The services of the Balance UT program are aimed to support the holistic health and wellness of the University of Tampa population, and are an excellent stress-reduction practice, including yoga, meditation, stress management, sleep education, and positivity.

Responsibilities:
- Report progress of in weekly Wellness Center staff meetings
- Refer to the Assistant Director of Recreation and Wellness on any programming plans
- Participate in campus-wide Live Well UT programming (i.e. Energii Wellness Symposium, Pirate Fest Gasparilla Safety Fair, etc.)
- Teach weekly yoga for stress relief classes
- Coordinate yoga and meditation related special events by reaching out to community members and Campus Recreation instructors
  - Education on sleep
  - Positive Enlightenment pieces
  - Stress Relief weekly series
  - Advanced Yoga series
  - Beginner Meditation series
- Inform students of upcoming events and their potential wellness benefits through media such as email newsletters
- Coordinate and organize the running of print or screen ads such as Minaret, and LCD on campus with the Marketing student coordinator
- Seek certification and education when possible through seminars, workshops, etc.
- Possibly work the Wellness Center reception desk
- Work a total of 10 hours per week

Skills:
- Serve as a campus and community engager, leader and role model
- Ability to work with potentially sensitive material
- Develop emails in a professional manner
- Sharp knowledge in, and professional use of, online social media
- Expert with Microsoft Word, Excel and PowerPoint
- Excellent communication skills, including comfort with public speaking
- Ability to work on projects both individually and in a group