

THE SPORTS INTERN

INTERN INSIGHTS

BENJAMIN ESHAGHIAN

Public Relations Intern
Ultimate Fighting Championship (UFC)
University of Maryland - Junior



► INTERNSHIP RECAP:

Benjamin Eshaghian worked with the **Ultimate Fighting Championship** as a Spring 2026 **Public Relations Intern**. In his role, Benjamin experienced both the behind-the-scenes and event-side responsibilities that come with working in combat sports PR.

Some days were spent in the office supporting communications efforts through press releases, fighter bios, and other administrative projects. Other days placed him directly at the UFC Apex, assisting with media days, weigh-ins, event operations, and live events across properties including UFC, Zuffa Boxing, UFC BJJ, and Power Slap.

One of his biggest realizations during the internship is how quickly things can change in sports and entertainment environments – sometimes even at the last minute. He also points out that being a fan and wanting to work in sports are NOT the same.



Outside of the UFC, Ben has also been a **Content Producer** with **Visitor Media**.

In the future, he hopes to work in Global Partnerships for the NBA.



BENJAMIN'S ADVICE

- Apply early! Customize your CV, make your resume sports related, and show how you improved the places you listed on your resume.
- It's one thing to show what you did – its another to show you benefited the company as well.