



## **KATE BERRIDGE**

RNCP MN (HONS)

NURSE EDUCATOR

CLINICAL NURSE SPECIALIST IN BARIATRICS

ANZMOSS COMMITTEE MEMBER – NURSE REPRESENTATIVE

ANZMOSS INTEGRATED HEALTH COMMITTEE

IFSO MEMBER

## **PROFESSIONAL EXPERIENCE**

### **2016 - current**

CEO and clinical director of Your Weigh Team (formerly Tiaki Whaiaro) working as an independent educator and private support provider of services focused on obesity, bariatrics, GLP-1 agonist medications and self-care coaching for individual patients, groups, public and private communities. Provide clinical nursing triage and follow-up for weight loss medication and metabolic surgical patients via Zoom. Working partnership with Mobile Health educating nursing staff on obesity patients.

**Key frameworks for support include:**

- Compassionate Inquiry (CI)
- Acceptance and Commitment Therapy (ACT)
- The Nursing Process
- Motivational interviewing
- 8 principles of coaching

[www.yourweighteam.co.nz](http://www.yourweighteam.co.nz)

**2025- current**

Co-founder of Christchurch Weight Management Clinic in partnership with Dr Shri Lamba, providing specialist in-clinic GP services and prescriptions, along with online mental and emotional support, nutrition and strength coaching.

[www.weightmanagement.co.nz](http://www.weightmanagement.co.nz)

**2019-2025**

Contractor to Christchurch Weight Loss Surgery, providing specialist mental health support and aftercare to patients.

**2016-2021**

Facilitator at the Foundation of Healthy Living Retreats, five-day retreats for post-metabolic surgery patients, focusing on strategies for long-term weight maintenance, self-care using Acceptance and Commitment Therapy (ACT), self-compassion, and coaching principles.

Presenter at the Resolution Retreats, running presentations for wellness retreat participants, focusing on compassionate self-care.

**2016-2018**

Contractor to Hawkes Bay PHO for the Bariatric Co-design Project, consulting on project design and kaupapa.

**2012-2017**

Independent provider of education and support services, developed and delivered in a part-time capacity. Provided services to businesses and health professionals, including Frucor, Fisher & Paykel, Dr Tom Mulholland, and Eastern Bay Health Alliance.

Professionally led support group facilitation

One-on-one patient consultations providing long-term professional support for metabolic bariatric patients, specifically those struggling with weight regain.

Developed and successfully ran a six-week self-care management package for both metabolic bariatric patients and non-surgical programme participants.

## **2009**

Contractor to BetterLife Surgery (Dr Stephanie Ulmer) providing clinical nursing follow-up for Dr Ulmer's private metabolic surgical patients.  
Border Screening at Auckland International Airport – H1N1 (Swine flu)

## **2007-2016**

Counties Manukau Health (CM) Bariatric Nurse Specialist coordinating and managing its metabolic bariatric service (now known as CM Bariatric Service):

- Collaboration with key stakeholders to formulate robust processes and ongoing quality within the bariatric process
- Establishment and maintenance of interdisciplinary relationships within the bariatric service
- Establishment of the nursing role with an expanded scope of practice
- Manage bariatric inpatient and outpatient waiting lists
- Facilitation and communication with private hospitals to set up private bariatric surgery initiative
- Developed nurse-led clinics providing dedicated preoperative preparation and postoperative follow-up
- Developed staff education and ongoing support
- Provided leadership and delegation within the bariatric team and the DHB
- Developed national guidelines with the Ministry of Health/Te Whatu Ora
- Media relations and participation in the TV documentary '*The Big Ward*'
- Leadership and mentorship within Australasia

## **2007**

University of Auckland Tamaki Campus practice nurse (part-time)  
Manukau Institute of Technology clinical tutor (casual)

## **Pre-2007**

Counties Manukau District Health Board - various full-time and part-time positions:

Active Review Nurse (May 2003–September 2005)

Clinical Nurse Educator Orthopaedics (July 2001–May 2003)

Duty Manager, Daily Operations (March–July 2000)

Hospital at Home IV Therapy Coordinator (November 1998–March 2000), responsible for the identification of the need, development and implementation of this service.

Part-time position with three months parental leave (1999)  
Staff Nurse, Ward 16 Acute Orthopaedics (February–November 1998)  
Parental leave (August 1997–February 1998)  
Clinical Nurse Educator Orthopaedics (February 1995–August 1997)  
Staff Nurse, Emergency Department (July 1993–February 1995)  
Staff Nurse, Ward 18 Acute Orthopaedic (July 1990–April 1992)  
Staff Nurse, Ward 9 Acute Medicine (January–July 1990)  
National Women’s Hospital Auckland  
Staff Nurse, Neonatal Intensive Care (March–July 1993)  
Enrolled Nurse Nightingales Nursing Bureau (May 1987–December 1990)  
Auckland City Hospital Enrolled Nurse, Ward 9C Infectious Diseases (January 1985–January 1987)

### **PROFESSIONAL CONTRIBUTIONS**

Presenter & Organiser: ANZMOSS Conference, Australia 2025  
Presenter & Co-Author: ANZMOSS Multidisciplinary Obesity Care Masterclass 2025  
Presenter: Rotorua GPCME 2025  
Presenter & Organiser: ANZMOSS Conference, Australia 2024  
Presenter & Organiser: ANZMOSS Conference, NZ 2023  
Presenter: Trauma Informed Care in Bariatric/Metabolic Surgery, ANZMOSS Conference, Australia (2022)  
Presenter and panelist: Triaging postoperative weight regain. IFSO virtual Conference (2020)  
Presenter: Triaging postoperative weight regain. ANZMOSS Virtual Conference (2020)  
Keynote speaker: Weight Stigma. Annual Meeting of the Nutrition Society of New Zealand (2019)  
Presenter: Self-Care. Bariatric SIG New Zealand Dietitians New Zealand (2019)  
Keynote speaker: Self-care. Australian College of Nurse Practitioners, Australia (2018) Keynote speaker: Health, weight and happiness. New Zealand Physiotherapists, Cardiac and Respiratory Association (2018)  
Presenter: The acquisition of self-care skills are not intuitive post weight loss surgery. OSSANZ, Australia (2017)  
Keynote speaker: Why diets don’t work. New Zealand Wound Care Society (2017)  
Keynote speaker: The role of compassion after weight loss surgery. National Weight Loss Surgery Conference, New Zealand (2015)  
Presenter: Rose-coloured glasses. OSSANZ, New Zealand (2014)

Keynote speaker: Self-care. National Weight Loss Surgery Conference, New Zealand (2012)

Presenter: Bariatric Surgery. Obesity Conference, ANZOS, New Zealand (2010)

## **OTHER CONTRIBUTIONS**

### **CCP Coordinator**

Responsible for the pilot and implementation of South Auckland Health's Clinical Career

Pathway in collaboration with the director of nursing practice

Wage negotiations, South Auckland Health: Representative for staff nurse and senior nursing staff

Industrial services committee, NZNO

National representative, serving on various working groups and associated activities