I'm a
Registered
Dietitian... Now What?

Creating a Passionate Conversation
About Your Career.

Anne Elizabeth Cundiff, RD, LD, FAND

#### Learning Outcomes



Learn how to construct a personal philosophy as a Registered Dietitian.



Identify media outlets aligning with your passion as a Registered Dietitian.



Learn how to create conversations that matter.

Story







#### ELIMINATE

& Passion

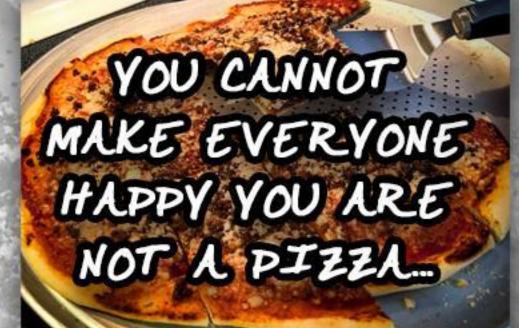


anne C.





### ELEVATE



Philosophy



Exercise #1: Creating Your Philosophy

#### Who are you?

- Write down 7 to 10 keywords describing who you are, and if I did an internet search for them, you would have a positive connection to the result or your name would pop up.
- Write down 7 to 10 keywords that describe who you want to be as registered dietitian.
- Do any of them match? Those matches will be keywords you will want to put into your philosophy and core values.

```
Portion-Sizes
  Food
Sleep
   Physical-Activity
   Meditation
```

# EMBRACE







#### EXPERIENCE



Conversations with Anne Elifabeth







"The Podcast for Dietitians about being a Dietitian."

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#### "The Book for Dietitians about being a Dietitian."

The journey of becoming and being a Registered Dietitian (RD) is very special and unique.

Author Anne Elizabeth Cundiff, RD, LD, LSC, FAND shares her thoughts and insights along her journey through a book written for all RD's-to-be and RD's who are traveling through our profession and desire a career filled with passion and purpose.

l'm a Registered Dietitian...

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# INTENTION

#### ELIMINATE EMBRACE ELEVATE EXPERIENCE

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