

CAPABILITY STATEMENT



Connect. Heal. Sustain.

Wattleseed Nutrition & Dietetics is owned and operated by Tracy Hardy, an Accredited Nutritionist/Practising Dietitian. Tracy views health through a strengths-based, holistic and cultural lens, focussing on connections, healing conversations and sustainable

Meet Tracy

Hi, my name is Tracy, I'm one of the very few dietitians working in Australia who identifies as a First Nations Person. I view health and wellbeing through a cultural, holistic and self-determined lens. I truly believe in the strength and healing power of sustaining our connections to culture, country and food. I believe through sharing knowledge we grow stronger in self, mind, body and spirit.



I am a Gamilaroi woman, Accredited Practising Dietitian, Nutritionist and founder of Wattleseed Nutrition and Dietetics. During my 2018 graduation ceremony, I was honoured to be awarded the University of the Sunshine Coast's Chancellor's Medal. I have worked as both a clinical and community dietitian for First Nations Peoples in South East Queensland. In April 2019, I commenced a PhD exploring Indigenous food sovereignty and food security for First Nation Peoples of Australia. I have since taken leave from my PhD so that I can support community-based, led and controlled projects and work.

Snapshot of Experience

- Bachelor of Nutrition/Dietetics (Hons)
- "Poche Leadership Fellows Program" Participant
- Australian Institute of Company Director's "Aspiring Indigenous Director Program" Participant
- Professional Certificate in Indigenous Research
- Poche Scholarship Recipient
- Certificate in Micro Business Management
- Experience working within Aboriginal Community Controlled Health Organisation
- Outreach work to rural areas as a Dietitian
- Consultancy work:- Nestle Australia, The George Institute, Griffith University, National Indigenous-led bushfood, medicine and botanicals group
- Nutrition workshop designer and facilitator
- Member of Indigenous Allied Health Australia (IAHA)
- Chairperson IAHA's Student Representative Committee
- Student Director IAHA
- Graduate Director IAHA
- Member of the Dietitian Association of Australia's Reconciliation Action Plan Working Group and Indigenous Nutrition Interest Group
- Member of Public Health Association of Australia
- Member of Dietitians Association of Australia
- Diploma of Beauty Therapy (fun fact!)

Services



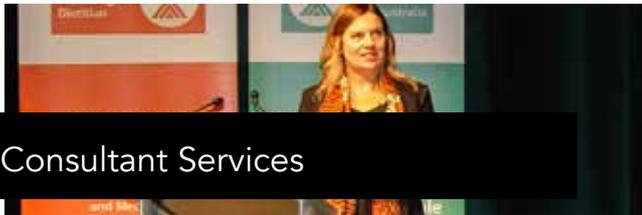
Nutrition Coaching + Counselling

Whether you are managing a pre-existing health condition, looking for answers, or are sick of feeling blah, you are in the right place! Tracy will support you in self-determining your health and wellbeing. Understanding there is no one-size-fits-all approach, Tracy adopts a culturally-centred holistic approach when working with you to develop a plan to help you achieve your health and wellbeing goals.



Guest Lecturer

Tracy offers a unique, holistic, strengths-based lens when delivering lectures on traditional food systems and foods and the nutritional health and wellbeing of First Nations Peoples of Australia. Tracy emphasises the importance of working as interdisciplinary teams, fostering practitioner-client and community trust, respect and partnerships, practitioner self-reflection, cultural humility and culturally safe and responsive care.



Consultant Services

Tracy can partner with you and provide great enthusiasm and energy along with the cultural and nutritional knowledge for corporate workshops, community workshops, research and development, traditional food and botanicals products, promotional events, website content and social media. Tracy will support you and your business, organisation and/or community group in achieving your nutrition, cultural and health and wellbeing aspirations and goals.



Workshops

Looking for a way to connect with others in the same position as you, while getting top-level nutrition + coaching support? Tracy combines her passion for traditional foods and her Nutrition and Dietetics knowledge to support participants in fusing traditional and modern-day ingredients, reconnecting and healing relationships with foods, re-establishing positive meal routines and optimising health and wellbeing



Speaker

Experienced guest speaker for team talks to keynotes. With a drive to contribute to positive change and the self-determination of traditional food systems and nutritional health and wellbeing for First Nations Peoples of Australia, Tracy strives to connect, educate, inform, ignite and inspire audiences at all types of events so that they are empowered to take action.



Press & Media

Tracy shares a practical message of health, wellbeing and vitality through regular media appearances. Tracy is a lively speaker, providing trustworthy, evidence-based and practical advice on all things nutrition, health, wellness, traditional food systems, traditional foods, food security and cooking

Contact

Tracy Hardy
www.wattleseednutrition.com

@Wattleseed_Nutr
@wattleseednutrition
/WattleseedNutrition
/tracy-hardy-95a8a5117

