GREAT INTERNSHIP
10/10 would recommend to anyone seeking to grow as a leader.
- GLOW Intern Fall '20

100% of interns said GLOW enhanced their sense of belonging and teamwork

WHY GLOW?
1. Addresses the leadership gender gap with specialized training and support for women of color
2. Cultivates a sense of belonging and community with peers
3. Improves students' self-efficacy and builds confidence through skill-building activities

Weekly workshop topics include:
- Leadership & Identity
- Assertive Communication
- Imposter Syndrome
- Gender Bias
- Racial Justice
- Project Management
- Self-Confidence
- Interview Skills
- Conflict Resolution
- Networking

I learned to identify and apply my leadership skills and also build my confidence in myself and my future goals and aspirations.
- GLOW Intern Fall '20
Interns practice their **leadership** and **teamwork** skills by creating a **social justice** action project.

Past projects include: an interactive wellness fair promoting body liberation; a 6-episode podcast and zine focused on sexual assault awareness; and a virtual program series on reproductive justice, domestic violence, and mental health.

89% of interns said they **definitely strengthened** their **leadership** and **communication skills**

"**GLOW is a once-in-a-lifetime opportunity.**
You’ll learn so much from other people and even more about yourself. It’s an eye-opening experience with activities that truly help build character."

– GLOW Intern Fall ‘21

86% of interns reported that GLOW **definitely increased** their **self-confidence**

"**Working with a diverse group of leaders taught me the importance of continuing to use my voice and also helping others learn to use their voices.**"

– GLOW Intern Fall ‘21