

# Defining What Guides Us:

A Collaborative  
Professional Values Experience  
for Saskatchewan Dietitians

Online Event  
April 14<sup>th</sup>, 2026 | 2:30 – 4:00 PM

## Event Recap

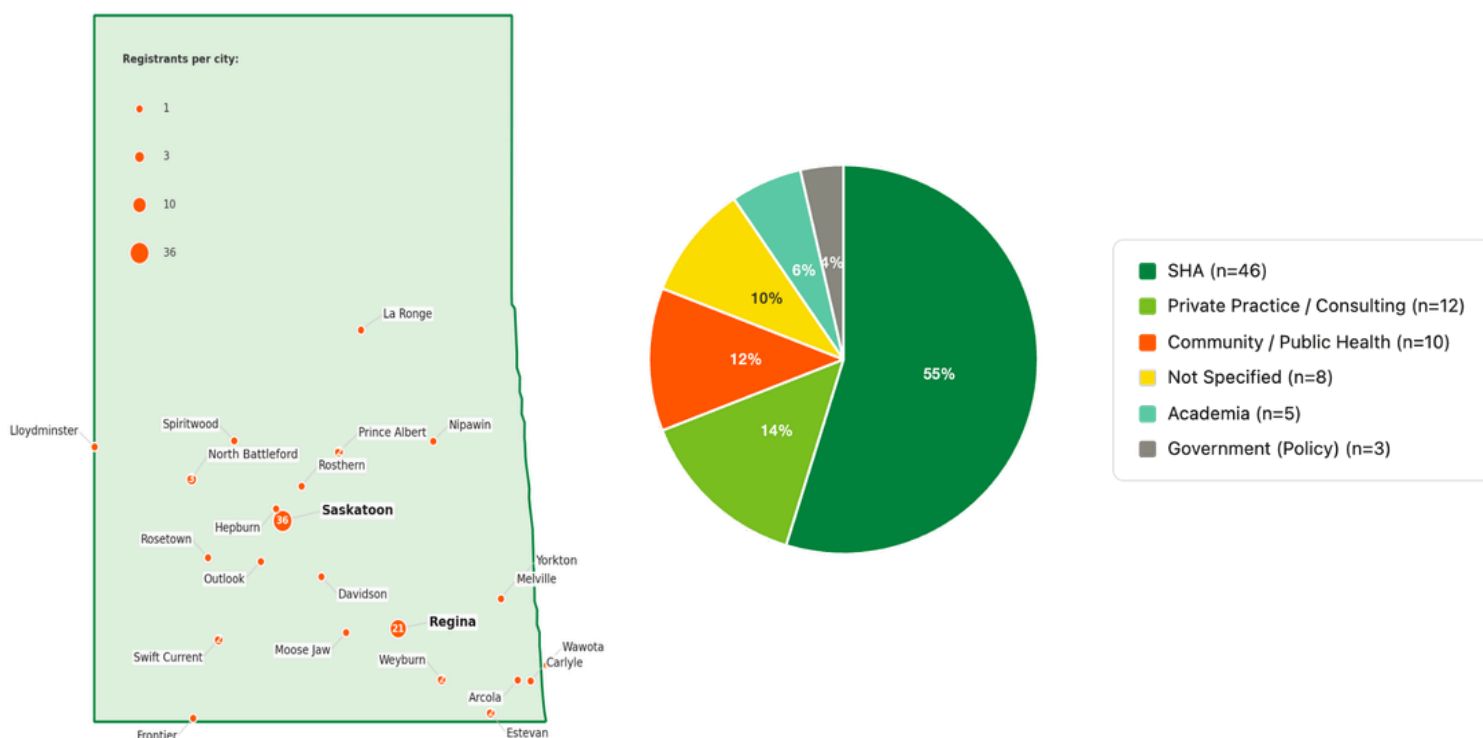


Saskatchewan  
College of Dietitians

Whether you left Tuesday's session feeling energized, reflective, or somewhere in between, we wanted to take a moment to share what happened during **Defining What Guides Us** and what comes next.

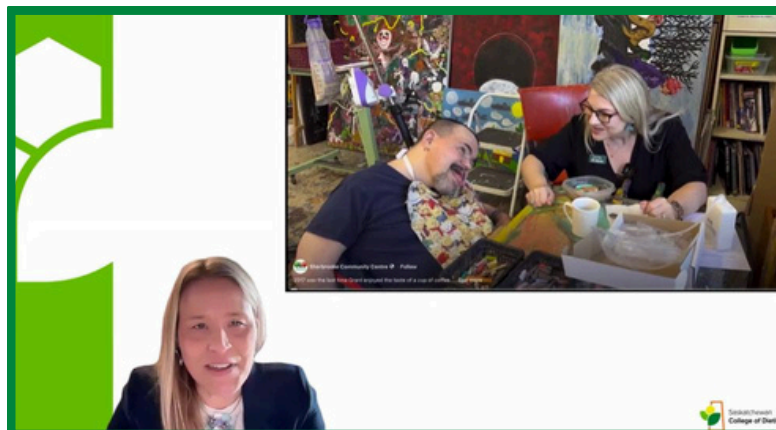
77 Saskatchewan dietitians showed up with their cameras on, their stories ready, and a willingness to be fully present for 90 minutes. The result was something none of us had experienced before: a room full of dietitians from across the province, across practice areas, and spanning 2 to 41 years of experience, coming together to name what matters most to our profession.

