

Information for postgraduate and early career sessions and workshops

Registration is available **now** for all workshops and early career sessions. Registration is [via Gecco](#) and required for all early career and workshop sessions listed below. To find the workshops simply navigate the 'events' in your logged in gecco account.

Please note that many workshops take place alongside concurrent abstract sessions, make sure you do not sign up to a workshop session which you cannot attend. Full programme can be found [here](#).

Postgraduate and early career sessions

Rātū 28 Whiringa-ā-rangi, - Tuesday 28th November 2023	
RĀ TUATAHI, DAY ONE , Pre-conference session	
8:30-10:30	Marketing Yourself as a Nutrition Professional: Postgraduate and Early Career Masterclass, <i>Sponsored by Foodcom</i>
Room: SNW 2.36 Capacity: 100 people	<p>Whether you are working as a nutritionist in private practice, completing your PhD or working as a nutritionist in the private or public sector - all pathways have one thing in common ... the ability to effectively market yourself as a nutrition professional.</p> <p>This Masterclass will feature three incredible speakers who understand the importance of marketing yourself effectively as a nutrition professional. Each speaker will provide tips that you can use when marketing yourself in various ways such as trying to increase clientele, applying for research funding, or advocating for nutrition in public and private settings. These talks will cover a range of topics including working with mainstream and social media, the importance of networking and most importantly how to widen your impact in the nutrition space. Alongside three speakers working in a range of areas, the masterclass will include ample opportunities for networking and discussion.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Dr Sarah Burkhart Senior Lecturer in Nutrition and Dietetics in the School of Health and the Australian Centre for Pacific Island Research, University of the Sunshine Coast, Australia. • Danijela Armitage New Zealand Registered Nutritionist Founder of Nourish and Tempt • Olivia Deadman New Zealand Registered Nutritionist Partnership Manager, My Everyday Wellbeing <p>https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/88</p>
RĀ TUATAHI, DAY TWO	
1:30-2:30	Meet the Experts: Postgraduate and Early Career Lunch Session
Room: SNW 2.31, 2.32 and 2.33 Capacity: 80 people	<p>Are you a postgraduate student or early career researcher / professional? This is your opportunity to obtain insight and knowledge from experienced individuals, as well as connect with fellow students and ECRs. Chat over lunch with your peers and colleagues at a table hosted by one of our fantastic experts.</p> <p>Confirmed experts include: Dr Ty Beal, Dr Pragya Singh, Dr Evangeline Mantzioris, Professor Nicole Roy Danijela Armitage, Dr Jessica Danaher and Renee Sobolewski.</p> <p>https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/89</p>

Pre-Conference workshop sessions

Rātū 28 Whiringa-ā-rangi, - Tuesday 28th November 2023	
RĀ TUATAHI, DAY ONE, Pre-conference workshop session	
9:00-10:30	Workshop 1: Update on dietary carbohydrate digestibility, Elizabeth Barber
Workshop capacity: 40 people Room: SNW 2.31	"Update on Dietary Carbohydrate Digestibility - how to correctly assess their impacts on metabolic health." Presented by Elizabeth Barber, Jessica Biesiekierski and Michael Houghton (Monash University). This panel of internationally recognised experts in carbohydrate digestion will lead a workshop which includes a demonstration of recently validated methods to assess and report human digestive enzyme activities accurately, and the processes of measuring glycaemic responses. Interactive activities will include assessments of different types of carbohydrates, their digestibility and case study discussions. Participants will undertake their own personal experiment by consuming different carbohydrate-rich foods and assessing satiety at the end of the session. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/90
9:00-10:30	Workshop 2: Postprandial metabolism - Special interest group, Anthony James
Workshop capacity: 40 people Room: SNW 2.33	"Postprandial metabolism - Special Interest Group". Led by Dr Antony James (Curtin University) and Dr Kay Nguo (Monash University). This workshop will promote collaborative opportunities between nutrition scientists investigating post-prandial metabolism and will discuss the importance of assessing post prandial metabolism in research. Current SIG members will discuss the importance of post-prandial metabolism in their research areas and there will be opportunity for small group discussions. If you are interested in understanding more about how post-prandial metabolism assessment affects chronic disease risk, this is the SIG for you. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/91
9:00-10:30	Workshop 3: Developing work integrated learning for Nutrition Curriculum, Katya Clark
Workshop capacity: 40 people Room: SNW 2.34	"Developing work integrated learning for nutrition curriculum". Presented by Dr Katya Clark (Curtin University), Dr Susan McLeod (La Trobe University), Dr Nina Wilson (University of South Australia) and Assoc Prof Tanya Lawlis (University of Canberra). This workshop will explore the importance of work integrated learning (WIL) and placements for students, to expose them to diverse areas of nutrition work and showcase the breadth of our profession. It will also highlight the importance of such programmes within Universities, positively impacting the curriculum. Suited for both educators and employers of nutrition graduates, you will come away with a better understanding of how WIL can be achieved. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/92
9:00-10:30	Workshop 4: Bridging Boundaries: uniting rural nutrition researchers, Laura Alston
Workshop capacity: 60 people Room: SNW 2.32	"Bridging Boundaries: Uniting Rural Nutrition Researchers through Sharing Co-designed, Place-based Research from across Oceania." Presented by Dr Laura Alston (Deakin University), Dr Katherine Kent (University of Wollongong), Dr Lucy Kocanda (University of Newcastle), Kylie Hopkins (University of Notre Dame), Majorlin Kimberley (University of Notre Dame), Joanne Urlich (Whakapiri Ora Community Outreach Services), Tracy Raymond (Nutritionist) and Prof Vicki Flood (University of Sydney). This workshop will address the issues of poor dietary habits and growing food insecurity that contribute to observed health gaps between rural and urban regions across Oceania. Rural nutrition experts will present case studies of effective co-designed, place based rural research tackling poor dietary habits and food insecurity from diverse locations across Oceania. Participants will critically assess case studies, and discuss the feasibility and applicability of varied approaches in rural nutrition contexts. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/93
8:30-10:30	Marketing Yourself as a Nutrition Professional: Postgraduate and Early Career Masterclass, (<i>info above</i>)

