

Tippie Thrive Thrive Trainers Job Description

Description:

Tippie Thrive Trainers (TTT) are part of the Tippie Thrive program at the Tippie College of Business (TCOB). Tippie Thrive is a program facilitated through the Undergraduate Program Office (UPO) at TCOB. The program works to normalize mental health, teach skills of resilience, and support peers for overall wellness. The Trainers support the overall mission of Tippie Thrive by co-facilitating workshops and trainings for their Tippie peers on mental health wellness related topics. Thrive Trainers are paid \$11/hour for their time preparing and facilitating the workshops and trainings. This position is for fall 2025, with opportunities for subsequent semesters.

Job Duties & Performance Expectations:

- Facilitate Tippie Thrive sponsored workshops, trainings and content integrated into classroom programming. This includes:
 - Classroom programming in the Discover Business at Tippie, Business and Communication Protocol and Professional Preparation Seminars
 - Workshops in partnership with Tippie Toolkit or student organizations
 - Trainings for Thrive and Resiliency Badge
 - Suicide Prevention Training
- Hours will fluctuate throughout the semester; we anticipate a Trainer will work approximately 15-20 hours/semester. This will include training, preparation & facilitating.
 - Please note this is not consistent hours each week, hours will fluctuate based on the schedule of the programming-this will include day & evening hours; your schedule needs to allow for flexibility outside of your class schedule. Thrive Director will work with your schedule to the best of their ability to give desired hours to Thrive Trainers.
- Perform workshop & training related duties as assigned by Thrive Director. Duties include:
 - Building connections with students via activities and discussions.
 - Providing safe and confidential space for peers to interact and communicate.
 - Assisting Thrive Director with administrative tasks (handouts, attendance, reminders)
 - Providing narratives and examples about their own experience as it relates to the topics (this will be at your discretion, not required to share beyond your comfort level)
 - Utilizing active listening skills learned in trainings to support a positive experience.
 - Providing feedback and insight on the programming and ideas to improve.
- Be on time and prepared for all trainings, workshops, and events.

Trainings:

- At the start of the semester a required 4-hour training for all Trainers is required. Please hold August 22nd or August 29th from 9:00 am -1:00 pm you will be informed by the end of the spring semester which date this will be.
- Attend Suicide Prevention Training-Green Bandana either prior or as soon as possible upon the start of your commitment.
- Complete required trainings and preparation work as assigned by Thrive Director to effectively deliver content.
- Attend monthly team Tippie Thrive Trainers meetings to prepare for upcoming events.

Qualifications:

- Enrolled in Tippie College of Business at the University of Iowa
- In good academic standing regarding Tippie academic policies and procedures
- Belief emotional and mental health are critical components to student success and future careers
- Ability to maintain personal information that is shared in trainings/workshops from participants
- Awareness and interest in common mental health issues that students experience
- Communication Skills: active listening, engaging participants in trainings, empathetic responses professional written and verbal communication, good public speaking abilities.
- Work Management Skills: time management, decision making, organization, initiative
- Teamwork Skills: collaboration, contribution of ideas, conscientiousness