

PROFESSIONALS MENTORSHIP

Day 1	Title	Day 2	Title
9:00	Introduction	9:00	Marketing Yourself
9:15			
9:30			
9:45			
10:00			
10:15	Dissecting Research: Spotting Inconsistencies & Training a Critical Eye	10:00	Food Diary Analysis Workshop
10:30			
10:45			
11:00			
11:15			
11:30	BREAK	11:30	LUNCH
11:45	Know Your Client	11:45	
12:00			
12:15	LUNCH	12:00	Dietary Calculations for Athletes and the General Population
12:30			
12:45			
13:00			
13:15			
13:30	Biochemical and Hormonal Effects of Macronutrients	13:30	
13:45			
14:00		BREAK	
14:15		Dietary Planning and Determinants of Compliance	
14:30			
14:45			
15:00	BREAK	15:00	Clinical and Sporting Case Studies
15:15			
15:30	The Science behind Contemporary Diets	15:30	
15:45			
16:00			
16:15	Supplements	16:00	Extensive Q&A (Optional Session)
16:30			
16:45			
17:00			
17:15			
17:30			
17:45			

Lectures
Seminars
Workshops