

## STRESS-FREE Internship Opportunities Available

Hi, I'm Mary Elaine Kiener, RN, PhD, the "ME" of ASK ME House LLC as well as its Creative Energy Officer (CEO).

Forget for a moment whatever you may think a nurse does, for I have designed an innovative holistic and wellbeing-oriented *virtual* nursing practice. This means that a majority of the programs and services are offered virtually (i.e., by phone or online—rather than in person).



Our primary target market consists of mid-life caregivers who also wish to more effectively care for themselves.

***Would YOU like to help ME reach and help more clients learn how to stresswell™?***

### Current Internship Positions Available:

- Internship Coordinator Intern
- Multi-Media Production Specialist Intern
- Wellness Project(s) Writing Intern
- Virtual Learning Program Development Intern

**Timeline:** Openings currently available on a per project basis and for Fall 2011. For those requesting academic credit, we will negotiate minimum time schedules (e.g., 10-20 hours per week) as required by your academic institution.

**Compensation:** Unpaid internship. Academic credit will be arranged on request.

*(over)*

**To Apply:** For more information and/or to submit application:  
<http://askmehouse.com/community/stressfree-internship-program>

**Contact info:** Email: [me@askmehouse.com](mailto:me@askmehouse.com) /  
Websites: [askmehouse.com](http://askmehouse.com) / [stresswell.com](http://stresswell.com)

## Ideal Candidate:

For the right candidate, an open, creative mindset is more essential than a specific academic major.

### Minimum Requirements:

- Functional knowledge of Microsoft Office and Internet technologies
- Strong communication skills (both verbal and written)
- Excellent interpersonal skills (with both colleagues and clients)
- Ability to work independently and complete tasks successfully
- Strong attention to detail

### Awesome Additions:

- Social media savvy
- Audio/visual production skills
- Interest/experience within health and wellness field
- An entrepreneurial spirit coupled with a client-centered approach
- Familiarity with the E-Myth business approach

### Benefits:

- Learn skills that can increase your immediate earning potential.
- Gain hands-on experience within a professional practice environment that is creatively addressing current societal needs to reduce rising health care costs while also enhancing well-being and quality of life.
- Learn programs we use, including: WordPress, MaestroConference, 1ShoppingCart, AWeber, AudioAcrobat, JigsawBox, SocialOomph, EzineArticles, Tungle, Jing, AnyMeeting, etc.
- Work virtually from anywhere and manage your time.
- Contribute to beneficial and rewarding work projects that build on your existing strengths and abilities.
- Enjoy direct access to the company's founder and CEO, while influencing key decisions and initiatives that will help ASK ME House LLC grow and prosper.
- Gain expertise in maximizing a virtual work environment experience.
- Build your portfolio with great projects.
- Receive a reference letter from the Creative Energy Officer(CEO) of ASK ME House LLC.

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