NDTR Holiday Advocacy Guide

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Hello everyone! As the holiday season approaches, it's a wonderful time to connect with loved ones. As NDTRs, we also have a unique opportunity to gently advocate for our profession. Here's a guide to help you navigate holiday conversations with grace and confidence, brought to you by Betacarrotteen Nutrition & Mentorship.

Use Holiday Conversations for Light Advocacy

Share what you do as an NDTR with **warmth and confidence**. Keep your explanations **simple and approachable**. People are naturally curious, so be ready to share a little about your role in nutrition and dietetics. Instead of diving into complex details, focus on the aspects of your work that resonate with people's everyday lives. Think about how your expertise helps them, and share those successes!

For example:

- "I work with people to help them make healthier food choices."
- "I help patients manage their diets to improve their health outcomes."
- "I work with schools to make sure kids have access to nutritious meals."

Celebrate Food Without Going “On Duty”

The holidays are a time for enjoying delicious food and cherished traditions. You don't need to be "on duty" as an NDTR at every meal. It's okay to redirect nutrition questions **gently and enjoy the moment**. If someone asks for your opinion on a particular dish, you can say something like, "That's a great question, but let's enjoy our meal first. We can chat about it later!" It's important to set boundaries and prioritize your own enjoyment during the holidays.

Reflect on Your NDTR Wins

Take some time to **highlight achievements and meaningful work** from the past year. Reflect on the positive impact you've made in people's lives. This can be a great way to boost your confidence and remind yourself of the value you bring to the field. Share your achievements with friends, family and the Betacarrotteen community!

Rest Is Advocacy

Protect your energy. The holidays can be a busy and stressful time. Remember to prioritize self-care and take breaks when you need them. **Rest supports sustainable professional growth**. By taking care of yourself, you'll be better equipped to advocate for your profession in the long run.

Reconnect With Fellow NDTRs

Community amplifies impact and shared visibility. The Betacarrotteen community is a great place to connect with fellow NDTRs. Share your experiences, ask questions, and offer support. Together, we can elevate the NDTR profession. Schedule a virtual coffee date or join an online forum to stay connected!

Set a Gentle Advocacy Intention for the New Year

As the new year approaches, **choose one small intention** to guide your professional growth. This could be anything from volunteering at a local food bank to mentoring a student. Having a clear intention can help you stay focused and motivated throughout the year. A gentle intention can be very helpful as a guide towards your professional growth in the field.

I hope this guide is helpful as you navigate the holiday season. Remember to be kind to yourself, enjoy the festivities, and advocate for your profession with grace and confidence. Happy Holidays from Betacarrotteen Nutrition & Mentorship!