

Global Summit on Heart and Cardiovascular Care  
&  
International Conference on Obesity and Weight Management  
October 16-17, 2024 | Las Vegas, USA

Joint Event



## Emily Tills

Nourished with Emily, LLC  
USA

### Creating better connections and understanding with clients for improved outcomes

#### Abstract:

Connection with clients and prospective clients can help to improve trust and then outcomes when working with them on goals in a 1:1 or a group setting. When clients know that you understand them, where they come from and their goals, progress can be made faster and more efficiently. This session will dive into how to connect with clients, learn more about them and their lives beyond nutrition, get more information on their past and goals, and how to better support them for success while working with you, along with creating connections with prospects for consistent leads.

#### Objectives:

- Participants will record 3 key questions to ask prospective clients and followers to gain connection and understanding.
- Participants will evaluate the current strategy of rapport building with clients to ensure better connection and relationship.
- Participants will write 3 questions to add to their nutrition assessment forms to better understand the client's expectations and goals.

#### Biography

**Emily Tills**, MS RDN CDN is an accomplished registered dietitian and virtual nutrition coach who serves women across the United States from upstate New York. Her expertise lies in building confidence in the kitchen and helping her clients feel comfortable in their skin through nutrition education, accountability, and tailored programs to help them achieve their goals. Her business, nourished with Emily, was started in 2018 and she is a passionate advocate for ending restrictive diets and promoting balanced nutrition and health with her clients as well as through public speaking engagements. She is a graduate of Marywood University's Nutrition and Dietetics program and Marywood's Coordinated Program in Nutrition. She earned her Master's degree from Concordia University of Chicago in 2019 in Applied Exercise Science with a Concentration in Sports Nutrition. She is a contributor to national media channels like TIME magazine, Sports Illustrated, and Health Line. Her work has earned her the 2021 Recognized Young Dietitian of the Year award and she currently volunteers on the state board of the New York Academy of Nutrition and Dietetics as well as serves as the Central New York Academy President.