

Dr Fiona Willer, AdvAPD, PhD

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Skills and Values Statement

As an established national leader dietetics, I operate with the values of curiosity, compassion, ethics and integrity. My core skills include advanced dietetics practice, organisational governance, tertiary teaching and learning design, and Health at Every Size (HAES) academia, practice and advocacy. I have extensive experience and skills in assessment of practice and providing constructive feedback to enable growth and development of health professionals. These capabilities have been developed as a result of my roles as a long-time university lecturer and unit coordinator, a DSR examiner for overseas-trained dietitians seeking credentialling as Accredited Practising Dietitians in Australia, and the facilitation and assessment of professional development courses provided by my business, Health Not Diets, of which there have been many thousands of enrolments since their commencement in 2014.

I take pride in my ability to design creative and relevant tasks to assess knowledge and skills competency, with a particular emphasis on long-form case studies which allow for deeper humanisation of people from vulnerable and stigmatised groups, including those with eating disorders and those with higher body weight. Detailed case studies paired with comprehensive and wide-ranging group discussions challenge bias while deepening participants' understanding of the societal, psychological and biological factors at play. I find immense satisfaction from helping to expand the lens of those I'm working with beyond the narrow focus of their healthcare discipline through interprofessional learning and patient/client led learning.

Qualifications

2021 Board Directors Course for **GAICD accreditation** (expected completion December 2021)
Australian Institute of Company Directors (AICD)

2021 **PhD 'A Good Fit: Health-Oriented Size Acceptance in Australian Dietetic Practice'**
Queensland University of Technology (QUT) [ePrint](#)

2020 **Fellowship of the Higher Education Academy (FHEA)**
Advance HE (equivalent to Postgraduate Certificate in Higher Education)

2007 **Bachelor of Health Science (Nutrition and Dietetics)(Hons 2A)**
Queensland University of Technology, G.P.A: 5.958

1998 **Bachelor of Arts (Anthropology and English)**
University of Queensland, G.P.A: 5.5

To commence Masters of Bioethics at Monash University in 2022

Professional Employment

2019-present **Dietitians Australia** (Non-Executive Board Director, elected, paid)

As part of this nine-member board, I have been involved with long term strategic planning, risk identification, the companywide re-branding from Dietitians Association of Australia to Dietitians Australia (brand transitioned in 2020), the adoption of a new information management system for the whole organisation which brought data storage back to Australian shores and rationalised a multitude of separate systems, adapting the services to the changing needs of members as a result of the COVID-19 pandemic, procurement of new commercial premises for Head Office and development and endorsement of the significantly improved Code of Professional Conduct. My approach as a board director has been to ensure that the organisation and members are acting with integrity and transparency, making evidence-informed decisions and advocating for those most vulnerable, both in the membership (eg new graduates, private practitioners, those returning to work) and in the communities that dietitians serve (Indigenous Australians, older Australians, stigmatised groups, people with chronic and life limiting conditions etc). My specific leadership portfolios are currently 'Members and the Profession' and 'Research'. I was elected to the board by the professional members in 2019 and have re-nominated for the 2022-2025 term.

2021-present **Dietitians Australia** (Overseas-trained dietitian (DSR) assessor)

Assessor for overseas-trained dietitians seeking accreditation as an Accredited Practising Dietitian with Dietitians Australia. Standardised oral clinical tasks use case simulations and actors and applicant performance is assessed against a multitude of criteria. Phases assessed include Nutritional Assessment and Diagnosis, Education and Counselling and Interprofessional Practice.

2019-2021 **The Butterfly Foundation** (National Primary School Body Image Project)

In addition to being an invited expert committee member, I developed and produced audio-visual learning materials for the Body Kind Schools resource suite (parent/teacher focussed) and the Body Kind Families resource suite (Body Positive Eating for Teens, parent focussed).

2013 – present **Health, Not Diets** (own business)

Development and facilitation of continuing professional development resources for health professionals in the application of health-focussed weight inclusive approaches in clinical practice and research. Professional development resources include self-paced, assessed, online courses aimed at updating and extending practice knowledge for different levels of professional competence (introductory to advanced), face-to-face workshops around Australia and in New Zealand, practice guidebooks for dietitians and psychologists (global distribution), and an innovative subscriber model professional development podcast, 'Unpacking Weight Science' (each episode includes learning outcomes, supporting materials and quiz). Resources include understanding Medical Nutrition Therapy through weight-neutral lens and the effect of dieting on health markers and outcomes. I provide mentorship, supervision and advisory services on a consultancy basis. I've provided multiple commissioned workshops and presentations for health professionals organisations and guest lectures for undergraduate and masters-level dietetics students for many Australian universities, and worked with media, in print, television, radio and online.

