

CERTIFIED NUTRITION SPECIALIST®

Virtual Office Hours



DISCLAIMER: This service is not affiliated with the Board for Certification of Nutrition SpecialistsSM or the Certified Nutrition Specialist[®] credential.

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CNS Mentoring

I get it--I have been there...

Sometimes as a CNS it feels like we are swimming in a very large sea of water all by ourselves with no other CNSs in sight! If you are like me, you might even have noticed that you are the only CNS in your immediate geographical location!

While our credential is growing, we can feel isolated, especially when we are self-employed or maybe the only CNS in a clinical setting.

I remember sitting alone in my office many years ago, scratching my head about the next steps I needed to take for a complex clinical case. I reviewed textbooks, lecture notes, PubMed...but I still had questions.

I turned to my mentor---and within just a few minutes, he was able to help me find clarity and provided some suggestions on my next steps. In all fairness, I think I knew the next steps, but it really helped to talk it out with someone who had more experience under their belt to help confirm my thoughts.

After this experience, I was never shy to reach out again. Sometimes I just needed to hear I was on the right track and other times I really needed someone's experience to help guide me.

I am delighted to offer individual mentoring sessions to other CNSs to provide some of the same guiding light I have been provided over the years.

I look forward to connecting.

A handwritten signature in black ink that reads "Dr. Kim Ross". The signature is stylized with a large, sweeping "K" and "R".

CNS Virtual Office Hours

Features

As Needed

Request a meeting
whenever you need it.
No commitments/
requirements

Remote

Meetings are held
virtually

Flexible

We can use our time
together that is most
beneficial for you!

Virtual Office Hours can used for

- Feedback and/or recommendations for client care
- Suggestions on resources for clinical care
- Suggestions for continuing education and growth
- Weighing out the pros and cons of advanced educational opportunities
- General collaboration between clinicians
- General business and insurance guidance

Requirements

1. Request a session by visiting: <https://l.bttr.to/yic26>
2. After booking,
 - a. You will be invited to create a profile on Practice Better (a HIPAA-compliant platform operated by Ross Nutrition PLLC)*
 - b. A form will be sent to you for completion regarding the reason for the session.
3. If there are supporting documents you would like to share, you will be able to do so in your client portal created on the Practice Better platform.

*If you use Practice Better as a clinician, please be sure to sign up using a personal email as to avoid any confusion with your own Practice Better account.

Pricing: \$150 per 60-minute session