

IAND Annual Meeting  
Leading with C.A.R.E.  
Dr. Will Lewis

The background is a solid purple color. It features several decorative elements: a cluster of white dots in the top-left corner, a larger, irregularly shaped area of white dots in the top-center, a solid purple shape on the right side, a solid purple shape on the left side, and another cluster of white dots in the bottom-left corner.

There Is Nothing To Disclose

# Objectives

1. Identify and apply strategies to incorporate Curiosity, Authenticity, Respect, and Empathy (CARE) into professional interactions, creating a sense of belonging for clients from diverse backgrounds.

# Objectives

2. Explore techniques for cultivating curiosity about clients' unique dietary needs, fostering trust through authentic engagement, and honoring individual autonomy in nutrition and dietetics consultations.

# Objectives

3. Demonstrate how empathy and respect can transform relationships with clients and colleagues, promoting a deeper connection and a more inclusive professional environment.

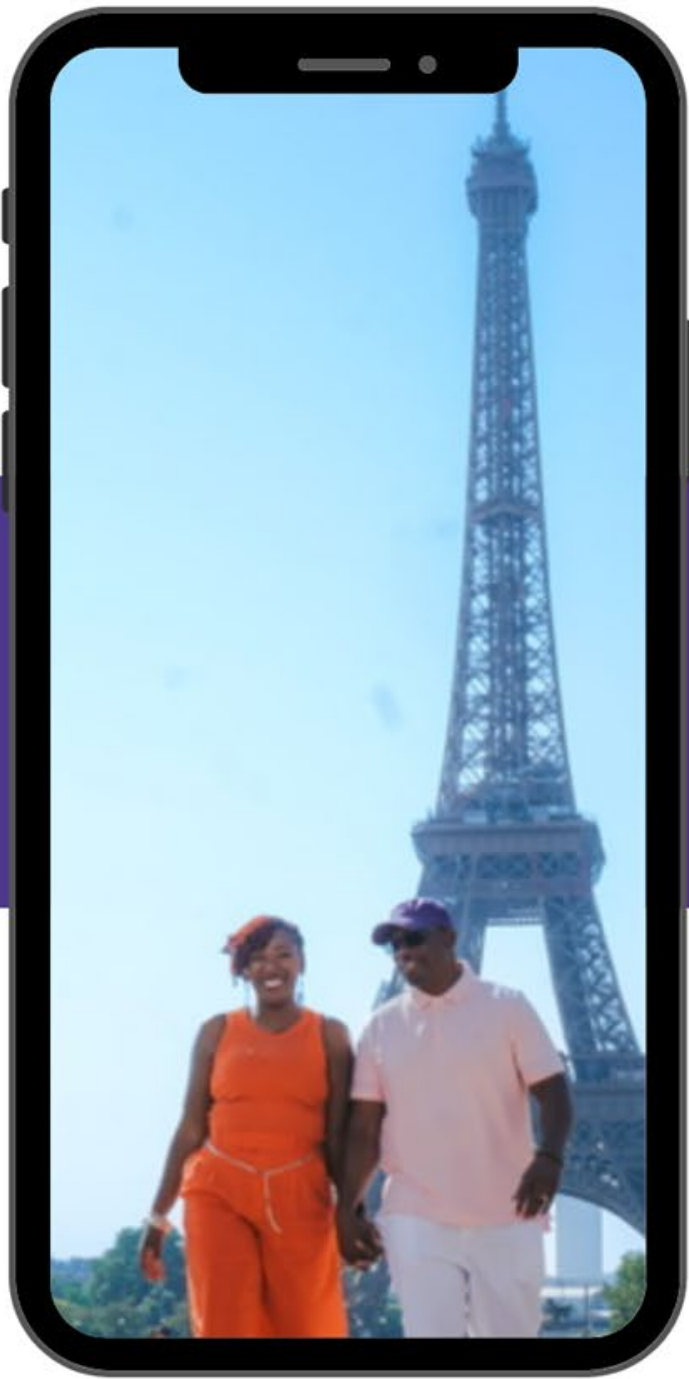


1

Idea

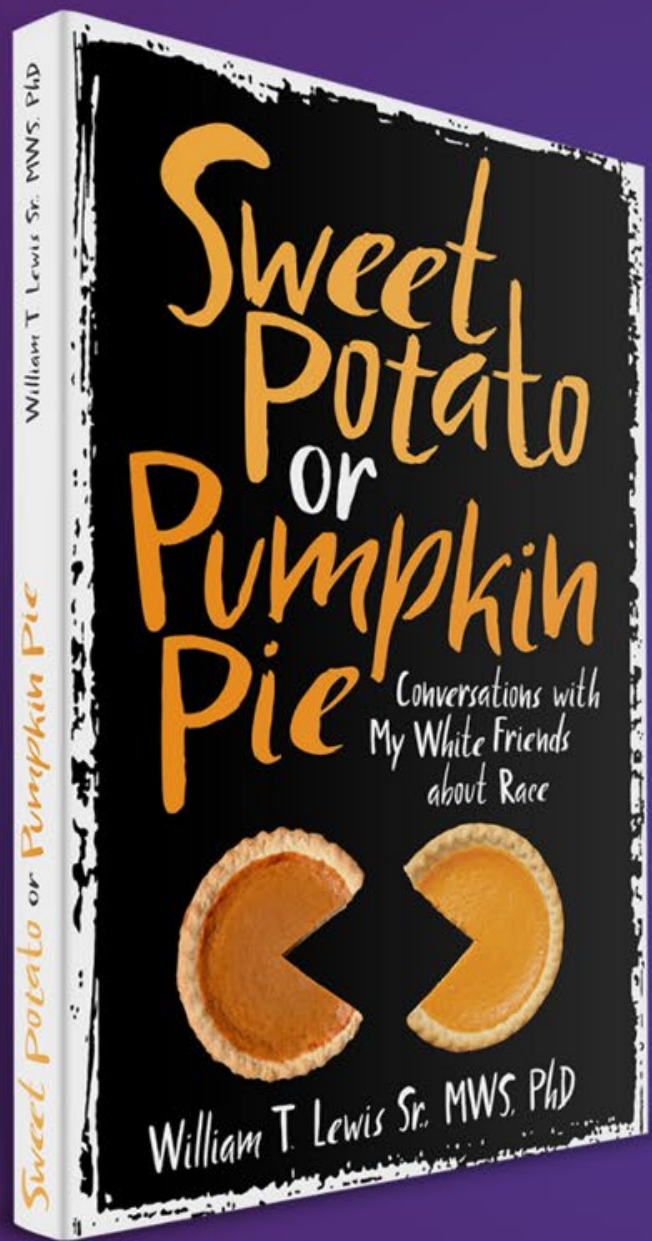








# Leading with C.A.R.E





# It Started in Selma

*At times history and fate meet at a single time  
to shape a turning point in man's  
struggle for freedom. So it was at Lexington  
in 1775, it was a century ago at Appomattox,  
and it is again in Selma, Alabama.*

...Americans  
...se up and  
...oppressors.  
...e Civil Rights  
...ers were many. The  
National Historic Trail  
...at important moment  
... represents a fight to  
...country that "all men are  
...nd that all citizens are  
...the right to vote.

It started in the small, quiet southern town  
of Selma, Alabama, where hope, through  
tragedy and sacrifice, was brought to a  
national level. The Selma community simply  
... momentum  
... led to the  
... in  
...oor of the  
...e dream  
...ights Act

