CS204 Featured Professional
Dr. Julie Nichols, DC

Name: Dr. Julie Nichols, DC

Profession / Educational Background: Gateways to Healing, Chiropractic, and Nutrition – owner/doctor, adjunct faculty and tutor, School of Health Sciences

DC – Doctor of Chiropractic, Life Chiropractic College West
BS – Excelsior University

1. Tell us a little about yourself. (An overview of you professionally.)

I am a chiropractor in private practice. I specialize in a non-force chiropractic technique called Network Spinal Analysis. I am one of only several hundred certified practitioners worldwide. I also specialize in clinical nutrition. I have been teaching since 2008 in the School of Health Sciences, teaching pathology, anatomy, and physiology and also tutoring for the science center, where I also give live webinars on various health subjects.

2. What professional skills/abilities helped you to get your job?

Having a doctorate degree in a health field helped me to get my job as an adjunct professor.

3. What professional skills do you use every day on the job?

In teaching, I use communication skills as well as organizational skills. In private practice, I use the same skills, as well as skills specific to chiropractic, and mainly the skill of being able to teach people about their bodies and health.

4. What type of communication skills do you use on a daily basis for your job? What advice would you give a new professional in your field for communicating effectively in a work environment with colleagues of diverse ethnicities, groups, and personalities?

In teaching, I use communication and motivational skills that help me to keep students interested in the material and focused on completing the course.
requirements. I also use empathy which helps me to connect with the students who come from very diverse backgrounds and positions in life, and that are often dealing with complex life situations. If I were advising a new teacher, I would suggest empathy skills as a way to help them connect with students who are in diverse life situations, as well as different personalities. I would also suggest maintaining a positive atmosphere for the classroom and in all communications with students as well as keeping the environment professional and holding students to a high standard of work by keeping expectations high. This helps them take pride in their work as well as uphold the reputation of the institution.

5. **Describe how you collaborate with others in your workplace internally and externally.**

I work online as an adjunct professor, so my collaborations are all online with colleagues. We communicate via e-mail on course and student issues. All communications with students are also via e-mail.

6. **What are the three most important characteristics you must have to be successful in your profession?**

In teaching—empathy, organization, and a desire to help students succeed. In my private practice as a doctor—I need the ability to connect with patients’ health needs, personal motivation, and excellent communication skills.

7. **How do you maintain your professional presence and marketability in order to remain competitive in your field?**

In teaching—by keeping in contact with my department heads and showing my desire to continually improve the course and the teaching of my students.

In private practice—by continually improving my skills and differentiating myself from other chiropractors in my abilities and skills.
8. Have you benefited professionally from social networking? Please explain.

Yes, as a doctor, it has allowed me to connect with colleagues to keep up on important information, as well as maintain connection with them and share information they share on their pages. This helps promote health on a larger scale than just person to person. I do not use social networking to connect with my students, although some of my students have become fans of my office Facebook® page, or become connections on LinkedIn™, which helps them feel more connected to the health community.

9. What are your long-term career goals? What steps are you currently taking in order to achieve your goals?

My long-term career goals are to create health information products for the internet, as well as maintain my private practice and continue teaching. They are all different but I enjoy them for different reasons. I am currently creating health information products for the internet which will be launched soon.