



GET THE MOST OUT OF YOUR COACHING EXPERIENCE

1. START BEFORE YOU HAVE DRAFTS

The great thing about our coaching memberships is that you don't need to have drafts done before you start. You can use the exclusive coaching resources and the coaching call to help get you started before any drafts are completed.

2. TELL YOUR COACH WHAT YOU NEED THE MOST HELP WITH

All clients have different areas of their application that they need the most help with. Make sure to let your coach know where you'd like them to focus. Don't be afraid to speak up and communicate your needs with your coach. We are here to HELP you!

3. BE WARY OF "OUTSIDE" EDITORS

Our coaches are trained specifically in getting you into a dietetic internship. If you go to writing centers or have people outside of dietetics review your materials, they might give advice they would use for someone applying to a job or graduate school. There will likely be conflicting advice in this case. Know that we are very specialized so our advice may vary, but we know it works!

4. REMEMBER: JENNY ISN'T ALWAYS RIGHT!

AAI Founder Jenny Westerkamp creates videos, handouts, webinars that are geared towards a general audience of thousands of dietetics students. The benefit of working with a coach is that you can get *individualized* advice from someone that knows YOUR story and situation. So while Jenny's advice is a great starting point, if your coach wants you to approach something a little differently in your application than what you saw in Jenny's resources, know that it is for your benefit.

5. START EARLY...THE DEADLINE IS CRAZY

We get a huge rush of clients in the three weeks before the deadline. We encourage you to start early and beat the rush. If you aren't able to do this, be aware that your coach may keep written comments short and sweet due to the volume of emails, but take no offense! They are just doing this to save time, and will fully address any edits on your phone calls.