



# dietitians unite

15 MARCH 2019, SYDNEY



## PROGRAM

7.30 Breakfast Workshop (Optional) **Dr Andrew Davies** supported by **Baxter**

9.00 Opening Speaker **Peter Greste**

10.15 MORNING TEA supported by



Choose a stream for the middle of the day:

### CLINICAL STREAM

10.45 **Dr Joanna McMillan**  
supported by **ProNourish**

11.30 **Melissa Adamski**

12.30 **Tobie Puttock & Amy Smith, The Good Foundation**

12.45 LUNCH

1.45 **Kate Marsh**

2.30 **Kellie Allen**

3.15 AFTERNOON TEA supported by



3.45 Closing Speaker **Taryn Brumfit**

### BUSINESS STREAM

10.45 **Olivia Ruello**  
11.30 **Philip Bonanno**

1.45 **Lyndi Cohen**

2.30 **Emma Stirling**

### HOW TO GET THAT JOB

10.45 - 3.15  
**Rhiannon Barnes**

supported by





**DR ANDREW DAVIES** supported by **Baxter**

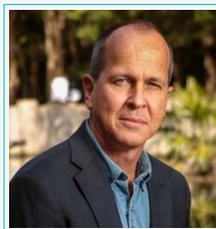
### *Leadership Starts from Within*

*If you've flown on a plane, you've heard the expression, "First put on your own oxygen mask, and then help others." Now, apply this to yourself as a leader. If you want to be an inspiring and effective leader, you first need to get your own house in order. This means looking inward: practicing self-care and looking after yourself;*

*nurturing and supporting your dreams; and becoming the best version of yourself. Only then will you be well positioned to become a beacon of health, so that you can inspire others toward change.*

*Dr Andrew Davies is an intensive care specialist who has performed clinical research in the field of critical care nutrition for over 20 years. He's seen humanity in the intimidating environment of the ICU. From it, he's emerged with inspiring lessons on how you can be your best self – and an example to others. If you manage teams of any size, you won't want to miss this breakfast presentation and Andrew's unique approach on becoming an effective leader by first looking within.*

Andrew Davies is an Intensive Care Physician at Frankston Hospital, an Associate Professor at Monash University, both in Melbourne, and a Senior Medical Advisor at Baxter. He has conducted clinical research in the field of critical care nutrition for 24 years, has served as Chair of the Australian and New Zealand Society of Parenteral and Enteral Nutrition (AuSPEN) and as Vice Chair of the Australian and New Zealand Intensive Care Society Clinical Trials Group (ANZICS-CTG). After suffering the consequences of burnout in 2013, Andrew spent time away from work understanding just how important lifestyle is to optimal health and wellbeing. Now, he takes a very different approach to care and is passionate about self-care for health professionals to enable improved outcomes for all in the health system. He now hosts 2 podcasts, Mastering Intensive Care, and the New Normal Project.



**PETER GRESTE**

### *In Defense of Freedom: Finding the Inner Fortitude to Overcome Adversity*

*While a foreign correspondent, Peter Greste was sentenced to seven years and spent 400 days in prison on "terrorism charges." The letters he wrote while behind bars speak eloquently to the need for freedom of the press, and today he is heralded for his work to*

*advance human rights. Peter will speak on the lessons he learned on the power of the mind; the steps we can take when facing a seemingly insurmountable challenge; and how we can turn adversity into opportunity and tap into our true purpose -- for the betterment of others.*

Peter Greste is an Australian-born journalist with 25 years experience as a foreign correspondent. He covered the civil war in Yugoslavia and elections in South Africa as a freelance reporter, before joining the BBC as its Afghanistan correspondent in 1995. He went on to cover Latin America, the Middle East and Africa for the BBC where he has been since 2006.

*continues overleaf...*

In 2011 he won a Peabody Award for a BBC documentary on Somalia before joining Al Jazeera as its East Africa correspondent. In December 2013 he was covering Egypt on a short three-week assignment when he was arrested on terrorism charges. After a trial widely dismissed as a sham, he was convicted and sentenced to seven years in prison. In February the following year, after intense international pressure, he was deported under a presidential decree.

As a result of the letters he wrote from prison in the defense of freedom of the press, he won a Walkley Award in Australia in 2014, and Royal Television Society and Tribeca Disruptive Innovator's Awards in 2015. He has also been awarded the International Association of Press Clubs' Freedom of Speech Award; and the Australian Human Rights Commission Medal.