2008 – 2014 **NutritionSense Dietitians and Allied Health** (private practice - owner and founder)

Manage successful business with multiple employees. Conduct individual consultations with main practice areas of Irritable Bowel Syndrome, non-diet approach, disordered eating, diabetes, heart disease, pregnancy nutrition.

2013 -2014 **Queensland University of Technology (QUT)– Research Assistant**

2013 Teaching and Learning grant investigating readiness for inter-professional learning between QUT students in the School of Nutrition and Exercise Science and School of Dance. Conducted data collection, data analysis and write up phases independently. Outputs: Conference presentation at 2015 Dietitians Association of Australia national conference in Perth, one paper published. Principal researcher and supervisor: Dr Katherine Hanna.

2013 – 2014 **PEACH Program (QUT)**

Parent Facilitator and project officer. Facilitator for two groups in the first wave: QUT Kelvin Grove and QUT Caboolture. Produced literature review and recommendations for feasibility of use of automated text messaging to increase parent engagement in the program.

2007 – 2010 **The Wesley Hospital**, Auchenflower, Brisbane

Clinical Dietitian. Substantial practice in the areas of: Respiratory, Cardiac Rehab, Orthopaedics, Stroke Unit, General Surgery. Co-ordinated and practiced in Wesley Hospital dietetic outpatient service, 'Dietitians Wesley'

Academic Employment (Teaching and Learning focussed)

2008-present **Summary of teaching activities**

Year	Unit	Duties
2021, QUT	Food and Nutrition (XNB151) (semester 1) Leadership in Nutrition and Dietetics (XNH448) (semester 2)	Unit Coordination, lecturing, tutoring, marking, supervising tutors and markers
2020, QUT	Food and Nutrition (XNB151) (semester 1 & 2)	Unit redesign, Unit Coordination, lecturing, tutoring, marking, supervising tutors and markers
2017, USC	Issues in Contemporary Nutrition (NUT352)	Marking, guest lectures
2016, CQU	Human Nutrition (NUTR12001)	Marking
2015, CQU	Human Nutrition (NUTR12001) Food, Nutrition and Health (BMSC11006) Nutrition in Practice (NUTR12002)	Lecturer, lecture development, marking Marking Lecturer, lecture development, marking
2014, QUT	Food and Nutrition (XNB151) (semester 1 & 2) Dietetic Business Management (XNB455)	Unit coordinator, Lecturer, Tutor Unit coordinator, Lecturer, Tutor
2013, QUT	Dietetic Business Management (XNB455) Introduction to dietetic practice (XNB353) Nutrition Science (XNB251)	Lecturer, Tutor Marking Marking

	Medical Nutrition Therapy (XNB351) Diet, Nutrition and Chronic Disease (XNB252) Advanced Food Studies (XNB354)	Marking Lecturer, marking Guest lecturer
2012, QUT	Food Science (PUB474) Advanced Food Studies (PUB628) Dietetic Business Management (PUB730) Dietetic Leadership and Management (PUB606) <i>QUT Health Clinics Nutrition & Dietetics Clinic practitioner</i>	Lecturer, Tutor Lecturer, Tutor Guest lecturer Marking
2011, QUT	Food Science (PUB474) Advanced Food Studies (PUB628) <i>QUT Health Clinics Nutrition & Dietetics Clinic Student Coordinator</i> <i>QUT Health Clinics Nutrition & Dietetics Clinic practitioner</i>	Lecturer, Tutor Lecturer, Tutor
2010, QUT	Food Science (PUB474) Advanced Food Studies (PUB628) <i>QUT Health Clinics Nutrition & Dietetics Clinic practitioner</i>	Lecturer, Tutor Guest lecturer
2009, QUT	Food Studies (PUB474) Advanced Food Studies (PUB628) Food and Nutrition (PUB201) <i>Prepared new edition of Advanced Food Studies workbook</i>	Tutor Lecturer, Tutor Lecturer, Tutor
2008, QUT	Advanced Food Studies (PUB628)	Lecturer, Tutor

