

Monthly Newsletter

STUDENT ISSUE

FEBRUARY 2025

Auckland 2025
NatExpo
Liftoff

1 ROOM | 1 DAY | 100 PRACCIES

TICKETS: TAMMYGUEST.COM/LIFTOFF

PROUD EVENT PARTNER
 South Pacific College
 of NATURAL MEDICINE

SUN 2
 MAR

A careers expo like no other!

THE BEST:
 Associations • Booking Systems • Herbal Companies
 Nutrition Companies • Distributors • Insurance
 Invoicing • Tests • IT Support

AND experienced practitioners sharing their wisdom to
 help you get your career off the ground!

Here's what has happened in the last month and what's to come!

Kia ora SPCNM students and community, welcome, or welcome back, to College for 2025, and a special welcome to our Year 3 students attending campus for the first time. We are here to support you throughout your studies.

I'm looking forward to a great year, and we're kicking off with some exciting events. Please see Paige's outline for the weekend of 1st and 2nd March: SPCNM Immersion Day on Saturday, plus a really exciting NatExpo day on Sunday with Tammy Guest.

2025 brings some changes to the College and some new faces. We are launching the NZ Diploma in Holistic Nutrition, a two-year Level 6 programme, and we welcome Sarah Brenchley as Head of Nutrition.

Sarah has a strong background in education, as well as experience working as a naturopath, nutritionist, and health coach. She is also Chair of the naturopathic association NMHNZ. Welcome, Sarah! We will be starting with a fairly small group of nutrition students and will grow the programme over the next few years.

We also welcome a new Academic Administrator, Nixie Manson. Nixie has extensive experience in tertiary education administration, particularly in quality assurance and student administration roles, as well as a keen interest in aromatherapy.

Vardhana is still with us, but she will now be focusing more on Moodle.

Moodle has a fresh new look, and we hope this will make navigation easier. We have streamlined the layout of each course to enhance user-friendliness and look forward to your feedback. Your courses will open on Monday, 10th February.

Above all, I want to extend a warm welcome to our new students, both online and on campus. We're delighted to have you studying with us, and I hope this proves to be a decision you are proud of, one that leads to a long and fulfilling career.



Robyn Carruthers

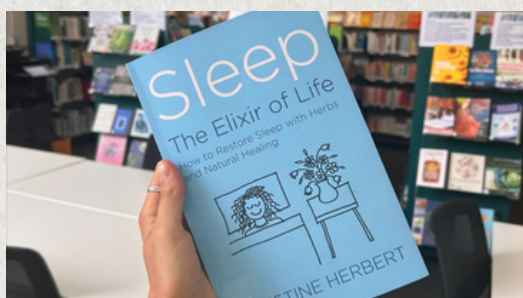
Grad Chats Key Takeaways - Alena Winter



- **Work With Your Sensitivity:** If you're highly sensitive, structure your clinic days to support your nervous system. Completing notes immediately after sessions can reduce overwhelm, and setting boundaries will help make your work sustainable.
- **Build a Practice That Suits You:** Clients come to see you, so embrace your strengths and personal style. Whether it's offering small personal touches or structuring your week differently, find what works and stick to it.
- **Diversify Your Income:** Beyond consultations, explore additional income streams like online courses or group programmes. This prevents burnout and creates financial stability over time.



- **Start Before You Feel Ready:** Don't wait for the 'perfect' timing to launch a course, grow a mailing list, or build a presence. Engage with your audience now, learning along the way is part of the process.
- **Find the Right Marketing Approach:** Social media is useful but not essential. Alternatives like networking, speaking events, and referrals can be just as effective, choose what aligns with your strengths.
- **Regulate Your Nervous System:** Managing your nervous system helps prevent burnout and keeps you present with clients. Self-awareness and regulation allow you to build a more fulfilling, long-term career.



Library Book of the Month

Sleep, the Elixir of Life: How to Restore Sleep with Herbs and Natural Healing

Sleep: The Elixir of Life is different from all the rest because it looks at all the many reasons for poor sleep - such as stress, pain, digestive issues, urinary problems and hormones - and goes through ways to treat them and hence solve the sleep problem.

The methods used to treat them include herbal medicine, dietary and lifestyle changes, flower remedies and essential oils. This book is all about finding a way through an individual's health problems to fix sleep in the best way possible, by actually treating the cause of the problem.



