

Frequently Asked Questions

What is the most unique quality about participating in SELECT?

SELECT combines professional development, project management, and executive coaching to ensure your success.

What does SELECT stand for?

SELECT is an acronym representing our internship program core principles. Self starter, Ethical behavior, Leadership acumen, Cultural competency, and Talent development.

What are the requirements for participating?

SELECT is open to existing college students and recent graduates. We consider all fields of study.

What type of professional experiences will I become exposed to?

SELECT interns are thrust into a wide range of leadership roles and own their projects. Some include marketing and communications, social media, project management, business software services, research and analysis, event planning, sales and business development.

What is an executive coach?

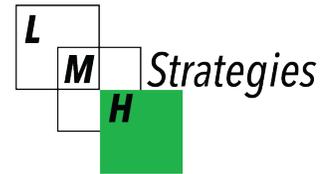
SELECT interns are assigned an executive coach that will offer guidance, mentoring, and advice. SELECT interns will also have the opportunity to meet several senior level business executives. This may include the chief executive officer, board members, practice leaders, founders of start up companies, government executives, and other officials.

What are the hours and where will I work?

SELECT interns work a few hours a week according to their project schedule. Once a project is assigned, you will develop a work plan to achieve your project. That plan fits around your schedule. SELECT interns will primarily work remote but will report to meetings as scheduled at our offices or by video conferencing.

Do I have to be located in Washington, DC to participate in SELECT?

SELECT interns are NOT required to reside in Washington, DC. We use the latest in software and Video conferencing services and find that it allows for greater efficiency of time. Our clients are located throughout North America and in different time zones.



How long will the internship program last?

SELECT interns usually work for at minimum of three to four months or a semester if you are still in school. The internship may be extended longer. We want you to complete enough projects so that you have your own project portfolio to reference on your resume, for other internships, jobs interviews, or launching your own business.

How will this opportunity open new opportunities for me as opposed to one that is similar but paid?

SELECT interns are self starters. The internship is an educational, training, and professional development program where you are partnering with us to improve and learn new skills. We are investing our time, resources, and relationships in you. You are investing in yourself, and we are investing in you too. SELECT allows you to learn in a non intimidating environment. We give provide projects that will challenge you, your skills, and your thinking. You learn from your mistakes but also learn to be accountable. You will know if your doing well, and you will also know when you are not.

How long does it take to complete a typical project(s)?

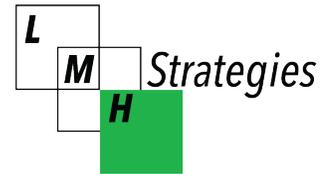
SELECT project deadlines will be discussed in advanced. This allows for interns to manage their schedules. Most projects may be completed between two to four weeks. All SELECT interns will have a portfolio of completed projects by the end of the internship.

How can this program be used for school credit?

SELECT interns may use this experience for school credit in accordance with their institutions guidelines.

I graduated; attending graduate school; or looking for a job, can I participate in SELECT?

SELECT is for existing colleges students, professional, graduate students, and recent graduates. We welcome all experience levels. The most important attribute you must have to perform well during SELECT, is a good attitude.



How is this opportunity different (or more challenging) than other opportunities?

SELECT interns quickly learn how to be collaborative, work independently, and develop skills not necessarily taught in school, but gained through practical work experience. SELECT interns are given projects that play to their strengths but allow them to improve on their weaknesses. SELECT interns are expected to meet deadlines and limit excuses with high quality work products.

Will this opportunity lead to a full time paid job?

SELECT interns participate to gain meaningful professional development experience and a permanent job is not guaranteed. Upon completion of the internship, SELECT interns may apply and be considered for any job openings. We are an equal opportunity employer.

Since this is a voluntary internship, can I also hold another job?

SELECT interns are welcomed to hold outside work and participate in other programs. We support and encourage you to gain as much experience possible. We believe this only helps your growth. We only require that you respect our program and the investment of our time and resources we are placing in you.

How do you measure success? How will I be evaluated and how often?

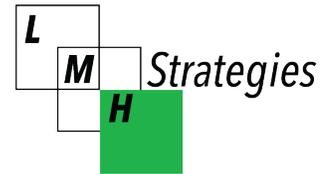
SELECT interns will be provided feedback during and after each completed project. This way, interns may consider the feedback during their next project assignment.

Is there certain software or technology (such as a phone, laptop) that are required to be part of the SELECT program?

SELECT interns participate in our "bring your own device" program. This way your most comfortable with your own equipment. You must have access to a laptop, Wi-Fi, and cell phone communication. We will provide access to tools, intranet, and other resources as necessary to support your participation.

Is there any travel involved?

SELECT interns may have the opportunity to participate in local meetings, conferences and other networking events. There may also be an opportunity to travel to other business engagements.



This sounds like a great program, why is LMH Strategies doing this?

SELECT is a part of our Careers program for the next generation workforce. Our Founder and CEO contributed his professional success to great internships, mentors, and experiences. This is our way of giving back because our path was paved by the hard work of others who preceded us.