DALLAS

Selma to Montgomery  
National Historic Trail

# Curiosity



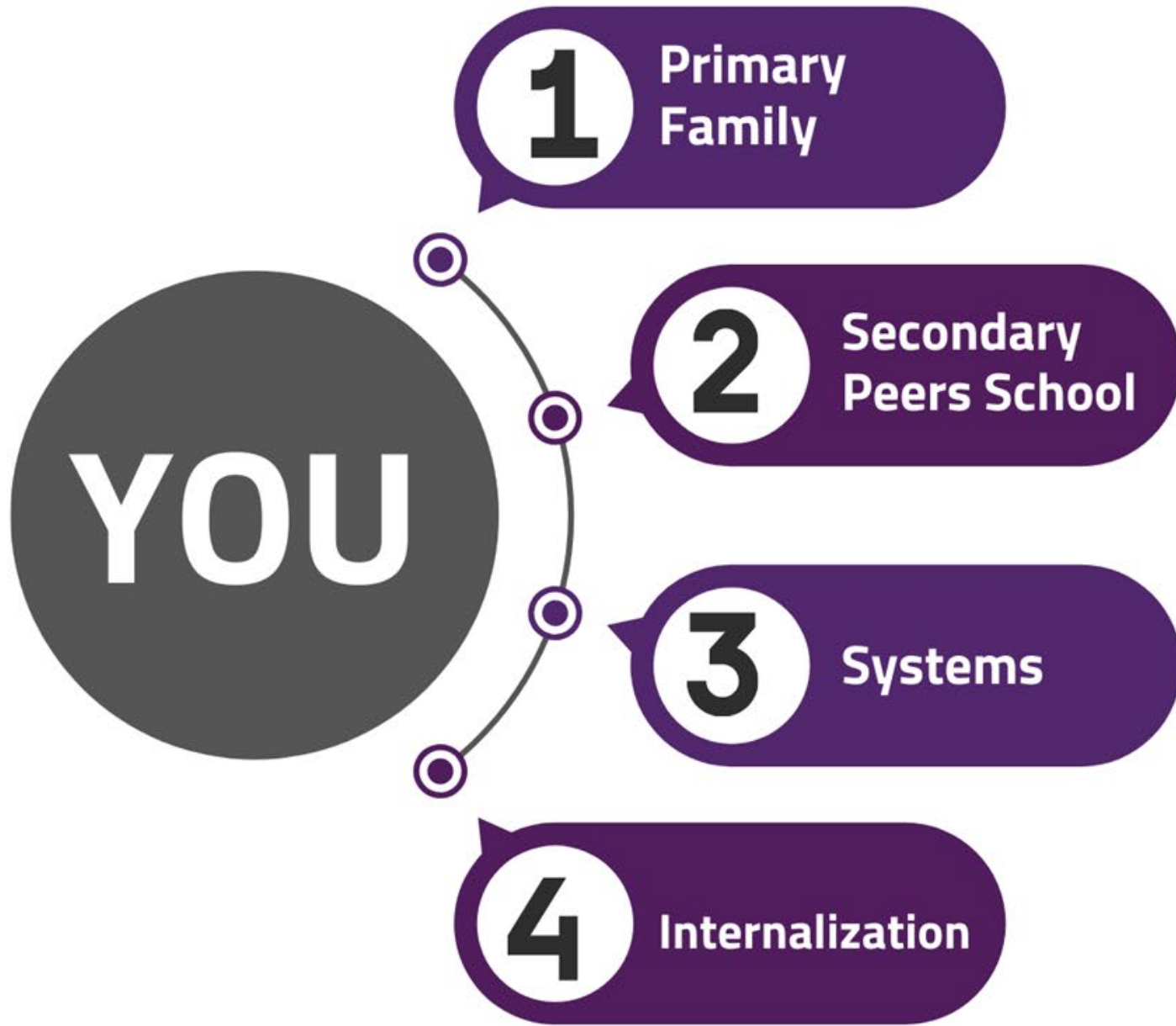


# Self-Awareness





# Intersection of Identity

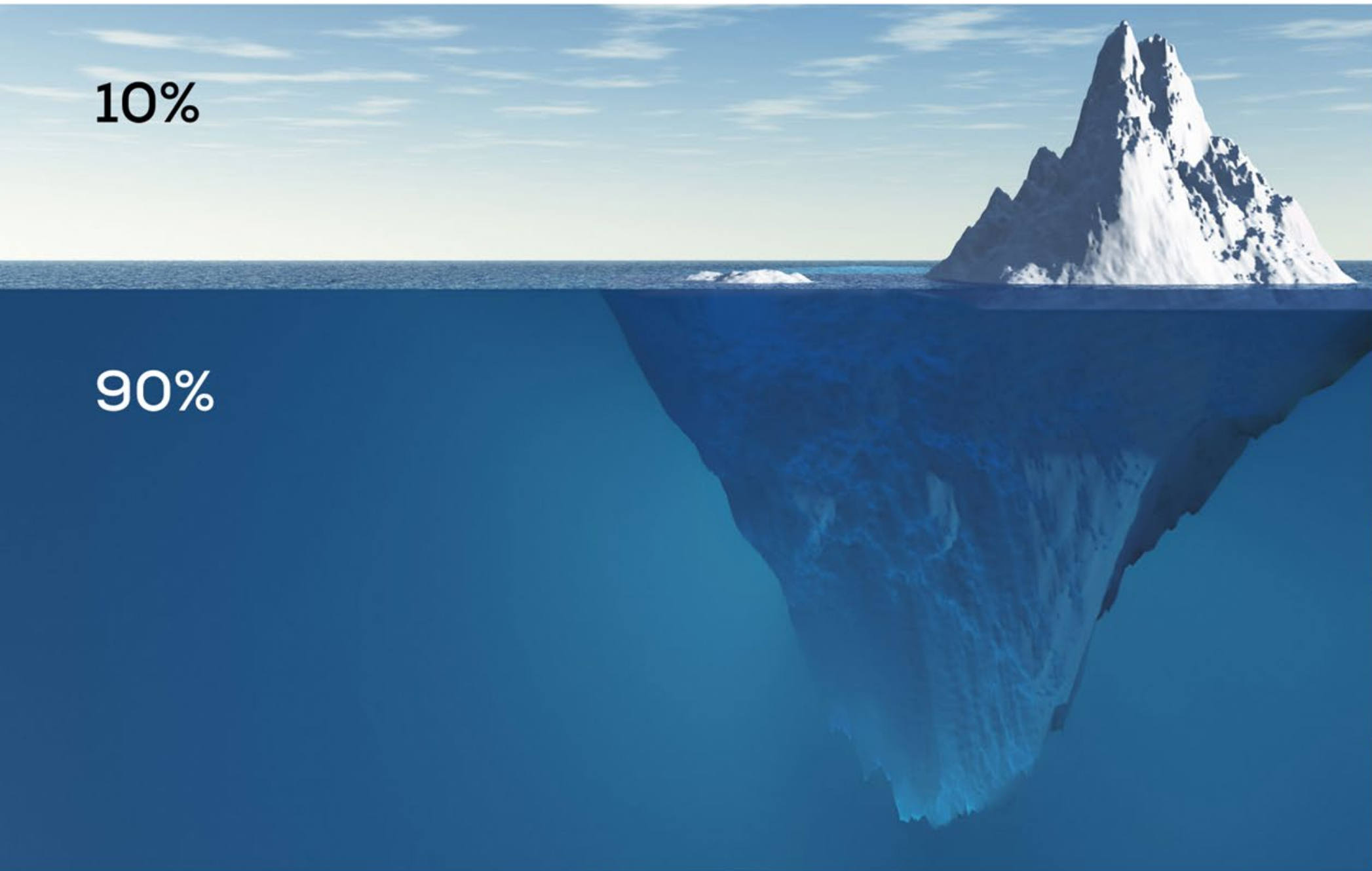


# Cycle of Socialization



10%

90%



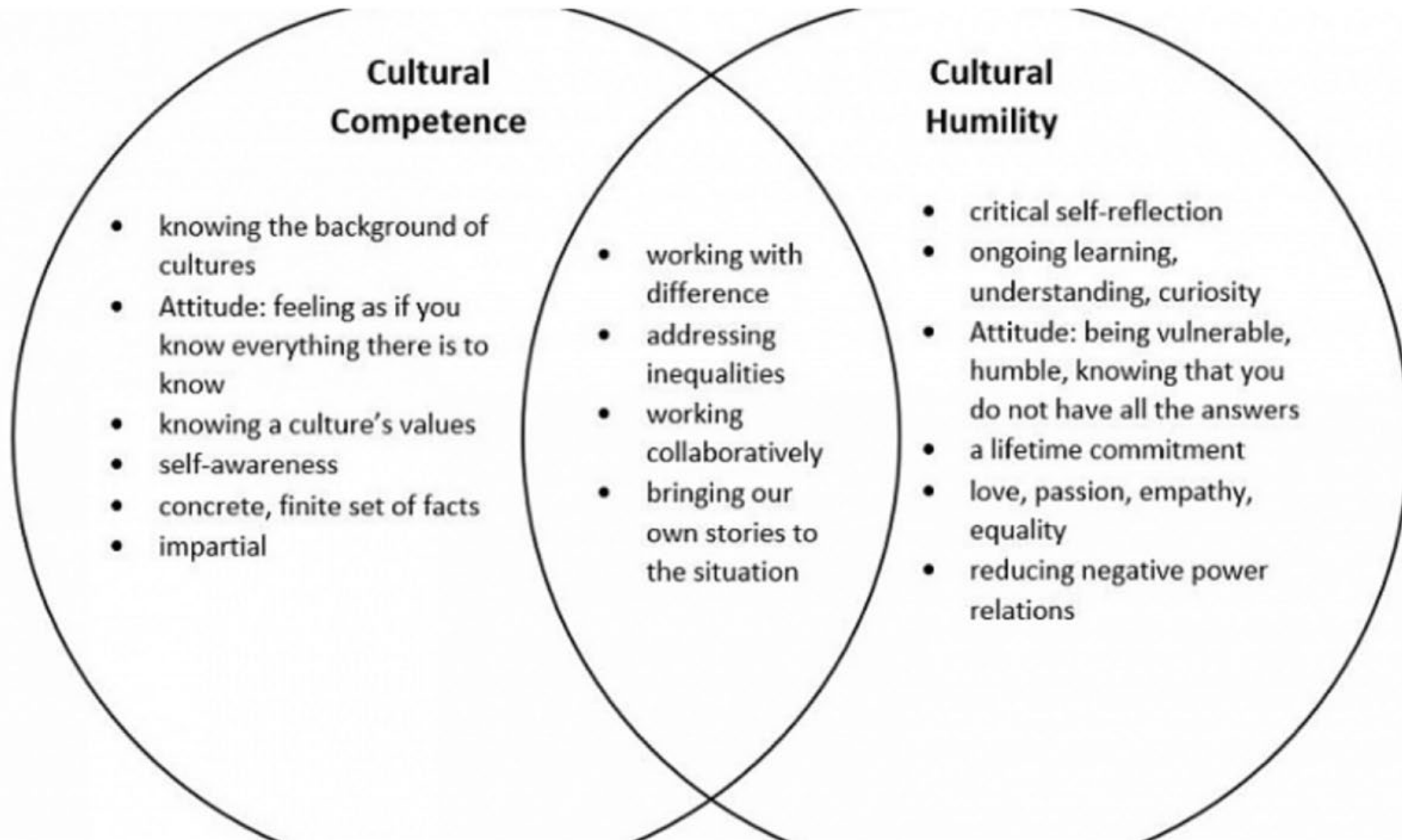
# Other's Perceptions



# Respect







*Edmond, Natalie. 2021. Cultural Competence And Cultural Humility Venn Diagram. Image.*



**Empathy**

# Belonging is a Universal Human Need



Maslow's hierarchy of needs

# References

- Goleman, D. (1998). *Working with Emotional Intelligence*. Bantam Books.
- Brown, B. (2018). *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*. Random House.
- Ross, H. J. (2014). *Everyday Bias: Identifying and Navigating Unconscious Judgments in Our Daily Lives*. Rowman & Littlefield.





**William T. Lewis, MSW, PhD**

Keynote Speaker | Author | Expert Facilitator |  
Co-Founder, at The Intersection ...

