

Careers for Dietitians in Consultancy/Private Practice

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I am the Director of Leading Nutrition. As the director my role involves making decisions based on research and opportunities for the business to grow develop and provide high quality services for our customers. We currently service individuals in the traditional consulting setting and provide clinical care to aged care facilities across Australia. Another focus in my role is staff management, development, progression and recruiting. Lastly I am responsible for networking with other businesses and organisations that are aligned with what we do and support our services and growth. I became a private practice dietitian after returning from living in Germany for 7 years. Ideally I wanted to be a community dietitian but found helping people who invested their money in their health to be very rewarding. These people are very motivated to make change.



Interview

What does a consultant/private practice dietitian do?

Traditionally private practice dietitians see individuals who have either self-referred or have been referred by their doctors. Other areas of work include consulting in aged care, private hospitals, corporations, schools, government and industry. The skill set to professionally service any/each of these target groups varies immensely.

Where does a consultant/private practice dietitian work?

For consulting individuals a doctor's practice or some other private rooms would be the location. If consulting to hospitals or aged care sites, the work would be on site. When working with schools or corporations most of the work would be done from an office (perhaps at home) and the delivery of the service/program would be at the site.

What experience and qualifications do you need to work in consultancy/private practice?

Dietetic and nutritionist qualified and a personal desire to venture out and 'make your mark'. Decide on your target group and become an expert in servicing them. Acquire mentors and experts in these areas to grow and develop this special knowledge.

What are the highlights?

Creating a unique service that meets the needs of our chosen target group. Supporting staff and seeing them develop, grow and flourish. Knowing we are making a difference in the lives of those we see individually and in aged care.

Advice for students who are interested in working in consultancy/private practice?

Do what you love. Accrue mentors and advisors in your chosen field. Work on yourself and your level of business knowledge and skill. Enjoy the journey!