



# DIETITIANS DAY

## 31 MARCH, 2017

### MELBOURNE

The Chosen Link for *Nutrition Leaders* | [www.dietitianconnection.com](http://www.dietitianconnection.com)



#### CAROLYN CRESWELL

##### *Creating Delight Every Day: Putting Your Passion to Work for You*

*If we told you that an 18-year-old could buy a small business providing muesli to Melbourne cafes and turn it into the leading Australian brand in its category, would you believe us?*

*You will, after you hear Carolyn Creswell's inspiring remarks at Dietitians Day 2017. Carolyn is the founder and managing director of Carman's, a brand whose products now reside on shelves in major supermarkets across Australia - and around the world. She is known for being a warm, engaging*

*and motivational speaker, sharing leadership insights from her humble beginnings through to the international empire she oversees today.*

*Don't miss this opportunity to hear from a female entrepreneur whose business acumen took her from hand-delivering products to managing director of a multinational company.*

Carman's founder Carolyn Creswell is an inspirational leader whose success proves that you can run a multinational business and still love what you do and have a genuine work-life balance.

Carolyn has grown Carman's to become the number one selling gourmet muesli brand on Australian supermarket shelves, while at the same time maintaining a successful relationship with her husband Peter and raising four kids aged eleven and under!

Over two decades, Carolyn has focused on producing delicious tasting products using real ingredients. From humble beginnings where at age 18 Carolyn used to park her tiny Daewoo alongside semi-trailers in supermarket loading docks, Carolyn's determination has seen Carman's build a strong following in more than 32 countries around the world.

As a proud mother, Carolyn understands the importance of producing nourishing foods for herself and her family and applies this philosophy to every Carman's product.

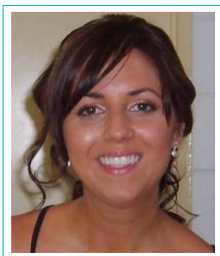
Carolyn's own commitment to a healthy work-life balance is also reflected at the Carman's office. Many

employees work flexible hours and are encouraged to attend their children's special events and even take time out to pursue their own passions.

The team also enjoys eating lunch together around the boardroom table - trying to take out honours of daily quiz master. Carman's warm and encouraging environment provides a truly enjoyable place to work with a very low staff turnover.

Carman's has recently celebrated its 22nd birthday. Carolyn's business acumen has led to a number of accolades including being named the 2012 Telstra Australian Business Woman of the Year and the winner of 2007 Ernst & Young's Young Entrepreneur of the Year Award. She is also a graduate member of the Australian Institute of Company Directors.

Carolyn sits on the Boards of The Stephanie Alexander's Kitchen Garden Foundation, and the Human Rights Law Centre. She is an Ambassador for the Asylum Seekers Resource Centre and Smiling Mind. Most recently, Carolyn has accepted the position of Patron of the St Kilda Gatehouse.



## JENNY MCALLISTER | Supported by RESOURCE ThickenUp

### *A Personal Perspective*

*Jenny McAllister shares her journey of recovery after suffering a massive brain stem haemorrhage at the age of 21 and given less than 1% chance of survival.*

This traumatic injury drastically changed Jenny's life but throughout her recovery she has maintained her sense of humour & 'never give up' attitude.

Jenny's inspiring story talks of belief, determination & a little bit of magic as she overcomes every new challenge to fully recover. She hopes her story will open minds and inspire others to keep going even when things seem too hard.

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## DR VICTOR MONTORI

### *Minimally Disruptive Medicine (via video)*

Dr. Victor Montori is Professor of Medicine at Mayo Clinic. He is a practicing endocrinologist (diabetes), health services researcher, and author and a recognised expert in evidence-based medicine and shared decision-making.

Dr. Montori developed the concept of minimally disruptive medicine and works to advance person-centered care for patients with diabetes and other chronic conditions.

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## DR MARK O'BRIEN

### *Interpersonal Excellence - the importance of professional expectation management*

*No matter what the work setting a dietitian contributes their expertise to, Interpersonal Excellence is a prerequisite for personal effectiveness. In a world where patient, client, consumer and organisations demand more the ability to professionally handle rising expectations is critical.*

*This presentation will examine the ways in which dietitians can navigate the complex world of ever increasing expectations- including managing the disappointment that arises where expectations are not, or cannot, be met.*

Dr Mark O'Brien is the Founder and Medical Director of the Cognitive Institute - an international training and risk management organisation based in Brisbane. He graduated from the University of Queensland and was initially a Rural Family Physician with a strong involvement in Medical Education - first as a Regional Coordinator and then as a National Education Policy Consultant to the Royal Australian College of General Practitioners.

Since its inception an estimated 140,000 clinicians in ten countries have undertaken Cognitive Institute courses with the face to face risk management and clinical leadership training programmes originally

written by him now delivered to over 16,000 clinicians worldwide every year.

