



Good & Well Summer Internship Program

Dates | May 6 to August 9, 2024

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 fashion design.

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 six years, 113 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% gained meaningful and relevant network and mentorship connections
- 96% solidified their career goals and priorities
- 87% intend to pursue work that has a positive social and/or environmental impact at some point in their career

**Based on participant survey results from 2022 and 2023*

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 6 to August 9, 2024), including a 3-day outdoor retreat between June 6 and 8, 2024
- Committed to attending weekly Good & Well development sessions in Toronto throughout the internship term

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 catalyse a vibrant, more equitable and sustainable market by harnessing the power of entrepreneurship.

Questions

Please direct your inquiries to students@goodandwell.ca.