*'Prof Peter Greste appears by arrangement with Claxton Speakers International.'*

CLINICAL STREAM



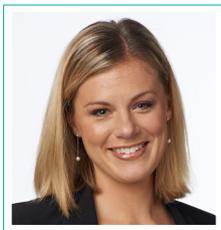
**DR JOANNA MCMILLAN** supported by **ProNourish**

### *The Gut Microbiome and the Role of the Dietitian*

*In this session Joanna will share her experiences of working on the Gut Revolution documentary with ABC Catalyst, the key learnings having interviewed experts around the globe, and discuss the potential for the dietitian to get involved in research and in using microbiome tests and results in clinical practice and general healthy eating advice.*

Dr Joanna McMillan originally hails from Scotland, and came to Australia in 1999, where she won a scholarship to complete her PhD in Nutritional Science at The University of Sydney. As a dietitian and former fitness instructor, she is driven by a passion to promote the influence that diet and lifestyle have on our health and wellbeing. She is a published author, an international presenter and regular on our TV screens, including being the host for the Gut Revolution series on ABC Catalyst.

CLINICAL STREAM



**MELISSA ADAMSKI**

### *Nutrigenomics – Where are We Now and What Do We Know?*

*It's been 15 years since the mapping of the human genome, when it was proposed that nutritional genomics would revolutionise the way we practice nutrition. Now, let's take a hard look at whether it has. The concept of tailoring diet and nutrition recommendations to*

*one's genetics is piquing the interest of both scientists and the general public. But can we really leverage information from genes to guide patients' dietary recommendations? We'll examine our current understanding on the science of food, nutrition, genomics and health – then look at how we can best translate nutrigenomics into nutrition practice.*

Melissa Adamski MND, BSC, APD is an Accredited Practising Dietitian working in the area of nutritional genomics in education and research. She currently works in The Department of Nutrition, Dietetics and Food at Monash University and runs her own private practice. Melissa is also currently completing her PhD in the area of nutrition communication.



## TOBIE PUTTOCK AND AMY SMITH, THE GOOD FOUNDATION

*Exclusively delivering 'Jamie's Ministry of Food' and 'Jamie Oliver's Learn Your Fruit and Veg' in Australia.*

*As dietitians well know, the growing list of health problems caused by poor diet and lack*

*of food knowledge and skills affects all Australians. The Good Foundation was established in 2010 to focus on programs and projects that promote good health and nutrition. Our goal is to maximise the health, wellbeing and productivity of Australians and prevent obesity in our future generations.*

*Today, prior to lunch, Tobie will host a brief cooking demonstration showcasing healthy and seasonal recipes, and Amy will share the latest news, including the launch of the in-school program 'Jamie Oliver's Learn Your Fruit and Veg.'*

Tobie Puttock is a much-loved local Australian Chef and Creative Director of The Good Foundation. His mission is to educate people about the importance of home cooking for better health. Tobie's honest, light-hearted approach and passion for teaching people about food and healthy ways to approach it place him perfectly to lead the charge in helping to transform Australia's food habits, which includes teaching children to cook with fresh food for better health.

Amy Smith is CEO of The Good Foundation. Previously, she was the Director and Chief Marketing Officer of Dineamic meal service business, and prior to that she was head of marketing at Grill'd and the CEO of Jenny Craig. Amy has a wealth of knowledge and experience in the marketing space, particularly the nutrition and health arena.



## DR KATE MARSH

### *Plant-Based Diets and Diabetes*

*There is a lot of confusion around the dietary management of diabetes, with many people advocating lower carbohydrate, higher fat diets for managing both type 1 and type 2 diabetes. However, this ignores the significant body of evidence around the role of plant-based diets (particularly low fat vegan diets) in the prevention, management and reversal of type 2 diabetes. Kate will provide an overview of the current evidence for the role of a plant-based diet in the management of diabetes and will explain why this type of eating plan is not only beneficial for short-term glycemic management but also for reducing the long-term health risks associated with diabetes.*

Kate is an Advanced Accredited Practising Dietitian and Credentialed Diabetes Educator working in private practice in Sydney and has a particular interest in vegetarian nutrition and plant-based diets, and the dietary and lifestyle management of diabetes and polycystic ovary syndrome. She is passionate about the role of plant-based diets in the prevention and management of type 2 diabetes.



