fostering a life of authenticity, joy, and mindful living.

Meaghan Szilagyi is building a podcast from the ground up, and is seeking creative support from a passionate and motivated digital media student.

Internship Responsibilities:

- Video and audio recording podcast episodes (in person, twice per month)
- 1:1 meetings with Meaghan Szilagyi as needed (in person or virtual, frequency TBD)
- Editing recordings of audio and video (virtual)
- Selecting/editing clips of podcast to be posted to social media based on Embody Wellness LLC's existing brand blueprint (will be provided) (virtual)
- Other misc tasks related to this project
- Possible opportunities for other digital media projects of interest to the student!

Compensation:

- Compensation may vary depending on the ability to monetize from this project, but a \$500 stipend is guaranteed at the end of the semester.
- If you enjoy the work/content/partnership and deliver quality work, there may be an opportunity for hire after the academic semester ends!

For more information about Embody Wellness LLC and Meaghan Szilagyi, check out our website at www.embodywellness-connecticut.com or send an email to mszilagyi@embodywellness-connecticut.com