

Explore your possibilities.

CNA provides dynamic internship and trainee program tracks that help you build a foundation of knowledge to be applied through hands-on assignments. With the freedom to work cross-functionally, you will work alongside some of the most talented people in their respective disciplines.

Internship Programs

Accounting Internship

10-week program designed to prepare highly talented Accounting and Finance students for a career in Corporate Finance.

Actuarial Internship

10-week program that provides experience in functional areas that span pricing and reserving, for Property & Casualty or Life & Health insurance.

Technology Internship

10-12 week program that allows you to expand your technology delivery skills by working on an assignment that delivers business value through technology.

Procurement Internship

10-12 week program designed to expand your sourcing, strategy development, negotiation and spend management skills. You will have the opportunity to work on an assignment that delivers business value through multiple functional areas.

Join Our Talent Community!



Trainee Programs

Actuarial Analyst Program

Entry-level opportunity that offers exposure to a variety of insurance products or functional areas within the Actuarial Property & Casualty or Long Term Care teams, with support to help you complete exams, gain your credentials and continue to advance throughout the organization. **Claim Trainee Program**

1-year program that offers you the opportunity to learn about commercial insurance and essential aspects of claim handling.

Risk Control Trainee Program

9-month program that provides you access to professional skills development, productivity courses, and interaction with other trainee programs.

Technology New Hire Program

18-24 month program designed to prepare associates for a leadership role in Technology. Associates in the program will have opportunities to grow and apply their skills across various technology and insurance disciplines.

Underwriting Trainee Program

7.5 month program designed to build a foundation in insurance basics, financial analysis, corporate and regulatory risk assessment, along with sales and marketing skills. In-person and virtual training, coaching, mentoring and collaboration with Underwriting, Claim and Risk Control professionals developing into an underwriting career.

For more information, visit cna.com/careers