

Unity Apprenticeship Application

Application Instructions:

Unity is a grassroots organization built on Selfless Service. We do not look for traditional resumes. We look for alignment with our culture and core values.

Please review our Core Values before applying:

1. Driven to Serve (Selfless Service)
2. Lead with Integrity (Teach from experience)
3. Committed to Growth (Always learning)
4. Respectful and Approachable (Active listening)
5. Dependable and Consistent (Show up on time, every time)

Part 1: Personal Information

Full Name: _____

Phone Number: _____

Email Address: _____

Which discipline are you applying for?

- ☐ Weightlifting - Unity Human Performance
- ☐ Yoga/Meditation - The Unity Yoga Co-op

Part 2: Core Values

Please answer the following questions in 2–4 sentences.

1. Selfless Service is our primary foundation. Why do you want to offer your time and energy to the Marquette community through Unity without a traditional transactional employment contract?

2. We teach what we know from experience. Briefly describe your personal history with weightlifting or yoga. How has this practice changed your own life?

3. Unity operates on a donation split percentage model. Apprentices learn our systems for free, and eventually lead classes by accepting community donations, splitting a percentage with the facility to cover overhead. What does financial freedom and community-supported wellness mean to you?

4. We protect the quality of our community by teaching unified systems (The Unity Barbell Method / Unity Hatha Formula). If you have a pre-existing coaching or teaching style, are you open to adapting it to align with Unity's core frameworks?

☐ Yes

☐ No

Part 3: Capacity & Consistency

Our fifth core value is Dependable and Consistent. We need to know what you can sustainably commit to right now.

2. Are you able to commit to a structured training pipeline (including attending classes and coaching shadow sessions) for the next 6-12 months?

☐ Yes

☐ No

3. What does your ideal weekly schedule look like for shadowing, learning, and assisting? Please describe your general availability throughout the week, including any specific days or time blocks that work best for you.

Part 4: The Unity Commitment

By signing below, you agree that you are entering this pipeline to learn, grow, and help keep professional health and movement accessible to all residents in the Marquette area.

Signature: _____ Date: _____