Centre for Practitioner Development

Introducing our SUCCESS framework For a Thriving Practice

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CPD-UK.com

Do you suffer from Imposter Syndrome?

Are you regularly experiencing any of these symptoms?

- Compare yourself to others unfavourably
- Suffer with self doubt
- Perfectionism
- Discounting achievements
- Working excessively long hours

CPD-UK Mission

At CPD-UK, our mission is to empower Nutritional Therapists to excel in their practice through the SUCCESS framework.

Nurturing confidence, connection & self-belief, we equip practitioners with the tools to provide transformative, client-centred care.

Supported by a team of experienced, successful role models, our NTs grow into confident leaders in their field, enabling them and their clients to feel empowered and live their most fulfilling lives.

Team CPD-UK













The Team

- Ruth Taylor
- Emma Stiles
- Lorraine Nicolle
- Carmel Buckley
- Helen Lynam
- Steph Weekes

Combination of years of clinical experience - 121 years

Experience includes: Practice, Supervision, Education, NPD, Research, Profession Development

Why CPD-UK?

At the core of our work is a genuine commitment to seeing **you** succeed.

We believe that when nutritional therapists feel confident in their abilities, they can truly excel in their practice, delivering life-changing results for their clients.

That's why we're here—to help you overcome imposter syndrome, build your confidence, and meet your clients with assurance and skill.

Challenges in Practice

- Isolation
- Overthinking decision making
- Rumination and Anxiety
- Over reliance on a remote community and Social Media
- Feeling Like an Outsider
- Burnout and a risk of giving it all up

Introducing the CPD-UK SUCCESS Framework

- **S**upervision
- **U**nleashing Confidence
- **C**ommunity
- **C**onnection
- **E**mpowerment
- **S**upport
- **S**elf-Belief



Outcomes

The SUCCESS framework Empowers You to Thrive with Confidence, Community, and Connection.

Supervision

- Regular
- Game-changer
- Expert oversight
- Structured support
- Guiding hand



So if you've ever wished for a 'second opinion' on a tough case, that's exactly what supervision can offer.

Unleashing Confidence



This isn't just a feel-good exercise;

- it builds a foundation,
- allowing you to show up more effectively for your client

By recognising, embracing & developing your strengths, you can:

- enhance your client relationships,
- improve outcomes,
- find greater satisfaction in your practice.

Community



Building a strong sense of community creates a support system, that uplifts you both professionally and personally.

When you feel connected to others in the field, you're more likely to stay motivated, inspired, and effective in your practice.

In the end, a connected community benefits you and your clients, ensuring you're supported and at your best.

Connection



Fostering deeper relationships isn't just a "nice to have", in our field—it's foundational to delivering:

- effective, client-centred care.

Focusing on trust, understanding, & collaboration, you create more meaningful connections benefitting both your clients & your professional growth.

Remember, the strength of your relationships directly impacts the effectiveness of your practice and your satisfaction in your work.

Empowerment



Empowerment is taking ownership of your practice and your professional journey.

By embracing empowerment, you enhance your autonomy and create a more sustainable, fulfilling practice, aligning with your goals and values.

When you are empowered you're:

- more confident,
- more decisive,
- better positioned to make a positive impact on your clients.

Support



Support is more than just getting advice,
it’s knowing you’re not alone on this journey.

By tapping into support networks, you gain practical insights and reinforce your own resilience and motivation.

Strong support systems can:

- make a significant impact on your effectiveness as a practitioner
- improve your overall well-being.

Self-Belief



Self-belief is the cornerstone of a successful and fulfilling practice.

By strengthening your self-worth, you'll boost your confidence and enhance the trust your clients place in you, leading to more effective therapy.

Remember, self-belief isn't a one-time achievement—it's something that you can build and reinforce over time.

SUCCESS Framework in Action

Small Closed Group Supervision Session

2-hour sessions held **every alternate month** (exclusive to Full Members)

Weekly Drop-In Clinical Conversations

Perfect for quick clinical questions and advice

Expert Case Discussions

In-depth discussions for complex cases

NEW for 2025: Clinical Skills Drop-In Sessions

Interactive sessions to enhance practical skills

One-to-One Mentoring

Low-cost personalised mentoring with our Clinical SUCCESS team



How has supervision had an impact on you/your practice?

I think I would have left practice by now if I hadn't been in supervision. I've dealt with a couple of issues where my initial reaction was, I can't do this anymore, and supervision has helped me make better decisions rather than react emotively.

Helps to clarify the reasons why I make clinical and business decisions and offers ways to discover new ways of doing things.

It has increased my confidence and I feel less alone

Supervision is much more than just developing my skills as a practitioner (my initial expectation), it's about developing my skills in all aspects of my business and even in my self development as well. All these things together are what makes us better practitioners for our clients and I can literally see the improvements in my confidence and the results I get with gaining and working with clients as a result.

It's an essential part of having a private Nutrition practice

Helped me focus. Given me more awareness of myself within my business and how I operate.

It’s a safe space to meet and discuss anything related to your practice

Join CPD UK: Expert Support to Fuel Your Success

As a member of CPD UK, you'll be fully supported by our **Success Framework**, which includes **reliable expert advice from clinicians just like you**.

You'll no longer need to worry about whether you're good enough or have all the answers, because you'll always have access to guidance and advice from our team and network.

Ready to Transform Your Practice?

Join Our Community:
Become a part of a supportive network of like-minded Nutritional Therapists.

Engage with the SUCCESS Framework:
Tap into sessions to unleash your full potential.

Start Your Journey Today:
Visit our website: **www.cpd-uk.com** to explore membership options.

Stay Connected:
Follow us on social media for updates, resources, and inspiration.
Reach out to our team with any questions—you're not alone on this journey!

Nutrition Network Offer

Sign up to join an exclusive free NN Clinical Conversation

We are hosting two clinical conversations for the Nutrition Network Members

You can experience what it is like to be part of the CPD-UK community.

Click here to sign up

Questions ?