Podcast of the Month

Mentoring with Geraldine Episode 314: Mastering your Time Management.

Insights on the importance of taking the time to assess and manage your daily schedule. Mentoring with Geraldine is a bite-sized online practitioner podcast for naturopaths, nutritionists, herbalists and practitioners. With over 27 years in the healthcare industry, Geraldine has unique insights to support you, the practitioner. This podcast responds to the needs of the practicing natural therapist, with interviews, herbal monographs, business support and clinical education discussions each month, you'll get the variety you need to stay motivated in practice.

Upcoming Events



Immersion Day

1st March 9am - 3pm

Our first Immersion Day of 2025 will be packed with engaging workshops and inspiring talks from our amazing staff. Enjoy herbal manufacturing, food as medicine, a Thermomix workshop, and guest speakers Shelly Moana and Sarah Brenchley. Off-campus students are highly encouraged to attend, connect, learn, and strengthen your college community! **Please RSVP to Catherine by Monday the 25th of February.**



NatExpo & Volunteers!

2nd March 8:30am to 4pm

We're looking for 10 students to volunteer at Nat Expo Lift Off, a one-day event designed to enhance your transition from study to practice with confidence. Volunteers will assist with various tasks and in return, you'll receive a FREE ticket to the event! This is a fantastic opportunity to gain industry insights, connect with experienced practitioners, and prepare for your future career. Visit www.tammyguest.com/liftoff/ for more information. **If you're interested, email Paige at paige.dunlop@spcnm.ac.nz**



Grad Chats

5th March Online 6pm - 7pm

Join us for our first Grad Chats of 2025 with Lisa Pomare from Next Phase Health! Lisa's journey into naturopathy began after experiencing burnout and perimenopausal challenges while juggling business and family life. Taking a leap of faith at 44, she pursued a degree in Naturopathy and Herbal Medicine. Don't miss this chance to hear her story, insights, and advice on building a successful practice! **Find the Zoom link on Moodle under Graduate Resources.**



Save The Date 30th and 31st August 2025
Pacific Health Inaugural Symposium



8 + Expert Speakers
Networking Opportunities
Supplier Trade stands
Not to be missed
Learn from the best

Third Year Students - Important Information

Alumni Association
Visualisation Evening
With Tammy Guest

ALUMNI ASSOCIATION
 SOUTH PACIFIC COLLEGE OF NATURAL MEDICINE

LIMITED TICKETS AVAILABLE

MANIFEST YOUR DREAM LIFE AS A PRACTITIONER

FRI 28TH FEB

NETWORKING • DRINKS • PRIZES

Planning to attend Friday's event and NatExpo on Sunday?

The first 25 people to purchase tickets will receive an exclusive discount code to use at checkout for their NatExpo ticket!

If you are looking of going into clinical practice after you graduate this is the event you do not want to miss! Join the SPCNM Alumni Association for an exclusive evening with Australian practitioner mentor Tammy Guest. Discover how to manifest your dream career in natural medicine, whether it's running a cosy home clinic or building a freedom-filled, impactful practice.



Some of your 2025 clinic dream team! From left; Katie Noble - Clinic Supervisor & Dispensary Supervisor, Charlotte Rudd - Graduate Practitioner, Karen Mees - Clinic Director, Sarah Dunn - Clinic Coordinator, Jen Lieu - Clinic Assistant, Elley Murphy - Graduate Practitioner.

How incredibly exciting, it's finally your time! Be present in every moment, every emotion, and every challenge that arises. It's all part of your journey towards becoming an exceptional practitioner. I really hope you'll join us for the workshop above, it's a fantastic way to set the tone for your clinical year and start shaping the dream path you'd like to take after graduation.

This year may also bring a fair bit of thinking, worry, and even overwhelm as you make decisions about your future. If you're unsure where to start, what options are available, or who to reach out to, my inbox is always open. I also offer 1:1 Zoom calls Wednesday - Friday to explore career pathways and help you gain clarity. Talking things through with someone who understands exactly what you are going through can be incredibly helpful, so please don't hesitate to get in touch. - Paige, College Liaison

Thank you for reading!

CONTACT PAIGE	NEXT ISSUE
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