

# MAKE MORE MONEY AS A DIETITIAN

## EP.158: Career Regrets

### Intro

[00:00:00] Welcome to the Make More Money as a dietitian Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietitian and money mindset expert. Let's get started with today's episode.

### Episode start

[00:00:28] **Christine:** Hey there, dietitian friends. Welcome back to another episode of make More Money as a dietitian. This is the episode, my friends that is a long time coming. this is the episode where I'm gonna talk to you about career regrets. So if there are any of you out there today that have some regrets about becoming a dietitian, listen up buttercup.

[00:00:59] This one is for you. If you are a student, an intern or someone who has just completed. The exam in past this one is also for you because there has been a lot of talk recently in our dietitian community about regretting becoming a dietitian. So let's talk about it today. Okay. Because in my mind there is absolutely no reason why you should make all of the time, money and energy investments and not get a return on that investment. Am I right? I mean, let me just say that there is only one reason why you would make this commitment to this profession through making a financial investment that is pretty hefty time investment, which is equally as hefty and energy investments, right? There's only one reason why you would make all of those investments and not get a return. And that is if you truly feel in your bones, that this is not what you wanna do, this is absolutely not what you wanna do. And even then you want to assess why. Okay. So that's what I really wanna talk to you about today.

[00:02:44] Like, if you've ever thought about like regretting becoming a dietitian, I want you to ask yourself why, and then once you answer yourself, I also want you to really be honest with yourself about whether or not you like your reason. Do you like your reason why you regret being a dietitian or are you coming from a place of just frustration and upset and all of the things in between .

[00:03:31] Now, I just want to let you know that regrets are the feeling that we have when we look back on decisions that we have made and wishing that we've done something different. Okay. Once again, a regret is a feeling that you have, when you look back on a decision that you've made, wishing that you've done something different and the feeling of regret is just a feeling.

[00:04:06] Now the good thing about feelings is that they are information. They tell us stuff, they point out something that needs to be processed or something that needs to be looked at more deeply. So I want you to think of regrets as signals. They're actually your intuition speaking to you. Telling you that you have an option to do something different regret in itself can be an opportunity to make a new choice and many times people interpret regret as a permanent state giving that it will just live with you on and on, but feelings are by nature, fleeting. They come and they go. So I want you to let the temporary feeling of regret, let it be an opportunity to tune into yourself and ask what do I really want?

[00:05:20] Friends like everything in life, every mistake, every challenge. Every regret is an opportunity to learn. So what can you learn from your experience thus far of being a dietitian don't allow the feeling of regret, don't allow that feeling to have you make a decision too soon of quitting and doing something else, but instead, how can you evaluate what you have learned thus far about being a dietitian? Some of you will come across a learning that may be clinical is not your path. Some of you will come across the learning that you need to incorporate more of your skills that you have already into the work that you are gonna do as a dietitian.

[00:06:40] Right? Because I feel like a lot of times. When we are not happy with the work that we're doing, it's because we are not fully integrating who we are into the work that we do. We are feeling stifled in one way or another. And then that makes us feel like we, we regret being in this profession. Now I am not gonna negate the fact.

[00:07:13] and this is a fact, in my opinion, does that make sense? A fact, in my opinion that dietitians are underpaid for the amount of education that we have to acquire to even have the credential. To me, that's factual. I mean, maybe it's not, maybe it's an opinion because there's some people who might think, Hey, I get paid pretty good for what I for you know what I do.

[00:07:42] So I don't know if that's a fact, but anyway, across the board, for the most part, dietitians are pretty underpaid. Now there's things that you can do about that part, right? If you are feeling regret about being a dietitian, because you're not getting paid, what you think you should get paid. . I want you to think about how you can make that happen for yourself, because when you decide to leave the profession and pursue another career, more than likely you will need to, um, get further education in whatever it is you think you're gonna get paid you know, more than what you're getting paid as a dietitian. So that means you're putting out even more money, possibly accruing, even more debt to get paid, what you think you should get paid. But that is gonna put you in a net negative my friends, because if you are taking out even more student loans, for example, that you have to pay back just to get paid more.