Workshop sessions

Rāapa 29 Whiringa-ā-rangi, - Wednesday 29th November 2023	
RĀ TUARUA, DAY TWO	
2:30-4:00	Workshop 5: Exploring global school food environments for Pacific action, Monica Smith
Workshop capacity: 40 people Room: SNW 2.33	"Exploring Global School Food Environments for Pacific Action". Presented by Monica Smith, Dr Sarah Burkhart, Bridget Horsey, Belinda Christensen (University of the Sunshine Coast), Deana Leahu (Monash) and Pragma Singh (FNU). This workshop will disseminate findings of a study scoping the global school food and nutrition environment and discuss how settings have been defined, characterised and measured. Workshop participants will review and discuss enablers, barriers, opportunities, and pathways for future research and interventions across Oceania to create healthy school food environments. Networking with like minded practitioners will strengthen connections and engagement through the Pacific School Food Network. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/94
2:30-4:00	Workshop 6: Empowering the nutrition workforce to be leaders in sustainable food systems research and policy practice, Jolieke van der Pols
Workshop capacity: 60 people Room: SNW 2.32	"Empowering the Nutrition Workforce to be Leaders in Sustainable Food Systems Research and Policy Practice." Presented by A/Prof Jolieke van der Pols (Queensland University of Technology), Prof Mark Lawrence (Deakin University) and Dr Priscila Machado (Deakin University). This workshop will introduce concepts of sustainable food systems and the relevance of nutrition science and workforce in influencing shifts towards more sustainable diets and food systems. Participants will discuss and summarise the potential contributions of nutrition science across the domains of research, policy, and workforce training and capacity building. Discussions will also include perspectives from Dr Ty Beal (Global Alliance for Improved Nutrition) and Ms. Elisiva Na'ati (Pacific Community). https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/95
2:30-4:00	Workshop 7: The role of TikTok in public health nutrition messaging, Joeline Mandzufas
Workshop capacity: 40 people Room: SNW 2.34	"The Role of TikTok in Public Health Nutrition Messaging". Presented by Joeline Mandzufas (University of Western Australia). This interactive workshop will briefly introduce the current role of TikTok in public health, and highlight nutrition case studies. Participants will use a design-thinking format to develop potential solutions to the questions of what topics on TikTok require deeper understanding by nutrition professionals, and how can we use TikTok to disseminate positive public health messaging. Participants will work in small groups resulting in a short video being created by each group. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/96
2:30-4:00	Workshop 8: A DiRECT approach to weight loss: low energy meal replacement followed by supported weight loss maintenance, Andrew Reynolds
Workshop capacity: 40 people Room: SNW 2.31	"A DiRECT approach to weight loss: low energy meal replacement followed by supported weight loss maintenance". Presented by Dr Andrew Reynolds, Kate Campbell, Dr Meredith Peddie (University of Otago), Prof Mike Lean (University of Glasgow) and Natalie Ashton (Te Kaika Health). This workshop will share experiences working with the DiRECT study and approaches for those with type 2 diabetes and obesity wanting to lose weight, both in the UK and in Dunedin. You will be able to hear about the programme's effectiveness and learn about New Zealand patient-led solutions and success strategies experienced by participants. You will also be able to try the meal replacement products and contribute to a discussion to get DiRECT funded in Aotearoa NZ. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/97

