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**Goals: Qualifying period for Associate Registered Nutritionist**

During the early stages of the mentoring period the candidate and mentor should set 3-4 goals, and strategies to meet these goals. During the mentoring period, progress on meeting the goals should be recorded. This form must be submitted when applying for Associate Registration (Stage 2).

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| **Applicant Name** |  | **Mentor Name** |  |

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| **Goals** | **Strategies to meet goals** | **Progress** | **Outcome** |
| Maintain continuing competency |  |  |  |
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**Appendix: Example of Goals Report**

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| **Goals** | **Strategies to meet goals** | **Progress** | **Outcome** | |
| Maintain continuing competency | Subscribe to relevant nutrition email newsletters  Attend one conference | Subscribed and regularly read ANA newsletter, HIIRC weight management, Medscape, obesity & diabetes research reports  Attended Nutrition Society Conference August 2014 | | Kept up to date with research related to my area of interest in NZ and overseas.  Gained new knowledge, particularly with presentations on diabetes and obesity. |
| Understand the cultural practices of different ethnic groups in the region related to food | Find and contact an organization  Volunteer to do an education session | Contacted local Indian Association  Conducted 2 supermarket tours for a group of Indian women. | | Highlighted the different approaches to preparation and cooking of foods and different ways that meals are constructed |
| Develop skills in motivational interviewing | Investigate courses on motivational interviewing  Observe sessions of a Registered Nutritionist working in a GP practice | Booked to attend a course  Observed 3 sessions | | Gained some tips on how to tailor sessions to different people including using familiar foods when making menu suggestions. |
| Increase understanding of probiotics and gut health | Read some literature on probiotics  Talk to a nutritionist with expertise | Read a review paper on probiotics  Contacted an expert | | Greater understanding of the role of probiotics and gut health and beneficial products to recommend. |