

Your patient understood every word. What happened next?

The advice made sense in the room. Then life happened.

01 · SYNOPSIS

Monique explores what sits between a useful consultation and the next appointment: family expectations, familiar routines, difficult days and decisions made in a hurry. It is a candid professional conversation about making advice usable in the circumstances where people actually eat.

02 · AUDIENCE RELEVANCE

Dietitians, GPs, allied health audiences and practitioner podcasts.

03 · DISCUSSION POINTS

- What agreement in the consulting room tells us, and what it leaves unanswered.
- The everyday situations a plan needs to survive.
- How understanding someone's patterns can shape the support we offer.

04 · SUGGESTED HOST QUESTIONS

- What happens to a plan after someone leaves the room?
- What does agreement in a consultation not tell us?
- How can practitioners explore everyday patterns without judgement?
- Which real-life situations should support anticipate?
- How can the next appointment build on what actually happened?

05 · INTENDED AUDIENCE OUTCOMES

- A practical lens for support between appointments.
- Questions for a more context-aware consultation.
- Clear boundaries around scope and individual care.

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").