



LOW ENTROPY
FOUNDATION

Thrift & Thrive: Future Leaders Internship Program

This internship has three main parts designed to help you build skills, confidence, and experience:

1. **Training & Workshops (3 sessions)** – Build skills in customer service, leadership, job readiness, and financial literacy.
2. **Mentorship Check-Ins (3 sessions)** – Chat with a mentor to set goals, get advice, and celebrate progress. These happen during the workshop sessions.
3. **Volunteer Shifts (min. 8 shifts)** – Hands-on experience at our thrift store where you'll practice your new skills.

Workshop Schedule

Date & Time	Location	Focus
Sun April 12, 2026 12:30 - 4:00pm	Poirier Library 575 Poirier St, Coquitlam BC Nancy Bennett Room	Workshop Session 1 (tentative topics) - Orientation - Goal Setting - Self Leadership - Customer Service - Mentorship check-in
Sun May 3, 2026 12:30 - 4:00pm	Poirier Library 575 Poirier St, Coquitlam BC Nancy Bennett Room	Workshop Session 2 (tentative topics) - Resumes & Cover Letters - Communication Skills - Teamwork - Financial literacy part 1 - Mentorship check-in
Sun May 24, 2026 12:30 - 4:00pm	TBA (most likely at the Poirier Library)	Workshop Session 3 (tentative topics) - Interview Skills - Public Speaking Skills - Financial literacy part 2 - Mentorship check-in - Celebration & certificates



Mentorship Check-ins

The purpose of these sessions is to:

- **Set and track goals:** identify what you want to get out of the program and check on your progress.
- **Build confidence:** practice communication, ask questions, and get encouragement.
- **Get personalized guidance:** tips for resumes, interviews, or other goals you have.
- **Celebrate wins:** recognize your successes and reflect on what you've learned.

These sessions are **for you** — a chance to ask questions, share challenges, and get extra support to make the most of your Thrift & Thrive experience.

Volunteer Shifts

Thrift & Thrive participants are expected to complete a minimum of **8 shifts** at our thrift store. The shifts will be on the same day and same time each week. If you need to miss a shift due to school or illness, just let us know - make up shifts can be arranged.

We will ask you for your availability, and do our best to find a shift that works for you.