

# Monthly Newsletter

STUDENT ISSUE

29th November 2024



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

Happy end of year!!! You made it, or you're almost there.... It's a bittersweet time at College as we celebrate our third-year students who are completing knowing that they'll never be altogether on campus again. It's lovely being upstairs in my office and hearing the random cheers as students come out of Karen Mees' office all signed off.

We finished the teaching year with the MindBody class on Friday by holding a cacao ceremony run by Katie Noble – thank you Katie. We have been busy finalising our enrolments for next year with some exciting things on the horizon.

I mentioned the Board of Directors last month – as you'll see from the photo we had a great lunch together last week.

This month's staff highlight is Rachel, our fabulous Library Manager.

Rachel does a fantastic job at both a micro and a macro level – I know she goes above what is expected in helping students with resources and referencing. As staff we receive regular emails tempting us into new books (if only there was more time!). As part of the bigger picture she does a fabulous job at managing and purchasing our books, and managing the databases.

Those of you newer to the College won't know that Rachel was instrumental in creating purpose built study spaces around the College – the redesign of the library and the spaces in Cheal cottage. Thank you Rachel!

Thanks to all our wonderful staff members for their contributions over the year, whether that was behind the scenes administration, or face-to-face teaching or clinic supervision. Nga mihi nui!

I am going to wind up by wishing you all a restful and happy festive season and break – hoping for lots of sunshine and time at the beach!

Well done everybody,

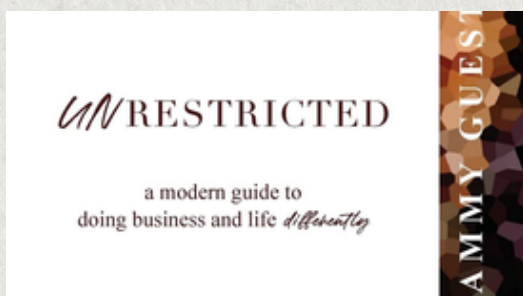
*Robyn Carruthers*



## Grad Chats Key Takeaways - Amelia Stafford



- **Networking with Other Health Practitioners:** Introducing yourself to other professionals, such as chiropractors, dietitians, and GPs, helps build a referral network and expands your practice. Building these relationships can help you manage complex cases and ensure clients receive the best care.
- **Starting Small with Flexible Spaces:** If you're just starting out, consider renting shared or co-working spaces that offer flexibility, reducing overhead costs. This approach allows you to grow your practice at your own pace without being tied into long-term commitments.
- **Online and In-Person Practice Balance:** Combining in-person consultations with online services provides flexibility, enabling you to work from home while serving clients across the UK, New Zealand, and beyond.
- **Managing Herbal Dispensary:** Whether you choose to stock herbs yourself or use a third-party service, ensure it aligns with your practice. Many practitioners streamline their dispensary by using one company like Integria, which offers a wide range of herbal products online.
- **Specialisation and Passion Projects:** Focusing on a particular area of interest, such as vaginal health, can deepen your expertise and differentiate you. Developing your own herbal remedies and formulations can also be part of this focused approach.
- **Marketing and Client Acquisition:** Consider how you'll attract clients before starting your practice. Growing your online presence and building a client funnel are key to ensuring a steady flow of patients as you begin your clinical journey.



### Library Book of the Month

**Unrestricted: A modern guide to doing business and life differently**  
**Tammy Guest**

This book offers business mentorship for practitioners, entrepreneurs, and change-makers, drawing from the author's success in naturopathy and online business. It provides actionable advice on staying authentic while evolving your business. Key insights include turning limiting beliefs into motivation, boosting creativity and productivity, growing your business without burnout, and implementing systems for smarter work. The book encourages mastering your mindset, embracing creativity, and planning for a future of limitless potential, empowering readers to achieve business and personal success with confidence.



