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| IAND Board Application  |  |

## Contact Information

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| Name | Katie Shepherd |
| Street Address |   |
| City, State, ZIP Code |   |
| Home Phone |   |
| AND Member Number |   |
| E-Mail Address |   |

## Education

### What is your education back ground (Bachelors, Masters, PhD). What special certifications do you have?

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| Dietetic Internship, Tulane University, 2008Masters, Applied Health Science, Indiana University, 2007Bachelors, Ballet Performance, Outside field, Applied Health Science, 2002 |

## Current Job Position

### What is your current job description? Describe your daily job function.

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| ClinicalI work at the Indiana University Health Center in Bloomington, IN. My primary role is conducting nutrition counseling for students, where I assess students’ needs, provide nutrition diagnosis, and work collaboratively with the student and other medical providers (such as medical doctors and therapists) to develop a treatment plan. I am also involved with nutrition outreach on campus, and take part in the planning, implementation, and evaluation process with health fairs, wellness programs, and classroom outreach. |
| Outpatient |
| Foodservice |
| Long term care |
| Self-Employed |
| Fitness/Wellness  |
| Weight loss  |
| Renal/Dialysis  |

## Getting To Know You

### Tell us most about yourself. What activities, hobbies, and special interests do you have? Are there any special skills/qualifications you have acquired from employment, previous volunteer work, or through other activities that you want to highlight?

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| On a personal level, an interesting fact about me is I used to be a ballerina. It was while I was studying ballet at IU’s School of Music that I became interested in nutrition. I no longer dance, but continue to love performing arts and currently practice yoga. Professionally, I’m interested in methods for helping our patients achieve behavior change. Knowledge is only one piece of the puzzle. In order to become more effective with nutrition counseling, I completed the Core Health and Wellness Coach Training Program and became a Certified Wellcoach. This program taught me techniques such as motivational interviewing to motivate behavior change rather than simply applying education. |

## Involvement with the AND on a National, State or District Level

### Summarize your involvement and participation in AND activities.

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| Nominating Committee, IAND, 2017-18Treasurer, SEIAND 2014-presentPresident, SEIAND 2012-13 |

## Goals for the Position

What new ideas or goals do you have for this position? What do you bring to the IAND State Board that will help build up Registered Dietitians in Indiana?

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| I am excited about the CPI-elect position because I believe I am creative and can use that skill to help deliver fun and exciting educational sessions at our upcoming IAND meetings. I have served on the SEIAND board for many years and have helped with planning many of those meetings. I am also excited to coordinate the selection process for IAND awards. I was fortunate to be the recipient of the EDL award 2 years ago, and would love to give back through being the coordinator for the selection process of these awards. |

## Agreement and Signature

### By submitting this application, I affirm that the facts set forth in it are true and complete.

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| Name  | Katie Shepherd |
| Electronic Signature | Katie Shepherd |
| Date | 12/30/2018 |

## Our Policy

### It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability.

When completed, please send to Kate Beard (Nominating Committee Chair) at kate.b.rdn@gmail.com. Include a headshot as well with completed nomination form as an attachment. This will be used for the voting ballot.

### Thank you for completing this application form and for your interest in volunteering with us.