

# PROFESSIONALS MENTORSHIP

Day 1	Title
9:00	Introduction
9:15	
9:30	
9:45	
10:00	
10:15	Dissecting Research: Spotting Inconsistencies & Training a Critical Eye
10:30	
10:45	
11:00	
11:15	
11:30	BREAK
11:45	Know Your Client
12:00	
12:15	
12:30	LUNCH
12:45	
13:00	
13:15	Biochemical and Hormonal Effects of Macronutrients
13:30	
13:45	
14:00	
14:15	
14:30	
14:45	
15:00	
15:15	
15:30	BREAK
15:45	Part 2
16:00	
16:15	
16:30	The Science behind Contemporary Diets
16:45	
17:00	
17:15	
17:30	
17:45	

Day 2	Title
9:00	Supplements
9:15	
9:30	
9:45	
10:00	
10:15	Marketing Yourself
10:30	
10:45	
11:00	
11:15	
11:30	BREAK
11:45	Food Diary Analysis Workshop
12:00	
12:15	
12:30	LUNCH
12:45	
13:00	
13:15	Dietary Calculations for Athletes and the General Population
13:30	
13:45	
14:00	
14:15	
14:30	
14:45	
15:00	
15:15	
15:30	BREAK
15:45	Dietary Planning and Determinants of Compliance
16:00	
16:15	
16:30	Extensive Q&A (Optional Session)
16:45	
17:00	
17:15	
17:30	
17:45	

Lectures
Seminars
Workshops