Dr O'Brien is also the former International Programme Director for Education for the Medical Protection Society (MPS), the world's largest Medical Indemnifier based in the United Kingdom and now acts as an International Medical Education Consultant to that organisation.

He is a well-known and regarded consultant and expert trainer in the areas of clinical leadership, risk management and quality and safety within the Asia-Pacific region.



## MICHELLE BRIDGES

*What would you ask TV's star trainer, Michelle Bridges, if you had the chance to interview her? We're thrilled to be doing just that at DD'17. Michelle will join us in Melbourne to answer our burning questions. Get to know Michelle, off the screen and in real life, and seize the chance to pick up tips from this communications pro.*

Best known as the straight-talking trainer of Channel Ten's 'The Biggest Loser', Michelle Bridges is one of Australia's most highly regarded health and fitness experts. Michelle mixes her tough love message with heartwarming compassion and has won the hearts and minds of all Australian's. She is the author of fifteen books many of which are best sellers, including her latest, 'Food for Life', which was published in October 2016. Along with this, Michelle also has an extensive range of e-books and DVDs.

On top of her television commitments, Michelle is never far from front of mind and regularly features across a variety of different mediums. Michelle joined the Body + Soul team in 2016 with a fortnightly column,

and also regularly appears in many other publications (Prevention, Women's Health, The Australian Women's Weekly, Woman's Day, Good Food, WHO).

In 2015, Michelle teamed with Woolworths on a healthy frozen-meal range, Delicious Nutritious, consisting of balanced meals that each includes three serves of veg, healthy grains and proteins, all fewer than 450 calories. The range continues to expand and add in new offerings, the chilled Delicious Nutritious range is about to hit Woolworths stores nationally.

Michelle is an ambassador for The Australian Institute Of Fitness and is also a big supporter of various charities including the RSPCA, Black Dog Institute, and the Mother's Day Classic.



## KAREN INGE

### *Which Way Forward?*

*High profile dietitian Karen Inge challenges the profession to relook at our role, our training and our communication, and chart a course for a new and vibrant future for dietitians.*

Karen Inge is an award-winning author and provides specialist nutrition commentary to the media as well as having her own weekly radio segment on 3AW. Karen was the first VFL/AFL club dietitian; the founding Head of Nutrition at the Victorian Institute of Sport; the inaugural Vice President then President and Fellow of Sports Dietitians Australia; and the first dietitian Fellow of Sports Medicine Australia. She was recently awarded an Honorary Fellowship of Monash University for her work in sports nutrition.

Karen's career, spanning nearly 40 years, has focussed on sports nutrition and working with food industry clients, but more recently she has reinvented herself to embrace her lifelong passion as a food lover. She is now forging ahead with her interest in culinary nutrition,

working first hand with chefs, the hospitality industry and food producers to consider nutrition quality a priority. She is part owner of the healthy food company Dineamic, and recently opened the Georgie Bass Café and Cookery in Flinders, Victoria.

She is also a Director of St Vincent's Institute of Medical Research; an Ambassador for Fareshare, a food rescue organisation; a member of the Deakin University Postgraduate Nutrition Advisory Board; and has previously been an Ambassador for Vic Health, a Director of the Coeliac Research Fund and served on the Jenny Craig International Medical Advisory Board for over 20 years. Karen accepts as many speaking engagements as possible, helping to promote her profession by providing reliable nutrition information to the community.



## TIM CROWE

### *Future gazing or navel gazing? What's in store for the future of dietetics*

*There has never been a more exciting time to be a dietitian. And despite the challenges of communicating our message in today's modern social media age, there is much to be positive about for the future of our profession if we stay nimble with the changing times.*

Tim is an Advanced Accredited Practising Dietitian who has spent most of his career in the world of university nutrition teaching and research. He now works chiefly as a freelance health and medical writer and scientific consultant. He has an active media profile and a large social media following through his Thinking Nutrition blog and Facebook page.

## feedback from DIETITIANS DAY 2016

*"I loved that the event brought together a diverse group of passionate dietitians all working towards the same thing."*

*"A fabulous, well planned and executed event with a high calibre of speakers on interesting topics. It was a great way to proudly feel part of a fantastic profession."*

*"The day was fantastic from start to finish! All the speakers were well picked and well placed through the day. I was continuously engaged and inspired to be the best I can be and make the most of my qualification."*

*"The executive leadership panel was a standout. It was great to hear from individuals who have followed the path less trodden."*

*"The focus and content of the topics is of a broader more open/debatable style compared to other dietetic conferences."*

*"Thank you so much for organising a very interesting and also affordable event. I really enjoyed finally being in touch with dietitians again and getting an insight on all these important topics. I cannot wait for Dietitians Day 2017!"*

*"Thanks to Dietitian Connection's focus on securing such a stellar line-up of speakers."*

*"I also enjoyed perusing the displays and sampling the tasty treats in the breaks."*

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