Rāpare 30 Whiringa-ā-rangi, - Thursday 30th November 2023

RĀ TUATORU, DAY THREE

2:30-4:00	Workshop 9: Nutrition Society Mentoring Workshop, Aimee Dordevic
Workshop capacity: 30 people Room: SNW 2.33	"Nutrition Society Mentoring". Presented by Aimee Dordevic, Tammie Choi (Monash University), Sally Mackay (University of Auckland), Sheena Hendon (Sheena Hendon Health) and Cherise Pendergrast (Nutritionist). This workshop will focus on the philosophy of mentoring, its role in continuing professional development, and enhancement of mentoring relationships. Activities will include an interactive speed-mentoring activity, with participants experiencing this as both mentors and mentees. This workshop will be of benefit to those who have never participated in mentoring, or those who want to get more out of their mentoring experience. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/98
2:30-4:00	Workshop 10: Exploring the NutriVerse, Jess Danaher
Workshop capacity: 40 people Room: SNW 2.31	"Exploring the NutriVerse". Presented by Dr Jess Danaher and Dr Julia Low (RMIT University). This workshop will showcase the use of virtual reality (VR) in nutrition education, using a new VR tool developed by RMIT University, which is integrated into nutrition courses. You will learn how to create unique storyboards in collaborative teams, drawing inspiration from the world of game and film design and using motion and interaction to communicate nutrition concepts. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/99
2:30-4:00	Workshop 11: Co-creating nutrition interventions with indigenous communities - a how to, Lisa Te Morenga
Workshop capacity: 55 people Room: SNW 2.32	"Co-creating nutrition interventions with indigenous communities – a how-to". Presented by Assoc Prof Lisa Te Morenga (Massey University), Assoc Prof Kim Bell-Anderson and Hannah Binge (University of Sydney). This workshop will explore how to design effective nutrition interventions with indigenous communities through co-creation. You will learn, through existing research examples, how to build relationships with indigenous communities and the many practicalities to consider. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/100
2:30-4:00	Workshop 12: Food for thought? Nutritional influences on mood, performance and neurocognitive function, Andrew Scholey
Workshop capacity: 60 people Room: SNW 2.36	"Food for thought? Nutritional influences on mood, performance and neurocognitive function". Presented by Prof Andrew Scholey (Monash University), Dr Nicola Gillies, Lillian Morton (University of Auckland) and Dominic Lomiwes (Plant and Food Research). This workshop will examine ways in which diet and nutrients can influence mood, mental function and performance by explaining testing methods and research trials. You will be able to participate in cognitive testing methods, learn how everyday mental functions translate into cognitive domains, and design your own study to test the effects of foods on the brain. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/101

Rāmere 1 Hakihea, - Friday 1st December 2023

RĀ TUAWHA, DAY FOUR

9:00-10:30	Workshop 13: More than just "kai": Understanding community perspectives of food in West Auckland, Michele Eickstadt
Workshop capacity: 40 people Room: SNW 2.34	"More than just kai: Understanding community perspectives of food in West Auckland." Presented by Michele Eickstadt and Giuliana Sewell (Healthy Families Waitakere). This workshop will explore ways of engaging effectively with the community around food, with an emphasis on working with Māori and Pasifika communities, through a systems change approach. You will hear about examples of effective engagement happening in West Auckland and have the opportunity to discuss and reflect how this approach could help you better engage with communities that you may not come from. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/102
9:00-10:30	Workshop 14: Values-guided dietary behaviour, Sara Styles
Workshop capacity: 40 people Room: SNW 2.31	"Values-guided dietary behaviour". Presented by Dr Sara Styles (University of Otago). This workshop will explore how our individual values can affect our dietary behaviour. Participants' values will be assessed, using a virtual values tool, so bring your laptop to participate. You will investigate barriers to implementing personally meaningful values-guided dietary behaviour, write your own action plan and learn effective quick interventions when you feel stuck. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/103
9:00-10:30	Workshop 15: Eating well for ageing well: what are the challenges, priority research areas, and methodology on sustainable diet in healthy ageing? Zhaoli Dai-Keller
Workshop capacity: 40 people Room: SNW 2.33	"Eating Well for Ageing Well: What are the challenges, priority research areas, and methodologies for sustainable diets in healthy ageing?" Presented by Zhaoli Dai-Keller and Luna Xu (University of New South Wales). This workshop will address the challenges of increasing advocacy and consumption of sustainable diets in an ageing population. Participants in groups will create short presentations on nutrition and ageing and these will be discussed by a range of experts and other workshop participants. For those with an interest in methodologies relating to research and healthy ageing using sustainable foods, this workshop will also take into consideration other social and cultural perspectives that may influence outcomes. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/104
9:00-10:30	Workshop 16: Design, assessment and interpretation of diet-microbiome interactions: using cutting-edge gut-brain studies as an exemplar, Jessica Biesiekierski
Workshop capacity: 60 people Room: SNW 2.32	"Design, Assessment and Interpretation of Diet-Microbiome Interactions: Using Cutting-Edge Gut-Brain Studies as an Exemplar". Presented by Jessica Biesiekierski, CK Yao, Matthew Snelson (Monash University), and Caroline Tuck (Swinburne University). This expert panel will highlight novel assessment methods and their interpretation for conducting gut-related nutrition research. These will focus on reverse translational studies, measurements across the digestive tract and microbiome analysis. Participants will apply interactive research case studies using Slido polling, to develop a deep understanding of research design and interpretation. There will also be a demonstration of capsule technology and hands-on experience analysing microbiome data. https://nutritionociety.gecco.co.nz/event-manager/ViewEvent/105