

Social Media Intern

Title: Social Media Intern

Status: Unpaid internship

Work Schedule: Approximately 5-8 hours per week

Date: January 2026

Reports to: Managing Consultant

Social Media Intern

EHR is boutique human resources consulting firm. providing executive and specialty search, compensation and benefits analysis, diversity, equity and inclusion, employment investigations, training, and transition services. We offer outsourcing and HR project services to clients across various business sectors, including nonprofits, philanthropic organizations and for-profit companies in Washington, DC, New York and nationally.

The Social Media Intern will assist with social media for our firm's channels. This includes helping to promote recruiting and human resources consulting activities, along with some project preparation, support and research for senior consultants. The position is approximately 5-8 hours a week, sometimes more depending on the workload.

Typical responsibilities include:

- **Social Media Planning and Execution-** Plans and prepares 2x weekly posts for EHR's social media.
- **General Project Support-** The intern may help with editing and preparation of documents and presentations in support of general client HR projects and outsourcing initiatives.
- **Research-** May assist with general research including policies, laws, regs, and best practices.
- **Survey Analysis and Report Preparation-** May collect and analyze client survey data from Google forms and/or Survey Monkey. The intern may also assist in exporting data and transitioning information into graphs. Helps to draw meaningful conclusions and trends. Assists in preparing executive client summaries.
- **Training-** May assist in editing and preparation of presentations in support of client training projects.

Position Requirements

This position requires:

- Bachelor's degree in progress, with a major in a related communications or management field.
- Previous directly related internship or club experience strongly preferred.
- Successful experience working in a remote team environment either with school or another internship.
- Must understand how to plan and promote business related social media activities across LinkedIn and other channels.

- Software skills: intermediate experience with Canva, Word, Excel and PowerPoint.
- Demonstrated creative, innovative approach to problem-solving.
- Strong writing and research skills.
- Attention to detail and organization skills.
- Flexible approach and enthusiasm for new learning.

The intern will work remotely in a virtual team. This position is best suited for an entry level candidate looking to grow.

To apply, please send your letter of interest and resume to Stacey Berk, sberk@expandhr.com.

EHR is committed to providing an opportunity without regard to an individual's age, color, disability, gender, gender expression, gender identity, genetic information, national origin, race, religion, sex, sexual orientation, or veteran status.