

HOW TO FIND YOUR NUTRITION COUNSELING STYLE

A Mini-Guide for Dietitians

Your nutrition counseling style is more than a set of tools-it's how you show up, connect, and care. This downloadable guide offers practical steps to help you feel more confident, grounded, and aligned in your sessions. Whether you're just starting out or refining your approach, these tips are here to support your growth.

1. Know Your Anchors

Clarify your values. What matters most to you in session-collaboration, curiosity, compassion? Use those values to guide your structure and language.

2. Design a Flow That Matches Your Energy

Choose a flexible session flow. This could include grounding, checking in, exploring barriers, and co-creating goals.

3. Focus on Relational Presence

Being present is more impactful than performing. Clients remember how they felt with you, not just what you taught.

4. Experiment Without Shame

Try out new approaches and observe what works. Self-trust builds when you give yourself permission to learn.

5. Understand Your Own Nervous System

Use somatic tools and polyvagal-informed practices to manage your energy and support co-regulation with clients.

6. Give Yourself Permission to Do It Differently

You don't need to replicate anyone else's style. Trust your instincts, pacing, and intuition.

7. Support Your Style With Systems and Space

Make your environment work for you—from your office design to your session timing. These details impact our confidence.

8. Embrace Growth as a Constant

Your counseling identity will evolve. Stay curious and reflective. Use journaling and mentorship for support.

9. Normalize the Hard Parts

Awkward moments, uncertainty, and doubt are normal. You're not doing it wrong—you're growing.

Ready to Feel More Like Yourself in Sessions?

Use this guide as a starting point. Explore what feels authentic, let go of rigid expectations, and trust that your counseling style will come into focus as you grow.

Want more support? Listen to *The MENTORD Podcast* on Apple, Spotify, or most places you find podcasts.



www.mentordpod.com