

Job Description:
Mindful Discovery Associate

Duties:

- Participate in career exploration and self-discovery programming
- Support participants by assisting them with digital literacy modules, using various electronic devices such as laptops, smartphones, and/or tablets
- Must lead one basic mindfulness and/or meditation skill /technique prior to the start of each senior session (techniques provided)
- Exercise patience using meditation and mindfulness techniques during classes, while presenting as a respectful supporter and
- Use effective communication, repetition, and consistent language to teach program participants how to navigate through computer modules
- Performs other duties as assigned within scope of employment

Competencies/Requirements:

- Must be enrolled in traditional college courses, or enrolled in a non-tradition educational program. Strong interest in collaborating with the senior citizen population and making a positive impact in
- the community
- Interest in self-discovery, career exploration, and practical coping techniques using meditation and
- mindfulness as coping strategies.
- Successfully complete digital literacy modules to effectively instruct participants
- Willing to work 12 hours/week in June, July, and early August; These hours mimic cohort style learning. Late August and the next 4 months work 10 hours/week. These hours will be flexible and will depend on individual school schedule