

**Verdant Community Wellness Center**

**Instructor Interest Form (WC 200)**

**Verdant is always looking for new and talented instructors.** The first step is to complete this interest form and submit it to [wellnesscenter@verdanthealth.org](mailto:wellnesscenter@verdanthealth.org). You should also include a resume that lists your qualifications, education, and licensure (if applicable). Verdant most frequently needs instructors to teach the following types of classes:

* **Nutrition**: General nutrition education and cooking demonstrations in Verdant’s teaching kitchen. Verdant has a strong preference that nutrition classes are led by registered dietitian nutritionists (RDNs);
* **Evidence-based health or wellness programs or class series**
* **Physical activity programs**, including lectures on exercise topics, injury prevention and some (limited) exercise programs like strength training, yoga or tai chi;
* **Stress reduction** and **mindfulness**
* **Behavioral health workshops or support groups.** Verdant has a strong preference for behavioral health programs that are led by licensed mental health counselors, therapists, or social workers.
* **Parent education and support**

If we think there’s a match with your qualifications and availability, Verdant will reach out to set up a time to meet. Verdant compensates instructors as independent contractors and all arrangements are made via a written agreement for services. During the hours the instructors are engaged by Verdant, the instructors are required to refrain from promoting his/her services or organizations to participants.

**CONTACT INFORMATION**

|  |  |
| --- | --- |
| Name |  |
| Company Name (if applicable) |  |
| Phone number |  |
| E-mail |  |
| Address |  |
| City, State, Zip |  |
| Website (if applicable) |  |

**BACKGROUND & AVAILABILITY**

1. **Describe types of program you would be interested in teaching or leading.** Please include the topic covered, target audience, and program duration (ex. one-time for three hours vs. weekly for six weeks in one hour sessions).

Click or tap here to enter text.

1. **What are your relevant experiences and qualifications to lead this type of program?**

Click or tap here to enter text.

1. **What is your availability?** Complete the table below and add any additional information about your availability.

|  |  |  |
| --- | --- | --- |
|  | **Daytime (Y/N)** | **Evening (Y/N)** |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Comments on availability: |  | |

1. **Do you have any other special capabilities, including language skills?** We have a specific need for English and Spanish-language instructors at this time.

Click or tap here to enter text.

1. **Please attach your resume and include at least two references that can speak to your qualifications.**