## KELLIE ALLEN

### *Attitudes are Contagious: Changing Lives Through Improved Communication*

*Calling all leaders: ready to ascend to the next level? Kellie Allen will help you do this by imparting strategies to help you better connect and communicate in today's health service industry.*

*"Attitudes are contagious" is the foundation on which Kellie begins.*

*As the co-creator of Australia's CAPS (Communication and Patient Safety) program, she brings great expertise to the area of communication and patient advocacy. Kellie's personal belief is that everyone is entitled to the best health care, free from the excess burden of suffering brought about by human error and communication breakdown.*

*This promises to be an inspiring session that will leave you with an arsenal of tools to help bring about positive change, improve your communication and tackle organisational challenges.*

Kellie is an international motivational speaker and executive coach renowned for being high energy, high impact and transformational. She coaches health care leaders on local, relevant culture change by providing in-depth accountability and performance measures – and always with a focus on the patient/client. This passion led her to co-found and design the CAPS (Communication and Patient Safety) program, which is now widely used in Australia.



## OLIVIA RUELLO

### *#Goals: How to Find, Build and Support "Your Tribe"*

*Olivia is in an enviable position - CEO of an organisation so many of us in the DC community know, love and belong to: Business Chicks. Now, here's our chance to find out how Olivia and her team have created such an amazing tribe. She'll share the story of how she built the Business Chicks community into a group of women*

*passionate about each other's growth and success -- in a positive, non-competitive way. She'll also tell us how Business Chicks developed its inimitable voice that we see and hear across all communications. Finally, Olivia will let us in on the secret of how she finds the inspiration to keep the brand so fresh and innovative. If you love Business Chicks - and who among us doesn't? - you'll love hearing from the leader of an organisation that inspires so many female [and male!] business leaders in Australia.*

Olivia has been the CEO of Business Chicks Australia since January 2016. She started her career in industrial relations, before moving into senior roles in the HR and recruitment industries. At just 24 years old, Olivia was appointed General Manager of a well-respected recruitment firm and lead her team to win multiple recruitment agency of the year awards.

She led the Partnerships and Brand team at Business Chicks for four years from 2009, before moving to the Commonwealth Bank, where she drove a unique leadership and culture agenda for the corporate banking division.

Olivia has a deep passion for women stepping into and realising their own power and potential, and as the CEO of Business Chicks Australia, wants to help women harness their strengths as females – empathy, kindness, collaboration and connection – to create a generation of leaders who care.



## PHILIP BONANNO

### *Appetite for Disruption*

*Philip Bonanno used to be a DJ. Today, he's a client partner at Facebook, helping Australian retailers drive brand and sales growth. What's his method? It's all about disrupting the norms. Phil will shares his tips with us for helping your brand stand out, from capturing audience attention to telling your story visually,*

*boosting engagement, and experimenting to gain a greater share of the market. Get your appetite for disruption ready!*

At Facebook, Philip is responsible for helping retailers identify and progress opportunities for sustainable growth and business success. He has spent the past 20 years working in retail development for global brands such as Wal-Mart, Tesco, Woolworths, Pick-n-Pay, Coca-Cola, PepsiCo and Kraft. Philip's work included assisting with digital business transformation, customer-centric business planning, developing retail insights and providing strategy and activation insights.



## LYNDI COHEN

### *The Lessons that Saved my Business*

*When Lyndi graduated from University, she worried that she'd never be employed as a dietitian. When her fears came true, Lyndi was driven to start her own business and build a brand. Six years on, it turned out to be the best job of all. Lyndi shares the hard lessons she learned along the way, from making a profit to standing out from the crowd.*

Lyndi Cohen is best known as The Nude Nutritionist. Since starting her business and brand in 2013, Lyndi has gone on to become one of Australia's most well-known dietitians. She is a regular on Channel 9's TODAY show, quoted frequently by the Australian media and is now an author of her first book, The Nude Nutritionist. Her blog, recipes, social media posts and content are seen by millions of people around the world each year.