[00:08:57] In my brain that is not making good financial sense. Instead, what you could be doing are finding ways to make more money as a dietitian. There are ways that you can make more money in this profession. You are not sequestered in a box. There are so many

opportunities out there. And there are so many ways that you can use the, the skills, your unique and inherent gifts and talents to create a career that you love and when you love what you do, the energy exudes outwardly, and you end up attracting the people that you're meant to work with. But like I mentioned a moment ago, what many of you do is that you are holding back on what it is that is inherently in you as gifts and talents, because you have a thought, you believe that that is something that is not even remotely related to dietetics and you stifle yourself.

[00:10:23] I just wanna tell you that just about anything that you are gifted and talented in doing can be related to the career of dietetics. And the reason why I say that is because this career of dietetics is a lifestyle career. Nutrition is a lifestyle. Actually helps people maintain their lives.

[00:10:54] So anything that you are gifted at can be integrated in your work as a dietitian. I don't care if it is painting. I don't care if it is sculpting. I don't care if it's writing all of that. Any of that. Can be integrated into your career as a dietitian. I don't care if it's rollerblading, any of that can be integrated into your career as dietitian, but we are not trained to be resourceful.

[00:11:36] As a matter of fact, my friends, we are trained somewhat the opposite. I don't think that we are trained to be highly resourceful. We are trained as dietitians to follow the rules, to follow the path, to make it evidence based and don't veer off any other way. Integrative and functional medicine, alternative medicine, alternative therapies, no. Evidence based. Yes. And so we. Don't believe that anything other than the way we've been trained is a way to go. But you have to, once you are free, you're free from the reins of your internship when you're free from that, in my opinion, you're free to do it your way. As long as you are pretty much following the code of ethics and you're being ethical in your own heart, right? Like a human you're you're human. You, you know how to be ethical even beyond the code of ethics in the profession. Right. I think you can have the freedom to create a career that you love that really is authentic to you and it speaks to those who are just like you who have similar core values.

[00:13:11] Have you ever thought about that now? I will also wanna say that not everyone wants to be an entrepreneur and I totally respect that. But I am really here for those who have an entrepreneurial unsure. Oh my gosh, what is wrong with my tongue today? Entrepreneurial mindset. Even if it is just on a part-time basis, maybe you don't wanna be full time entrepreneur. That's a little scary for you. I get it. But even if you wanna have private practice or nutrition business on the side that will allow you some level of creativity, some level of creative expression, and that can become so fulfilling and give you a sense of purpose. because your career as a dietitian should not only be about being of service to others, but also how can your career as a dietitian be of service to you?

[00:14:36] Like my mentor has shared with me my business model should be a loving mechanism of self care. What I create for myself in my career as a mindset coach for

dietitian is a loving mechanism of self care for myself. I set it up in a way where. I'm taking care of myself as well as taking care of others.

[00:15:08] And I want the same thing for you. Your career as a dietitian is not only about being of service to others, but how can you make it of service to you? And in my opinion, the first step in doing that is making sure that you create a career for yourself that feels holistically you. That you're not feeling like you are put into a box in a way that you have to do it only one way.

[00:15:43] That's when we have regrets. That's when we feel frustrated, that's when you wanna quit. And you don't wanna quit until you have evaluated, why you wanna quit and you feel good about the why, if you feel 1000% good about the why, like, oh my God, I totally made a, made a mistake. And I'm very much willing to spend more money to do what I really wanna do than yes, by all means.

[00:16:18] But if you wanna quit. Because reasons other than that, then I really want to encourage you to think about how you can make this career in dietetics work for you. I have been in this profession for 30 years as of the recording of this in 2022, it's been 30 years for me. I graduated from my undergrad in 1992.

[00:16:52] Now mind you, I didn't get my RD credentials until the year 2000, because I did a lot of soul searching and working and went to graduate school and all of the things, because I, I had to go to graduate school because when I applied for an internship, the first time I didn't get in, I'm like, oh, well, let me go to graduate school and then hopefully I'll have a better chance of getting in getting matched. And that's how I got matched with an internship was because I went through the, went to graduate school. So I ended up getting my credentials in 2000. So I've been in R D for 22 years, but I've been in the profession for 30.

[00:17:39] Okay. And with that said, I feel like I have seen, and I have heard a lot of things. And, but I wanna tell you this, even though I have seen and heard a lot of things over the years, they are the same things. There is nothing that you all are saying these days. that dietitians weren't saying back in the nineties.