### Podcast of the Month

**The Diary Of A CEO with Steven Bartlett Podcast**

**The Miracle Doctor: EVERYONE should start Fasting right now! (NEW SCIENCE)**  
**Dr. Mindy Pelz**

In this episode, Steven interviews Dr. Mindy Pelz, a nutrition and functional medicine expert renowned for her work in fasting, keto, and detox. Dr. Pelz, a leader in the fasting movement, has worked with high-profile clients, including Olympic athletes and Silicon Valley CEOs. They discuss the power of fasting, debunk common food myths, the role of sugar in health issues, and optimal diets for both men and women. Dr. Pelz is also the author of several bestsellers, including *Fast Like a Girl* and host of two podcasts.



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# Final Days in Clinic - Congratulations to all of you!!





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# End of Year Student Council Update

## Join the SPCNM Student Council for 2025!

Are you passionate about making a difference at SPCNM?

Joining the Student Council is your opportunity to:

- **Shape the Future:** Help allocate the Student Services Fee to enhance campus life, from Rongoā Māori weekends to counselling services.
- **Foster Community:** Share ideas for social events, like an online book club, to connect students beyond lectures.
- **Be a Voice for Change:** Represent students, share feedback with College Management, and influence the SPCNM experience.
- **Build Skills & Connections:** Gain leadership, collaboration, and communication skills while working with a dynamic team.

The Student Council is key to creating a vibrant, supportive SPCNM community. Ready to make an impact and meet like-minded peers? **Contact Kelly Billing, Chair of the Student Council, at [kelly.billing@spcnm.ac.nz](mailto:kelly.billing@spcnm.ac.nz) to get involved!**



### November Meeting Highlights

- **Regular Gatherings:** Scheduled meetings are organised for 2025 to keep momentum and stay aligned on key priorities.
- **2025 Orientation Day Involvement:** Opportunities to introduce the council and engage with new and returning students.
- **Improved Communication Channels:** Exploring creative ways to enhance visibility and connection with the student body.
- **New Initiatives:** Exciting plans in the works for events, activities, and platforms to foster community and support students.
- **Focus on Wellbeing:** A commitment to creating inclusive and supportive spaces for all students.
- **Building Connections:** Strengthening engagement through student feedback and collaboration opportunities.

*Kelly Billing*

2024 Student Council Lead

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# Final Points

## Cynthia Stephen - Student Council

### Why You Chose a Career in Natural Medicine

My passion has always been finding ways to make a difference wherever possible. I believe my life and health journey has led me to choose this career, enabling me to use my passion to help people value themselves, prioritise their health, and ultimately live their best lives.

### What Is Your Favourite Thing You Have Learnt Recently?

My favourite right now has to be therapeutics. I love looking at the pieces of the puzzle, figuring out what is going on, and understanding how it tells a story.

### What Do You Do Outside of Studying for Fun?

Cooper, my 9-year-old Yorkie! (photo) He is my most favourite non-human companion 😊. I love taking him out on our travels, discovering new places, and even enjoying routine walks around the park. Watching him be happy adds so much joy to my life and makes everything more fun.

### What Is Your Dream After Studying, and Where Will You Be Based?

I have so many dreams... Perhaps the clearest one is to focus on addressing the root causes of issues, whether they stem from trauma, nutrition, or lifestyle. I aim to help educate people to reset where needed, prevent illness where possible, and restore vitality. I am unsure where I will be based at this stage.



## Words to Students Leaving us

Your time has finally come... I'm sure it has been a wild ride, to say the least. You should all be deeply proud of what you have accomplished. You are now about to embark on one of the most rewarding and fulfilling careers.

There will be times when you are tested and moments when you feel like you lack the knowledge or confidence. Just remember, we are here for you—always. You may no longer be a student, but you will forever be an alumni, and that means you have a whole family behind you, ready to support you with whatever you need.

I hope you stay connected with the college and cherish the incredible friendships you have formed over the last few years. These unbreakable bonds will help you flourish along your chosen paths.

Each of you will be missed dearly. My inbox is always open, and I look forward to staying connected as you embark on this new chapter.

— Paige, College Liaison

*Thank you for reading!*

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