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mums and dads edinburgh JUL/AUG 2021

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“HAVING A FLEXIBLE JOB WHERE I COULD SET MY OWN HOURS WAS KEY”

Kimberly Espinel,
CNM Nutritional
Therapy Graduate



Kimberly Espinel, Nutritional Therapy Graduate and Food Photographer, CNM (College of Naturopathic Medicine)

I now have a successful business and work full-time as a food photographer and recipe developer. I do all this from home, working my own hours. My job allows me to be creative and no two days are the same; I also get to spend lots of quality time with my son.

After working as an adoption and fostering social worker for many years, I took eighteen months off after I had my son. When I went back to work, things didn't feel the same; my job was demanding and my work-life balance wasn't right. I wanted a job where I could set my own hours and have the flexibility to spend more time with my son.

Food and nutrition had always been my passion so I went to a

CNM open day and decided to do the naturopathic nutrition diploma.

I loved that the course was part-time and spread over three years; it offered flexibility that other courses didn't. The diploma felt manageable and achievable. CNM has a fantastic reputation and the college is conveniently located in central London.

Studying at CNM completely changed my life. All the topics were incredibly interesting, especially the nutrition modules, and I loved the practical component of the in-clinic training. Doing mock consults was a fantastic experience. All the lecturers are so inspiring and knowledgeable. I also met some lovely people who I'm still in contact with.

I started my vegan food blog whilst studying to build an audience and a catalogue of recipes to share with clients when I graduated. Thinking about the marketing and business side early on has been pivotal in my business' success. My blog gained a lot of traction which resulted in me being offered sponsorship deals.

Realising food photography was my strength (rather than consulting), I've focussed my business around food photography and styling. However, having my nutrition qualification has given me an edge and set my blog apart from the thousands of other blogs out there.

I now work full-time as a food photographer and recipe developer, and I also teach food styling and food photography. I do a lot of sponsored content and influencer work too, promoting products for brands.

My advice to anyone thinking about studying nutrition at CNM is to go for it as the knowledge you gain is invaluable. Even if you don't want to practice, you can use it to improve your own health. The course gives you a solid foundation in how the body works, nutrition and healthy living.

Think about your end goal from the outset – what do you want to achieve and how will your business look? When you know this, you can start brainstorming and put plans in place to make it happen. ■

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