## Saskatchewan RDs from Every Corner... Representing the Full Spectrum of Practice



## What We Heard

The stories shared during the event were powerful. The entire room was moved as Lesley shared Robin Hartl's story, exemplifying a time she saw a fellow dietitian at their best. For those who would like to view the video of Grant tasting coffee for the first time in 8 years with Robin, [you can find it here](#).



From the breakout rooms and the full-group conversations, several themes surfaced again and again: compassion, collaboration, advocacy, courage, evidence-informed practice, client-centredness, and deep listening. One group introduced a word that sparked energy across the room: *meliorism*, *the belief that we can make the world a better place through human effort*.

What struck us most was not just what was named, but how consistent it was across groups. Dietitians working in clinical care, food service, home care, community, and non-traditional roles found themselves arriving at remarkably similar values, even from very different starting points.

## What Participants Said

Sixty-three of 77 participants completed the post-event survey (an 82% response rate!). The results told a clear: the mean overall experience rating was **8.8 out of 10**, and **94% of participants rated the event 8 or higher**.

Here is some of what you shared in the chat during the event:

*It's important to remember that we are human (not AI) and that it's the human experience that matters. Our values will reflect this.*

*It's a privilege to be part of this group!*

*I just loved seeing so many dietitians in one place!*

*I have amazing colleagues across the province!*

## Haven't completed the post-event survey yet?

We would love to hear from you. Your feedback helps us understand the impact of this experience and will inform future events. [Complete the survey here](#).

## What's Next

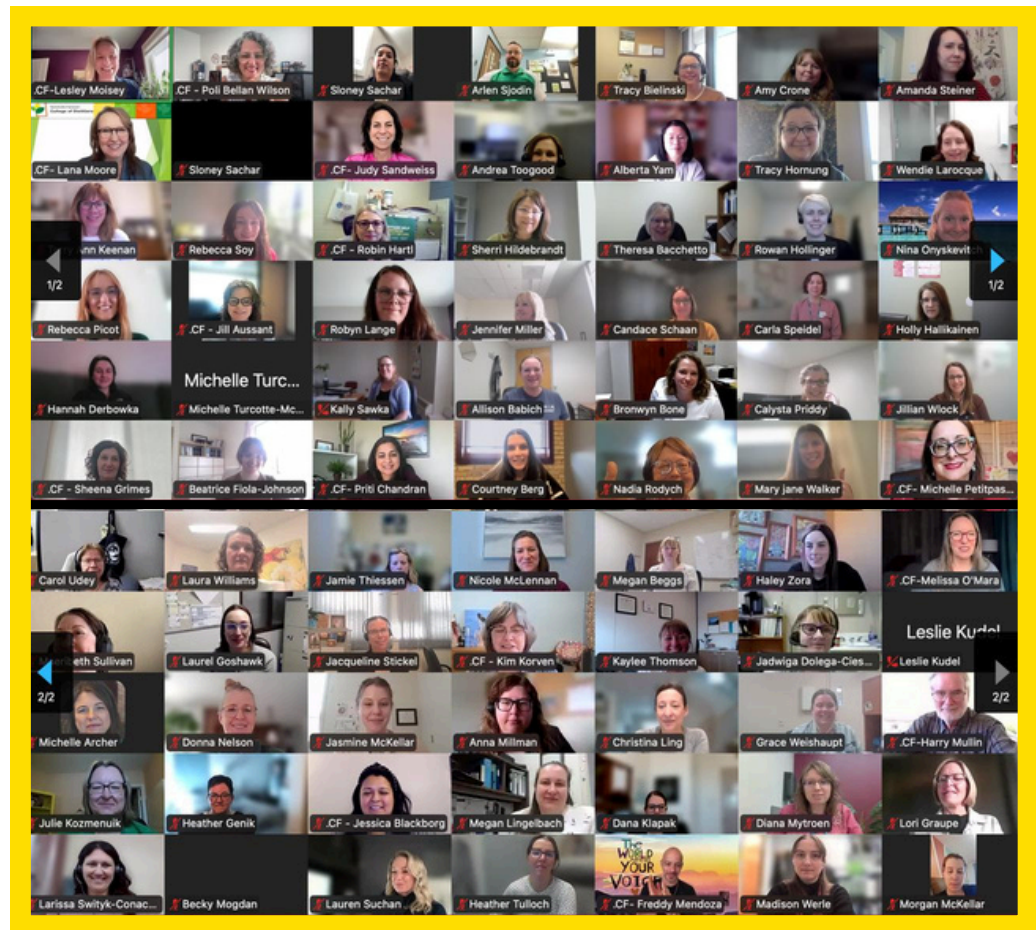
The SCD Ethics Working Group will now take the values and descriptions surfaced during the event and begin the work of synthesizing them into the Professional Values section of the updated Code of Ethics. This is careful, intentional work, and we want to get it right.

Once the revised Code of Ethics, including the professional values, is finalized, it will be shared with all SCD members along with a survey so that every Saskatchewan dietitian has a meaningful opportunity to provide input, including those who were unable to attend on April 14. Watch for updates in the coming months.

## Thank You!

This event would not have been possible without you.

Thank you for showing up, sharing your stories, and **lending your voice to something that has never been done before in Canadian dietetics.**



We also want to acknowledge the **ten co-facilitators from outside SCD who generously volunteered their time and expertise to support this experience.** Their skill, warmth, and commitment to holding space for your conversations was evident in every breakout room.

What happened on April 14 was the beginning of something important. We look forward to continuing this work together!