

CERTIFIED NUTRITION SPECIALIST

PROFESSIONAL MENTORING

DISCLAIMER: This is for professionals who have earned the CNS credential.



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CNS MENTORING

I get it--I have been there...

Sometimes as a CNS it feels like we are swimming in a very large sea of water all by ourselves with no other CNSs in sight! If you are like me, you might even have noticed that you are the only CNS in your immediate geographical location!

While our credential is growing, we can feel isolated, especially when we are self-employed or maybe the only CNS in a clinical setting.

I remember sitting alone in my office many years ago, scratching my head about the next steps I needed to take for a complex clinical case. I reviewed textbooks, lecture notes, PubMed...but I still had questions.

I turned to my mentor---and within just a few minutes, he was able to help me find clarity and provided some suggestions on my next steps. In all fairness, I think I knew the next steps, but it really helped to talk it out with someone who had more experience under their belt to help confirm my thoughts.

After this experience, I was never shy to reach out again. Sometimes I just needed to hear I was on the right track and other times I really needed someone's experience to help guide me.

I am delighted to offer individual mentoring sessions to other CNSs to provide some of the same guiding light I have been provided over the years.

I look forward to connecting.



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CNS MENTORING FEATURES

AS NEEDED

Request a meeting
whenever you need it.
No commitments/
requirements

REMOTE

Meetings are held
virtually

FLEXIBLE

Choose from
15, 30, 45 or 60-
minute sessions

Mentoring meetings can be used for

- Help with business planning and goal-setting
- Feedback and/or recommendations for client care
- Suggestions on resources for clinical care
- Suggestions for continuing education and growth
- Weighing out the pros and cons of advanced educational opportunities
- General collaboration between clinicians

Requirements

1. Request a meeting with me via email
 - a. Indicate your desired meeting time (15, 30, 45, or 60-minutes)
 - b. Provide details of the reason for the session. If it is something I don't think I can assist with, I will let you know so I don't waste your time (or money)!

Pricing

- Meetings will be invoiced in 15-minute increments at a rate of \$80/hour.





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