



## Preventing overweight and obesity: Management vs leadership

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*Leadership* may be defined as a “shared influence process to achieve goals”. While the clinical nutrition approaches to prevent obesity and overweight mainly focus on *managing* the condition, there is a big need for adopting *leadership* approaches among clients. The leadership process depends on *shared visioning*, *alliance* and *motivation*. These skills need high levels of emotional intelligence to be applied by clinical practitioners. In many cases, there is no common (shared) vision or agreed weight loss strategy between the nutrition practitioner and his/her client, nor is enough time spent for *aligning* and *motivating* the obese person. Practitioners are heavily trained for the technical aspects related to the management of disease. Different measurements, examining underlying causes of obesity, presence or absence of other health conditions, calculating energy requirements and expenditures, development of low-calorie meal plans (by hand or using software), and probably some question and answers fill the counseling session. However, agreement on proper dietary strategy *and* creating and keeping the motivation of client shall be prioritized, if sustainable changes in behavior and weight are to be achieved.