

Christine Palumbo, MBA, RDN, FAND

Ignite Your Career: Cultivate Confidence, Connections & Communication

About the Speaker

Christine Palumbo knows exactly how a healthy lifestyle should taste, and she's eagerly sharing that knowledge with audiences across the country. Christine is an award-winning registered dietitian nutritionist, headquartered in Naperville, Illinois. She also is a nationally acclaimed health writer, public speaker, food analyst, media personality and consultant, who loves to share her passion for all things food.

Session Description

As dietitians, we each bring a unique ingredient to the table of life. We need to lead the conversation at a time when interest in nutrition and wellness is elevated. Your voice has power and there are ways to share evidence-based knowledge in a way that also benefits you. You'll leave this session with resources, tips and strategies for presenting yourself well, boosting your confidence levels, empowering your career with relationships, the value of storytelling, and igniting your potential to participate in the type of media that works best for you. An award winning, seasoned nutrition communicator will share her unique experiences, some of which may make you smile!

Learning Objectives

At the conclusion of this session, participants will be able to:

- Identify ways to optimize how you present yourself with authenticity and professionalism.
- Create a strategy to build, cultivate and leverage connections for a satisfying career.
- Change your inner dialog to boost your confidence levels so you can handle challenges that come your way and to obtain the success you deserve.