



Dr. Joyce Faraj-Ardura is a nutrition counseling expert with a passion for empowering fellow dietitians and nutrition professionals to enhance their coaching skills, equipping them to better support and retain their clients while promoting lasting behavior change. With a Ph.D. in Nutrition and Mental Health, she brings a wealth of knowledge and experience to her work. Driven by her belief that counseling skills are paramount to client success, she has become a sought-after mentor and the founder of the Nutrition Counseling Academy. She believes that a practitioner's medical nutrition therapy and nutrition knowledge are just as important as their counseling skills to support behavioral changes. Dr. Faraj-Ardura grew up in Honduras, and comes from a multicultural family, as her dad's family migrated from the Middle East to Central America and her mom is half Irish and half Honduran. She lives in New Hampshire and balances her professional and entrepreneurial pursuits with her role as a dedicated mother of three.

Joyce Faraj-Ardura, PhD, RD