



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





After 7 years...

ELIMINATE


 Passion



Anna C.
REGISTERED DIETITIAN

REGISTERED
DIETITIANS:





Anne's
Giant Jug of
Happiness ☺

ELEVATE



 Philosophy

Now What? Worksheet

Now What? Worksheet

Exercise #1: Creating Your Philosophy

Who are you?

1. 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.
2. Write down 7 to 10 keywords that describe who you want to be as a registered dietitian.
3. 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

Joy

Science

Meditation

EMBRACE



 Purpose





EXPERIENCE



Conversations

Conversations with Anne Elizabeth



"The Podcast for Dietitians about being a Dietitian."



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CONVERSATIONS



WITH ANNE ELIZABETH



Ep 12 - Brenda Shannon, RD, LD

A central graphic element featuring a vertical title "CONVERSATIONS" on the left. To its right is a black and white portrait of a woman with long dark hair, identified as Anne Elizabeth. Below the portrait is a photograph of two women smiling together. At the bottom of the graphic, the episode title "Ep 12 - Brenda Shannon, RD, LD" is displayed.

“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.



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INTENTION

ELIMINATE EMBRACE
ELEVATE EXPERIENCE



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THANK YOU!!!

