## PROGRAM

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

9.00 Opening Speaker Peter Greste

10.15 MORNING TEA supported by a2

Choose a stream for the middle of the day:

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<thead>
<tr>
<th>CLINICAL STREAM</th>
<th>BUSINESS STREAM</th>
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<tr>
<td>11.00 Dr Joanna McMillan</td>
<td>11.00 Olivia Ruello</td>
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<tr>
<td>supported by PRONOURISH</td>
<td>11.45 Philip Bonanno</td>
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<td>11.45 Melissa Adamski</td>
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<td>12.30 LUNCH supported by Simplyatitis</td>
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<td>1.30 Kate Marsh</td>
<td>1.30 Lyndi Cohen</td>
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<td>2.15 Kellie Allen</td>
<td>2.15 Emma Stirling</td>
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<td>3.00 AFTERNOON TEA supported by V8</td>
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<td>3.45 Closing Speaker Taryn Brumfitt</td>
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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.
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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.’

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.

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.
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 Practicing Dietitian and Credentialled 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.
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 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, 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.
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.

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 Electrics’ 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 2018 was such a refreshing and rewarding experience. Looking forward to next year’s event already!”

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

“Nothing other than it was simply fantastic, I took something from every session, came out feeling so inspired to be a Dietitian. It was beautifully done.”

“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.”

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