## EMMA STIRLING

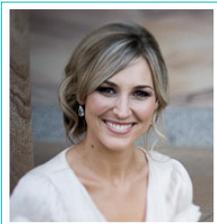
### *Food first: what's cooking in the growing field of culinary nutrition*

*Culinary nutrition is emerging as a dynamic field of employment and business opportunities for entrepreneurial dietitians. Join Emma as she explores key competencies and skills, areas of work and consulting services, professional development and upskilling with Australian and International case examples. She is one of*

*Australia's innovative, entrepreneurial and leading APDs in the areas of food and culinary nutrition, effective nutrition communication and mainstream plus digital media.*

*continues overleaf...*

Emma Stirling, APD is Director of Scoop Nutrition consultancy and an academic at La Trobe University specialising in food science, gastronomy and culinary nutrition. Emma is recognised as one of Australia's innovative, entrepreneurial and leading Accredited Practising Dietitians in the areas of food and culinary nutrition, effective nutrition communication and mainstream plus digital media. An early pioneer of social media her blog Scoop Nutrition won the prestigious BUPA Best Healthy Eating Blog award 2014 and a Top 30 Influencer Voices of 2014 in health blogging along with establishing mentoring for over 30 dietitians and over 100 members of the Storehouse Blog Directory. She is a well-recognised media commentator and nutrition writer and recently published her first academic textbook, Understanding the Science of Food: From molecules to mouthfeel.



**RHIANNON BARNES** supported by  Investigate Communicate Collaborate

### *Stand Out from the Crowd and Land Your Dream Job*

*No matter what stage you are at with your dietetic career, applying for positions, addressing criteria and interviewing never feels easy. Rhiannon Barnes has read more than 5,000 applications, interviewed hundreds of professionals (not just dietitians!) and written even more interview questions -- all, to recruit the right person, for the right*

*job. Rhiannon will share insights and perspectives, drawing upon her 15+ years of experience. She will teach you how to draw out our strengths and examples that will set you apart from the crowd, make you shine and showcase the best version of yourself.*

Rhiannon Barnes is an APD with over 15 years' experience recruiting professionals within the profession. After graduating from QUT in 2003, Rhiannon started working as a dietitian at The Park – Centre for Mental Health in Brisbane. Subsequent positions at The Prince Charles Hospital and Rockhampton Hospital helped her to identify and focus on her passion: assisting the development of others. This led her back to Brisbane to take up a position as Clinical Educator, and since 2011, she has been acting in a Team Leader role at The Princess Alexandra Hospital (PAH), working with a dynamic leadership group and a wonderful department of dietitians.



### **TARYN BRUMFITT**

#### *Learn to Love the Skin You're In*

*Taryn Brumfitt posted a unique before and after photo on social media, the after shot was a healthier and happier Taryn, in contrast to the usual slimmer "after photos." The post went viral and Taryn realised she needed to share her journey and message of body love with the world. She created the documentary Embrace – which*

*gained global applause - and founded The Body Image Movement, now an internationally recognised mission to empower all women across the globe to better accept, enjoy and appreciate their bodies. Taryn will lay bare her journey and discuss how dietitians can be leaders in body-positivity.*

*continues overleaf...*

Taryn Brumfitt is an internationally recognised keynote speaker and the fiercely passionate thought leader behind The Body Image Movement. Best-selling author and director of the inspiring social-change documentary Embrace, Taryn's global crusade to end the body dissatisfaction epidemic has seen her recognised by the United Nations Women, Amy Poehler's Smart Girls and the Geena Davis Institute.

Whether motivating the next generation at Google HQ or becoming General Electric's highest rated speaker, Taryn's determination to shift the way the world thinks about themselves and their bodies has the support of high profile personalities including Olivia Newton-John, Rosie O'Donnell, and Ashton Kutcher who famously praised her activism as being "good for the world."

Named alongside Beyonce and Emma Watson in Germany's Brigitte magazine's 'Woman of The Year', Taryn's positively infectious voice and powerful message has reached over 200+ million people via the likes of the L.A Times, Washington Post, The Doctors, Good Morning America and The Today Show.

## *feedback from* **DIETITIANS UNITE 2018**

*"Dietitians Unite is a wonderful event for any forward thinking dietitian. The speakers are phenomenal and the event offers plenty of opportunities to network with other like minded dietitians."*

*"Dietitians Unite is an annual event that unites remarkable, like minded Dietitians.*

*For me personally it inspires the passion in my heart, stimulates me to continue to dream big, think strategically and offers remarkable perspectives from thought leaders in business and health."*

*"I left the day feeling upbeat, enthusiastic and positive and immediately thinking of ways I can improve my practice of dietetics."*

*"Excellent speakers, content and food! It was great to be in a room with so many passionate dietitians and be reinvigorated about the future."*

Stay connected:  [www.facebook.com/DietitianConnection](http://www.facebook.com/DietitianConnection)  [@DNConnection](https://twitter.com/@DNConnection)  [DietitianConnection](https://www.instagram.com/DietitianConnection)

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