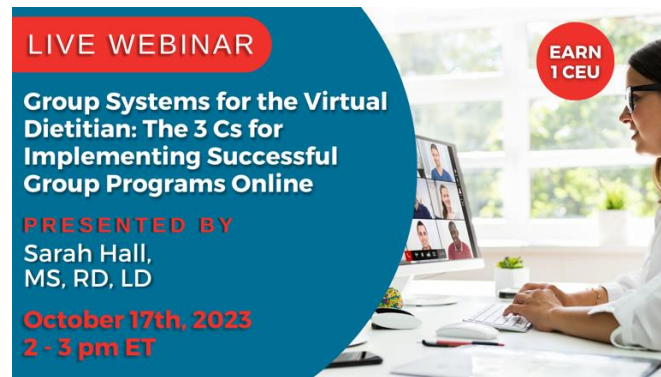


# Group Systems for the Virtual Dietitian: The 3Cs for Implementing Successful Group Programs Online

Presented by Sarah Hall, MS, RD, LD



## Quick Tips Sheet:

### Tip 1

First priority is making sure your clients feel supported and motivated.

### Tip 2

Pre-recorded curriculum is a time-saver.

Curriculum should be step-by-step to not overwhelm your client.

### Tip 3

Study & learn the art of communication and have an open-door policy with clients.

### Tip 4

The tools you use should be saving you time. If you have a question or need, come up multiple times from clients in your group program, it's best to create a duplicatable system in a download or video resource for your clients so you're not constantly repeating yourself.

### Tip 5

Your clients will thrive in community if it's set up appropriately. Clients enjoy being a part of something and feeling included and valued.

### Tip 6

Your methods within your practice should be scalable and effective for client outcomes.

### Tip 7

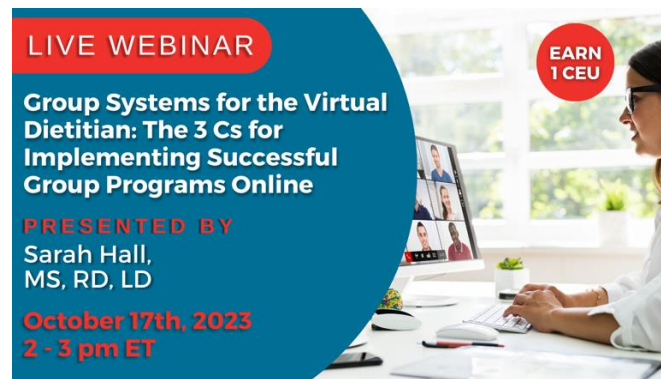
Find a coaching frequency and flow that feels good to you and adjust it over time.

### Tip 8

Be okay with change. Ask good questions & adjust your coaching style to benefit your client as needed.

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### Suggested Reading List:

*Motivational Interviewing in Nutrition and Fitness* by Dawn Clifford and Laura Curtis

Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more.

*How to Be a Power Connector* by Judy Robinett

As anyone in business knows, strategic planning is critical to achieving long-term success. *In How to Be a Power Connector*, super-networker Judy Robinett argues that strategic relationship planning should be your top priority.

When you combine your specific skills and talents with a clear, workable path for creating and managing your relationships, nothing will stop you from meeting your goals. With high-value connections, you'll tap into a dynamic "power grid" of influence guaranteed to accelerate your personal and professional success.

*Tribes* by Seth Godin

If you think leadership is for other people, think again—leaders come in surprising packages. Ignore an opportunity to lead and you risk turning into a “sheepwalker”—someone who fights to protect the status quo at all costs, never asking if obedience is doing you (or your organization) any good. Sheepwalkers don't do very well these days.

Tribes will make you think (really think) about the opportunities for leading your fellow employees, customers, investors, believers, hobbyists, readers.... It's not easy, but it's easier than you probably imagine.