

Goals: Qualifying period for Associate Registered Nutritionist



During the early stages of the mentoring period the candidate and mentor should set 3-4 SMART goals, and strategies to meet these goals. During the mentoring period, progress on meeting the goals should be recorded. If the candidate is working in the practice field, one of the goals will need to include actively finding a supervisor within the year. This form must be submitted when applying for Associate Registration (Stage 2).

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

Applicant Name		Mentor Name	
Goals	Strategies to meet goals	Progress	Outcome
Maintain continuing competency.	Subscribe to relevant email newsletters. Attend nutrition conferences.	Subscribed to and read ANA, Nutrition Foundation and Healthy Food Guide emails/newsletters. Attended postgraduate and early career nutrition conference (2018) + other symposia and talks. Exploring nutrition interest areas.	Kept up to date with research related to my areas of interest in NZ and overseas. Increased knowledge, particularly with presentations on non-diet approaches to weight loss and gut health.
Develop Motivational Interviewing (MI) skills.	Investigate MI courses available. Complete credible readings in MI. Observe a Registered Nutritionist working in private practice.	Attended a one-day workshop on MI. Observed two sessions.	I now understand the guiding principles of MI and have techniques I can implement around eating habits, and how to approach a consultation and engage the client.
Networking; to have more opportunities to connect with fellow nutritionists and for information sharing.	Use the 'find a nutritionist function on the NSNZ website to search for nutritionists and dietitians in my area, join groups. Participate in online nutrition discussion groups.	Have joined a nutrition networking group in my area and meet monthly for coffee and conversations related to nutrition. Contribute to discussions on the NZ Nutritionists Network Facebook page.	Made new connections with other nutritionists and have strengthened my contacts. Increased awareness of learning opportunities available.
Increase understanding of IBS and FODMAPs	Talk to fellow nutritionists/dietitians with expertise in this area. Read research literature and evidence-based guidelines on using FODMAPs guidelines to manage IBS.	Visited Monash website and ordered FODMAP practitioner information pack. Bi-monthly meet ups with a Registered Nutritionist who has expertise in this area.	Reviewed content in information pack. Greater understanding of IBS management.