Education - Short Courses

Governance	Ethics in the Boardroom Director Financial Literacy Workshop	Australian Institute of Company Directors (AICD) Corporate Information Management Services
Health Law	Health Care Law and Ethics LWN164 (2021)	QUTeX Professional Development
Human Rights	Discrimination Awareness in Queensland Public Entities and the QLD Human Rights Act Diversity Awareness	Queensland Human Rights Commission Queensland Human Rights Commission Queensland Human Rights Commission
Mentoring/ Coaching	Workplace Learning with Coaching and Mentoring How to Mentor in the Workplace	The Open University (UK) TAFE Queensland
Business	Project Management Entrepreneurship	e-Grad School (Australia) e-Grad School (Australia)
Professional academia	Digital Competencies for Researchers Public Policy	e-Grad School (Australia) e-Grad School (Australia)

Volunteer Positions

2019-2021	Dietitians Australia (DA) non-executive Board Director , elected role
2019-2021	Butterfly Foundation, National Primary School Body Image Project , invited expert committee member
2021-2022	HAES Australia Governance Committee Co-Chair
2017-2020r	DAA Membership Engagement Advisory Committee (MEAC) position conferred by DAA Board of Directors
2017-2019	QUT Nutrition and Dietetics Curriculum Advisory Group
2017-2018	DAA Corporate Sponsorship Survey Working Group
2016-2018	Elected Vice President International of the Association for Size Diversity and Health (ASDAH), serving on Leadership Committee and Membership Committee
2016-present	Administrator of the Society for Australian independent Dietitian-Nutritionists (AIDNSoc)
2018-2019	Treasurer and expert advisory committee member of HAES Australia Inc
2017-2018	Secretary and expert advisory committee member of HAES Australia Inc
2016-2017	President and expert advisory committee member of HAES Australia Inc
2016	Invited reviewer for Practice-based Evidence in Nutrition (PEN) 'Mindful Eating' knowledge pathway
2016	Invited reviewer for the 'Fat Studies Journal' and 'Appetite' scientific journals
2013 – 2016	President of the Association for Non-Diet Approach Research Inc.
2013 – 2015	Metro North Brisbane Medicare Local working party for the adaptation of Map of Medicine™ pathways for 'Obesity', 'Dyspepsia and GORD' and 'Irritable Bowel Syndrome'
2011	Co-supervision of QUT dietetics research stream student. Project: Case-mix of private practice dietitians in Australia to allow comparison with case-mix at QUT Health Clinics Nutrition and Dietetics Clinic.
2011-present	Mentoring of various Provisional APDs in the APD Program
2009-2010	Executive member Dietitians Association of Australia (DAA) QLD Branch
2004-2007	Executive member QUT Nutrition and Dietetics Students' Association

Professional Memberships

- Advanced Accredited Practising Dietitian (AdvAPD, conferred 2017) with **Dietitians Australia** (formerly Dietitians Association of Australia, DAA)
- HAES Expert member with the **Association for Size Diversity and Health** (ASDAH)
- Verified Provider with **HAES Australia**
- Professional member of the **Australian and New Zealand Academy of Eating Disorders** (ANZAED)
- Professional member (MAICD) of the **Australian Institute of Company Directors** (AICD)
- Professional member (MAITD) of the **Australian Institute of Teaching and Development** (AITD)
- Professional member of the **Public Health Association of Australia**
- Professional member of the **Team-Based Learning Collaborative** (TBLC)
- Australian Independent Dietitian-Nutritionist (AIDN) with the **Society for Australian Independent Dietitian-Nutritionists** (AIDNSoc)
- Professional member of **The Ethics Centre**

Awards

2021	Nominated for University Outstanding Doctoral Thesis Award (QUT)
2020	Awarded post-nominal of Fellow of the Higher Education Academy (FHEA)
2020	International Conference of Eating Disorders (ICED), combined Australia and New Zealand Academy of Eating Disorders (ANZAED) and Dietitians Australia (DA) Research Prize for oral research presentation based on quality, relevance and contribution to the field of eating disorder research and dietetics
2019	Finalist for ' 2019 Dietitian of the Year ', ' Allied Health Education Excellence ' and ' Allied Health Impact Achievement ' awards at the 2019 Australian Allied Health Awards
2017	DAA Research Prize recipient for best workshop at the Australia and New Zealand Academy of Eating Disorders (ANZAED) national conference
2015-2020	Recipient of an Australian Postgraduate Award (APA) PhD Scholarship
2007	Meals on Wheels Nutrition Award recipient

Referees

Associate Professor Mary Hannan-Jones

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Dr Lynda Ross

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Publications, Conference Presentations and Invited Presentations available by request.