[00:18:09] In the early two thousands, it's the same conversations, which is kind of crazy and very telling at the same time. It tells us that not much has changed in our profession. It also tells us that there's room for a lot of change. You get to decide how you think about that? Do you wanna think, oh, there's not much that has changed over the past 30 years may as well go somewhere else or do you wanna believe, wow.

[00:18:50] There's a lot of room for change and, and I get to like create a space for myself at the table. and show up authentically because this is how I was created and I'm gonna be fully expressed in this career there's room for me to show up as the fullest expression of who I am, all parts of me, get to show up in my career as a D.

[00:19:31] What, what do you wanna believe? How do you wanna make the best out of this? You and I both already know how expensive it is to become a dietitian. So if you don't necessarily have to go out there and start a whole new career, trajectory and spend even more money, I personally don't recommend.

[00:19:56] Instead, I recommend that you figure out how you can make this work. As I said, feelings of regret are signals and they are information that can tell you something more about how to move forward. Your feeling of regret, it will point something out that just needs to be processed within you. And I wanna invite you to take the time to process your feeling, allow this emotion to be the guidepost that will direct you into the next level of your career.

[00:20:52] If not the next level, at least allow it to be the next step. What can you do next to ensure that you are on the path of creating a career in this profession that you love? It might not even look like how you envision it initially, let me just put that out there because I would have never believed that I would become a mentor, a mindset mentor at that for registered dietitians.

[00:21:38] You couldn't have paid me a million dollars to believe that back in the day. I mean, you know, the money probably would've been attractive to me back then. . But I may not have accepted it because I would never have believed that. I would never have believed that I would be doing the work that I'm doing right now.

## Conclusion

[00:22:01] So I want you to be open as well, whatever your next step is, let it just be that. Can you be okay with not knowing. Exactly how you will get to where you want to be. Can you be willing to exploring the possibility that you could actually integrate some of your inherent gifts and talents into a career in dietetics?

[00:22:36] I want you to explore through the lens of curiosity of what will be possible for you. If you were to integrate the things that you love already, maybe hobbies, that you love, things that you have put down as a hobby, because you've become so busy in your adult life. How can you integrate? These are just a few things that I will invite you to explore.

[00:23:06] Once again, don't allow regret, which is a fleeting emotion to become an indicator that it's time to quit, because really what it is is just an indicator to explore what's possible for you.

[00:23:26] All right. My friends. That's what I have for you this week. Now, if you need help exploring more about how you can make the best of this career, as in dietetics for yourself, don't forget that I have an open schedule for you to schedule consult with me in regards to private coaching. Now, even if you're just getting started in your career as a dietitian, I want you to know this is the best time to hire a mentor. Not after you've made 1,001 mistakes

and spent a lot of money, but in the beginning so that you don't make 1,001 mistakes and spend a lot of unnecessary money, you'll wanna consider hiring a mentor.

[00:24:25] And in my opinion, a mindset mentor that integrates mindset and business coaching is the best investment that you can make. So, if you feel like that would be a good investment for you head over to the website, [manipuracentre.co/privatecoaching](http://manipuracentre.co/privatecoaching), check out the private coaching program and schedule a consult with me so that we can talk about it.

[00:24:52] One of the things that I have not mentioned to you about the private coaching program is that it is a hybrid program. What that means is that you actually get access to private coaching with me, in addition to my group program and body academy. which houses all of the resources that you'll need. It also allows you access to a community of like-minded dietitians, where you can meet with them during our group calls. You have, excuse me, all of that. In addition to working with me one on one best investment ever. So once again, head on over to [manipuracentre.co/privatecoaching](http://manipuracentre.co/privatecoaching), all one word, check out the private coaching program. Schedule a consult. You have nothing to lose my friends. It's just a conversation and I am harmless. Have a great rest of your week and the weekend head. And I'll see you on the next episode of Make More Money as a Dietitian.

## Outro

[00:26:00] Hey there. Do you wanna make more money as a dietitian then head on over to our website [@manipuracenter.co](http://manipuracenter.co) again, that's Manipura Centre.co, where you'll find free resources to get you started. And if you are so inclined, get your name on the wait list for an upcoming incubator program.

[00:26:25] I hope to see your name on the. So that I can help you get started making more money as a dietitian.