

## 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).

<b>Applicant Name</b>		<b>Mentor Name</b>	
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Goals	Strategies to meet goals	Progress	Outcome
Maintain continuing competency			

### Appendix: Example of Goals Report

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.