What we don’t say about food.

“I know what to do. I just don’t do it.”

01 · SYNOPSIS

What sits behind that sentence? Monique explores the gap between knowing about food and living with it: the rules we inherit, the stories we tell ourselves and the expectations we carry into every meal. It is an honest conversation about why eating can feel so complicated, and what becomes possible when we understand our relationship with it.

02 · AUDIENCE RELEVANCE

Keynotes, lifestyle events, women’s audiences and podcasts.

03 · DISCUSSION POINTS

- Why a meal can feel like a verdict on your whole day.
- What “I’ve been good” and “I’ve blown it” reveal about our relationship with food.
- How to build trust in yourself when another set of rules has lost its appeal.

04 · SUGGESTED HOST QUESTIONS

- Why can a meal feel bigger than the meal itself?
- What do people mean when they say they know what to do but do not do it?
- Where do food rules come from?
- What changes when food stops being a test of character?
- What does ‘steady is a skill’ mean in a real week?

05 · INTENDED AUDIENCE OUTCOMES

- A more compassionate language for everyday eating.
- Questions that invite reflection instead of judgement.
- A practical starting point for building trust around food.

ABOUT MONIQUE

Monique Etkind is an Accredited Practising Dietitian, speaker and co-founder of meforme™. With more than twenty years in private practice, she explores the often unspoken relationship between food, everyday habits and self-confidence. Her approach is warm, candid and practical. Her philosophy: steady is a skill.

06 · BOOKING CONTACT

Media and speaking enquiries: moniqueetkind.com/contact (choose "Media and speaking").