



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. 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

A. 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).

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

C. 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:		

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

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