

	Pros	Cons	\$\$\$	Other
Clinical	Simple 9-5 job No work besides at work Easy to be productive Not very emotionally taxing	Repetitive duties Little creativity Check off duties daily Little room to practice your unique philosophies	Moderate to high	Many different jobs available Most likely to hire new grads Benefits available
Long term Care	Simple 9-5 job No work besides at work Easy to be productive High demand r/t older population	Repetitive duties Little creativity Check off duties daily Sad when old folks pass	Moderate to high	Various types available (i.e. employee OR consultant) May work at > 1 facility May get paid to drive places Benefits available
Eating Disorder/special population	Form a niche quickly Opportunities to specialize early in career Available certifications	Lose clinical knowledge inevitably Little room to move up Emotionally taxing	Lowest to low (in my experience)	Fulfilling if you really want a certain position Benefits available
Private Practice	Ample room for creativity Mentorship Work w/ ppl who WANT assistance Specialize or remain general Can now take insurance for preventive measures	Owner of the practice usually takes 40-60% of YOUR earnings All work outside of face to face time is essentially unpaid Requires many investments Inconsistent work sometimes	High	Many different ways to become involved Full or part time Endless learning No benefits
Starting a PP	Design a practice exactly how you envision Specialize if desired Work w/ ppl who WANT assistance Can make about \$100 or >	Expensive to begin Lots of behind the scenes work Ample "unpaid" work Must call insurance companies (if you take)	High	Difficult as first job Requires marketing most likely Partnerships Many realms/opportunities No benefits

	/ hour Complete control	Many investments that are \$\$\$ Inconsistent work		
Virtual coaching	Convenient Low key Work w/ ppl who WANT assistance Can make about \$100 or > /hour Can have specialty	Lack of in person communication Ambiguous credentials Owner of the practice usually takes 40-60% of YOUR earnings	High to highest	Very flexible No benefits Clients usually get access to your contact info
Contractor/Consultant	Flexibility Unique opportunities Independence Abnormal schedule	Commission based usually May have to drive places Requires unpaid work time inevitably	Moderate to high	Works nicely as a side gig Ask many ?? before acceptance Many different areas/specialties/jobs

Side Gig Ideas	People to Contact	Indeed	Virtual Positions
PRN RD Freelance writing Beauty consultant Affiliate links Blog Admin person for RD PP Virtual RD assistant Personal Trainer	https://www.healthprofs.com/us/nutritionists-dietitians/mo/saint-louis-county Me_holistichealthhack@gmail.com		