

FIGURING OUT YOUR STYLE AS A DIETITIAN



Welcome + How to Use This Guide

This guide is designed to help you explore and define your unique style as a dietitian. Use it as a journaling tool, in supervision, or for discussion with peers. Be sure to listen to the companion podcast episodes on mentordpod.com.

Why Your Style Matters

Your style isn't one-size-fits-all.

It evolves with experience and self-reflection. Clients can sense when you're not aligned with your values, and authenticity is key to building trust.

STYLE DISCOVERY



Clinical Values Check-In

- Define your role in sessions
- Define client success
- Identify non-negotiable ethics

Strengths + Preferences Inventory

- When do you feel most confident?
- What client dynamics suit you?
- Favorite tools/topics

Red Flag Inventory

- What drains you?
- When do you feel out of alignment?
- Who isn't the best client fit?

Your Style In Action

- Reflect on modalities that resonate (e.g., MI, ACT, HAES, trauma-informed)
- Think of a session that felt 'right'-what worked?
- Start showing up as that version of yourself