

Defining What Guides Us:

A Collaborative Professional Values Experience for
Saskatchewan Dietitians

WORKBOOK

April 14, 2026

2:30 - 4:00 PM



Saskatchewan
College of Dietitians

About *Defining What Guides Us (DWGU)*



As part of revisions to the Saskatchewan College of Dietitians' Code of Ethics, this experience has been intentionally designed to give Saskatchewan dietitians the opportunity to collaboratively define our professional values. To our knowledge, this is the first time in Canada that practicing dietitians have been invited to do this. During this 90-minute session, you will connect with fellow Saskatchewan dietitians in small, facilitated group conversations, reflect on your professional experience, and help shape the values that will guide our profession.

SCD Ethics Working Group Members

- Lana Moore
- Robin Hartl
- Jill Aussant
- Sheena Grimes
- Lesley Moisey
- Martina Richmond

DWGU Co-Facilitation Team

- Lesley Moisey (Lead Facilitator)
- Renai Albaugh
- Jill Aussant
- Jessica Blackborg
- Priti Chandran
- Sheena Grimes
- Robin Hartl
- Kim Korven
- Freddy Mendoza
- Lana Moore
- Harry Mullin
- Melissa O'Mara
- Michelle Petitpas
- Poli Bellan Wilson
- Judy Sandweiss



Several members of the co-facilitation team are Certified xchange Guides. To learn more about The xchange Approach and conscious convening, go to www.xchangeapproach.com

Agreement for Participation

This experience will be highly interactive and we ask that you show up fully present and ready to engage, so that you AND others receive the most value from this experience, by honouring our Agreement for Participation:

- **End-to-End Attendance:** Plan to be fully present from start to finish.
- **Be Stationary:** Please be prepared to participate from a stationary spot. Participation from a moving vehicle, while on a walk or travelling, etc. is not ideal for this type of experience.
- **Full Engagement:** Please have both your video and audio on and we encourage you to use headphones (not computer speakers) to enable the best experience for yourself and others. We respect and understand situations that require an exception to cameras on, while also encouraging the most human experience that technology allows us to have.
- **Full Presence:** Minimize distractions so you can immerse yourself.
- **Use the Zoom Chat Intentionally:** Keep messages on topic to enhance learning and refrain from sharing links which may be distracting.

We trust that you will honor the participation agreement throughout the event.

Thank you for your understanding!

Ethical Principles & Professional Values

Ethical Principles

Ethical principles are foundational obligations shared across health professions, including respect for autonomy, beneficence, non-maleficence, and justice. They guide decision-making in situations of ethical complexity or uncertainty. They guide what is right to do.

Professional Values

Professional values are the beliefs and ideals that shape the identity, character, and daily practice of the dietetic profession. They are specific to who we are as dietitians. While ethical principles guide what is right to do, professional values inform how dietitians strive to act, even in the absence of ethical conflict. They are expressed in our behaviours: how we show up for clients, colleagues, and ourselves, and how we perform at our best. **Today, you are here to help define those values.**

A simple way to hold the distinction:



Ethical principles guide what's right to do

Values guide who we are when we do it



Co-Creating Professional Values (Part 1)



Searching across our collective experience, wisdom, and intelligence, we will crowdsource the Professional Values that define dietitians at their best. These values will guide who we are committed to being as dietitians, how we show up for our clients and each other, and how we contribute to the communities we serve.

A. “High Point Story”: When have I been at my best as a dietitian or seen other dietitians at their best?

Think for a moment about your experiences working as a dietitian or engaging with other dietitians and reflect on a real-life “high point story”—a time that stands out in a positive and meaningful way.

Please capture below the story of what happened, and why it was such a high point for you and/or others? What did you bring to this moment? What did others bring to the moment? What did the community and/or environment bring to the moment? What was the outcome?

B. Values

As you reflect on your story and/or any other meaningful experiences you've had as a dietitian, what **1-2 values** do you believe so strongly in that you would love to see them embraced as core Professional Values for our profession?

*Please articulate each Value with a **1-3 word label AND brief description (approx. 12-words or less)** to add context and bring the value to life.*

Value #1 (1-3 word label)	Value #2 (1-3 word label)
Brief Description (12 words or less)	Brief Description (12 words or less)

Co-Creating Professional Values (Part 2)



INSTRUCTIONS

STEP 1 (_____min):

Take turns for everyone to briefly **share their story, suggested Values and short descriptions, in about 1-2 minutes each.**

TIP: take **notes** on what others share and **observe** for reactions!

STEP 2 (_____min):

Next, work as a group to **select the 2 to 3 Values and associated Descriptions** that have the most energy with your group.

TIP: You might create a **new Value or Description** that wasn't one of the original ideas, but helps to combine several similar ideas.

STEP 3 (_____min):

Lastly, decide **who and/or how** the group will share a **quick presentation** to the group when you return.

Presentation: Be prepared to share your final output by **simply reading** your final Values and Descriptions.

_____ **minutes max per group.**

NOTES

FINAL OUTPUT

Value Label (1-3 words)	Brief Description (12 words or less)
1)	
2)	
3)	

Notes



Notes



What Comes Next?



Thank you for being a part of *Defining What Guides Us!*

Today was historic. For the first time in Canadian dietetics, a regulatory college has invited its members to collectively define the values that guide their practice. You did not just attend an event, you helped shape the professional identity of Saskatchewan dietitians. Your voice is in this work, and it will remain in the Code of Ethics that guides this profession for years to come.

Next Steps?

Everything you contributed today, your stories, your insights, and the values you named, matters.

Following the event, the SCD Ethics Working Group will carefully collate and synthesize the outputs from all breakout rooms into a consolidated summary. This data will be reviewed to identify the professional values that emerged most strongly and consistently across the full group. Those values will be named, refined, and woven into the revised SCD Code of Ethics.

Coming Soon...

An opportunity to validate the updated Code of Ethics & Core Professional Values

Once the revised Code of Ethics and core professional values are complete, every SCD member will have the opportunity to provide feedback via a member validation survey. Whether or not you were able to join today, the survey will ensure your perspective is reflected in the final document. Watch your email for details from SCD in the coming months.