

<b>ROLE</b> <b>R&amp;D Intern</b>	The purpose of this role is to provide research and development support for our Digital Wellbeing Platform.
--------------------------------------	---

<b>Location</b>	Auckland: Working from home and the Umbrella office
<b>Contract Type</b>	Fixed-term, Full-time (40 hours per week)
<b>Reports To</b>	Dr Amanda Wallis, Research Lead
<b>Duration</b>	10 weeks, Nov 2021 – Feb 2022 (start and end dates flexible)
<b>Rate</b>	\$22.10 an hour

### WHO WE ARE

Umbrella is at the forefront of providing corporate wellbeing services in New Zealand and internationally, supporting leaders and their people to create positive, high performing workplaces that enhance wellbeing. Our research and innovation team specialise in applying the psychology knowledge of ‘what works’ to create practical solutions which improve both individuals’ wellbeing and performance in the workplace. We apply this knowledge when it comes to developing our online Wellbeing Platform, developing and delivering workshops and training, and maintaining our position as thought leaders in workplace wellbeing.

We receive consistently high feedback for both our expertise and how relatable we are across all areas of the business. We role model what great wellbeing looks like while knowing that’s within a context of a constantly changing world and business environment and we have the humour to manage the challenges and have fun along the way.

### TO BE SUCCESSFUL

The ideal candidate for this internship will have a psychology background, skills in written communication, creative thinking, an interest in wellbeing and positive psychology, be efficient and methodical and have a keen eye for detail in their work. As well as working well independently, the candidate will also thrive while working with people and embrace being an important member of our energetic team.

### OUR EXPECTATIONS

As the selected student, you will be involved in research, design and planning for a specific behaviour change module for the Umbrella Wellbeing Platform, as part of Umbrella’s larger programme of innovation work.

The core responsibilities of this role are:

<b>Research</b>	<ul style="list-style-type: none"> <li>- Review recent research literature on wellbeing, behaviour change, and productivity and the latest behaviour change technology as it relates to digital mental health.</li> <li>- Summarise and present this research review to the wider R&amp;D team.</li> </ul>
<b>Planning</b>	<ul style="list-style-type: none"> <li>- Convert research findings into a development plan in collaboration with the R&amp;D team.</li> <li>- Work with the R&amp;D team to prioritise development work and draft a timeline.</li> <li>- Plan and draft a statement of work for a specific piece of development work (behaviour change module).</li> </ul>
<b>Design</b>	<ul style="list-style-type: none"> <li>- Help to design a behaviour change module, including;               <ul style="list-style-type: none"> <li>- Developing content</li> <li>- Evaluating look and feel</li> <li>- Undergoing beta testing</li> </ul> </li> </ul>



## REQUIREMENTS

**To be considered for this internship, you must meet the following requirements:**

- Be studying Science (Psychology) at a New Zealand tertiary education institution;
- Be studying at NZQA level 7-10: Doctoral Degree, Master's Degree, Bachelor's Degree; Bachelor Honours Degree; Graduate Diploma; Graduate Certificate, Postgraduate Certificate or Postgraduate Diploma; (Note: Diploma level 7 only)
- Be legally permitted to work in New Zealand
- Able to work effectively using own device (laptop)

## CAPABILITIES NEEDED

- An interest in positive psychology and wellbeing
- Experience in finding, summarising, and consolidating academic research
- Digital and technology savvy
- An understanding of the Privacy Act and professional ethics regarding data privacy
- Good work ethic and ability to work independently
- Verbal and written communication skills
- Personable and enthusiastic team member
- A curious and collaborative growth mindset.

**You will champion the behaviours that are core to our work and Umbrella's values.**

To apply for this opportunity, please email your CV and cover letter to Emily Weston-Taylor ([emily@umbrella.org.nz](mailto:emily@umbrella.org.nz)) and Amanda Wallis ([amanda@umbrella.org.nz](mailto:amanda@umbrella.org.nz)) by 5pm 30th September 2021.