

Leslie Norrington

Organizational coaching intern

Graduate nutrition student, North Carolina State University



My summer at Prevention Partners was an invaluable opportunity to explore my career interest in health promotion. I was able to work on projects that leveraged both my marketing experience and nutrition education including developing webinar content and updating the WorkHealthy America nutrition guidelines. Early on, my supervisor asked what skills I wanted to focus on during my internship and then found opportunities where I would be able to practice them. For example, to help improve my communication and presentation skills, I was able to present case studies during a webinar on evaluation strategies. I felt that my input on projects was valued and that I was truly apart of the team for the summer. This internship allowed me to gain a greater understanding of public health, and prevention efforts in particular, that I can take with me to my future career.

Ira Dave

Research & evaluation intern

Graduate public health student, University of North Carolina at Charlotte

My internship experience at Prevention Partners has been truly very rewarding and fulfilling. I knew the work given to me was important and was going to make a real difference to the organization and its clients. The most valuable experience for me among various tasks was interviewing two organizations and writing case studies about improvement in employee health in their organizations. The experience of multitasking and getting the work to 100% perfection has helped me to develop perseverance – so important in professional and personal life.

The best part of the internship at Prevention Partners was that they value personal goals along with the organizational goals. I was given the work I wanted to get experience in and that helped me develop skills to excel in my professional life. My internship at Prevention Partners also helped me to develop skills to make my lifestyle healthier. The work culture at Prevention Partners has made a huge impact on my own lifestyle – the 30 minute workout time each day during work hours, walking meetings, and our wellness challenge made me improve my health and lifestyle for long run. I am thankful for this wonderful internship opportunity.



Grace Befort

Research & Evaluation intern

Undergraduate student, Duke University, Sanford School of Public Policy



My summer internship with Prevention Partners was filled with countless opportunities, new experiences, and exciting projects. As soon as I began at Prevention Partners, I was welcomed into an encouraging workplace and constantly inspired to both promote and personally live a healthier lifestyle. The staff worked hard to ensure that all interns had the best possible experience during their time with Prevention Partners, and this led to an incredibly fun and invaluable summer.

My projects were personalized to fit my interests in education and child health, such as designing a webinar on school health and researching physical activity in schools. As the summer progressed, I was given increasing responsibility and even allowed to design an independent data analysis on wellness budgets. During my time at Prevention Partners, I developed countless new skills, had the opportunity to apply what I had previously studied at school, and gained a network of health-oriented professionals, but, more importantly, I felt like my work was valued by staff and that I was making a real difference in workplace wellness. I look forward to taking my wonderful experience and new knowledge from Prevention Partners with me in my future accomplishments.

Ryan Nguyen

Strategic Alliances intern

Undergraduate health policy & management student, University of North Carolina at Chapel Hill, Gillings School of Global Public Health

My internship with Prevention Partners was an absolutely amazing experience. I have always had an interest in prevention-based policy, and Prevention Partners was the ideal organization for me to further pursue those interests. The staff and interns were incredibly kind, welcoming, and supportive. From the very first day, I felt like I was a part of the team.

Throughout the summer I had the opportunity to work on a wide variety of projects with various other staff members from different departments within the organization. This included assisting with quarterly reports, which are sent to major partners, as well as the development of a resource toolbox for one of their new initiatives. All of the projects and assignments I worked on furthered the development of my technical and interpersonal skillsets, both of which will be invaluable to me in any future career or academic setting.



Ania Berchuck

Strategic Alliances intern

Graduate health behavior student, University of North Carolina at Chapel Hill, Gillings School of Global Public Health

I had a few goals for my practicum required by my Master of Public Health program: to have a great supervisor, work with a team, and apply the skills I have learned so far in graduate school while learning new skills. Most importantly, I wanted to go out of my comfort zone in research and learn about business. Prevention Partners met those goals and exceeded my expectations for the summer. I worked independently and with the other staff members of the Strategic Alliances team, received valuable feedback on my projects, and learned about what it's like to work at a non-profit. I learned about marketing and had the opportunity to improve important Prevention Partners products. I know that my work will be used in the future. Unlike typical internships, as a Prevention Partners intern I was a valued member of the team who accepted me with open arms. I was able to learn and grow in a friendly work environment. I also discovered that other people share my passion for helping people live healthier lives and this comes through in Prevention Partners' work. I wouldn't change anything about my internship!



Katie LaWall

Strategic Alliances intern

Undergraduate student, public health and political science, University of South Carolina



The summer I spent at Prevention Partners was an invaluable experience, and I could not have asked for a better organization or group of people to spend it with! Having helpful mentors and seeing how interns' projects directly helps the organization made me excited to come in every morning. The projects I completed during my summer here have not only given me a much better sense of how Prevention Partners' work changes lives on multiple levels, but have also helped me develop many skills as well. Through my work, I saw the concepts Prevention Partners recommends to other organizations and was excited to learn more than I ever imagined about building wellness in workplaces and schools.

Katie LaWall (*continued*)

In addition to the hands-on projects, the staff is very welcoming and supportive of the interns and the culture of wellness embedded throughout the office has encouraged me in leading a healthier lifestyle as well. Prevention Partners is a unique place to work because the wellness challenges, daily wellness breaks, and healthy snacks around the office are a few of the many things they do to help improve the health and well-being of staff and interns. I had an amazing experience and am excited to take the knowledge and skills I gained into the next steps of my public health career!

Sarah Boland

Donor and intern alumni relations intern

Undergraduate student, physics, University of North Carolina at Chapel Hill



Within the first week, my supervisors said to me, “You’re going to notice that your experience is a little different than the other interns,” and they were right. I had the unique opportunity to network with Prevention Partners’ donors and intern alumni. Probably the highlight of my summer was when I traveled with the organization’s CEO and a couple other staff members to spend an evening in Charlotte, North Carolina, reconnecting with past Prevention Partners interns over dinner. We heard from incoming board member about his experiences as Stroke & Neurosciences Director at a local hospital and another intern alum about to begin a PhD program in health communications. They explained to me this internship is not something to be taken for granted; it will shape you in ways you didn’t even anticipate. These intern alumni, and others like them, have gone on to change population health. I, too, feel better equipped for a career in medicine after interning with Prevention Partners. What else can you ask of an internship?

Needless to say, it is hard to truly capture the significance of my time at Prevention Partners. But, if I were to describe it in one word, it would be: family. Prevention Partners has welcomed me with open arms and never doubted for a minute that I was less qualified because I was a physics major instead of public health. Like a family, they nurtured the qualities they saw in me and made me a stronger person. Through independent and group projects, I was able cultivate the skills of communication, graphic design, writing, and analytical thinking. My supervisors supported my ideas and provided feedback when they could be improved. At Prevention Partners you can have an autonomous yet supportive experience-- something you won’t find elsewhere. Here you are valued as intellectual peers and will be invited to contribute to influential projects in public health. These projects may range from alumni relations to strategic planning, but no position is less important.

So heed my advice, *dare to grow and have fun doing it*. You won’t regret it-- I promise.