



## Good & Well Summer Internship Program

**Dates** | May 5 to August 8, 2025

**Location** | Toronto

Our internship program is designed for highly motivated undergraduate students who are interested in leveraging the private sector model to drive social and environmental change.

Interns complete a 14-week work experience at a high-potential, impact-focused enterprise in the Good & Well portfolio. Over the same period, they pursue a robust curriculum focused on personal and professional development and have opportunities to connect with like-minded peers. Interns come from a range of academic disciplines and take on a variety of internship roles – from impact investing to software development to marketing.

### Program Curriculum

Complementary to their work with their host companies, interns participate in programming focused on:

#### Professional Development

Interns build knowledge and connections for a meaningful career.

- *Workshops.* Interns engage with industry professionals on topics such as impact investing, entrepreneurship, and effective leadership in the impact sector.
- *Career-building.* We facilitate sessions on recruitment-related topics such as interview skills and careers in the social impact sector.
- *Mentorship.* Interns are matched with social impact professionals to learn about diverse career paths and experiences in the sector.

#### Leadership and Resilience

Interns gain tools to help them grow personally and lead with humanity.

- *Leadership retreat.* A three-day off-site gathering offers intensive leadership development and community-building opportunities.
- *Well-being and resilience.* Interns explore a range of well-being practices.

#### Lifelong Community

Interns build relationships with like-minded peers by connecting with their cohort and the wider Good & Well community through events and excursions.



## **Program Impact**

Over the last seven years, 120 students have participated in the internship program, representing 16 universities and colleges and 22 academic disciplines. Interns have gone on to graduate school, been hired by the companies in which they worked, and taken roles in the private and non-governmental sectors.

### Internship Statistics\*

- 100% would recommend the internship program to a friend.
- 100% intend to pursue work that has a positive social and/or environmental impact at some point in their career.
- 97% strengthened at least one technical and at least one soft skill during their internship

*\*Based on participant survey results from 2024*

## **Program Eligibility**

- Currently enrolled at a post-secondary institution at the second-year undergraduate level and above
- Legally entitled to work in Canada in accordance with relevant provincial or territorial legislation and regulations
- Committed to the full internship term (May 5 to August 8, 2025), including a 3- day outdoor retreat in June
- Committed to attending weekly Good & Well development sessions in Toronto throughout the internship term

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## **About Good & Well**

Good & Well is a boutique impact investment firm based in Toronto, Canada that invests in and supports inspiring entrepreneurs driving social change. Our objective is to help catalyze a vibrant, more equitable and sustainable market by harnessing the power of entrepreneurship. Learn more at <https://goodandwell.ca/>.

## **Questions**

Please direct your inquiries to [students@goodandwell.ca](mailto:students@goodandwell.ca).

## Summer 2025 Internship Opportunities – Current Openings

**Deadline for Graphic Designer at Public Inc. | Monday, February 10, 11:59pm EST**

**Deadline for all other positions | Thursday, January 23, 11:59pm EST**

*Please note applications are reviewed and interviews will be scheduled on a rolling basis. As such, candidates are encouraged to apply as early as possible.*



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### Growth Analyst Intern

- [Job Description](#)
- [Application](#)

### Content & Community Intern

- [Job Description](#)
- [Application](#)

### Marketing Intern

- [Job Description](#)
- [Application](#)

### Organizational Policy Intern

- [Job Description](#)
- [Application](#)



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### Engineering Intern

- [Job Description](#)
- [Application](#)

### Growth & Marketing Intern

- [Job Description](#)
- [Application](#)



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### Program Development Intern

- [Job Description](#)
- [Application](#)

### Research Analyst Intern

- [Job Description](#)
- [Application](#)

### Social Impact Strategy Intern

- [Job Description](#)
  - [Application](#)
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## GRÜVI.

### Sales & Marketing Intern

- [Job Description](#)
- [Application](#)

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## KOTN

### Sourcing & Impact Intern

- [Job Description](#)
- [Application](#)

### Retail Financial Planning & Analysis

- [Job Description](#)
- [Application](#)

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## Powered by People.

### Research & Grant Intern

- [Job Description](#)
- [Application](#)

### Marketing Intern

- [Job Description](#)
- [Application](#)

### Sales & Lead Generation Intern

- [Job Description](#)
- [Application](#)

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## PublicInc.

### Client Strategy Intern

- [Job Description](#)
- [Application](#)

### Creative Impact Intern

- [Job Description](#)
- [Application](#)

### Graphic Design Intern [NEW!]

- [Job Description](#)
  - [Application](#)
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## HOW TO APPLY

Application components:

- 1) **Resume** – no longer than two pages
- 2) **Written responses** to the following questions:
  - a) Describe the world you want to create in one word. Please discuss an experience (completed or ongoing) that demonstrates your commitment to this vision. (Maximum 75 words)
  - b) What will you bring to this role? What do you hope to gain? (Maximum 150 words)
  - c) Describe a time when you took the initiative to address a need. What did you learn from this experience? (Maximum 150 words)
  - d) Good & Well interns spend up to 20% of their time engaged in our internship curriculum which focuses on the following pillars: professional development, leadership and resilience, and lifelong community. Which one of these pillars excites you the most, and why? (Maximum 150 words)

Important things to note:

- ***Applicants may not use generative AI (i.e. ChatGPT) during the application and interview process as we seek to evaluate candidates based on their genuine thoughts and experiences.***
- Applications are reviewed and interviews will be scheduled on a **rolling basis**.
- Individuals may apply for up to three (3) positions of interest.
- Shortlisted applicants will be contacted for an interview. No phone calls or emails please.

For difficulties with the hyperlinks, see our plain URL file:

[https://drive.google.com/file/d/12XZ90yKBT3iM7zXe5bDmwFuU0FPZ70Tr/view?usp=drive\\_link](https://drive.google.com/file/d/12XZ90yKBT3iM7zXe5bDmwFuU0FPZ70Tr/view?usp=drive_link)

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