**Work Philosophy**

Nutrition plays a huge part in our everyday life and overall well-being. I am determined to pursue a career that allows me to help others live long and healthy lives. I plan to do this through being resourceful, motivating and educating others. I have already showed that I am very capable of serving others through my counseling. I was very fortunate to have the opportunity to help my clients to reach goals that we had set for them on day one. Through data collection, progress monitoring and motivation, my clients were able to rid of bad habits and replace them with healthier alternatives. I was able to acquire a lot of resourceful skills through this process as well. I believe that my experience in counseling has helped me to grow as a professional. Counseling has allowed me to showcase my passion for helping others and my work ethic. I plan to continue to grow as a professional and do whatever it takes to continue to be successful in my career.