

## **Personal Ethics Statement**

by

By Brandon Lee, MS, RD, CSSD, CCRP

I am an ethical, evidence-based health and performance practitioner. I believe in the importance of living uncompromising ethical standards that inspire myself and others to do right by their clients and community. I hold myself accountable to others and always try to provide the best service possible. My mantra is "If I can, I will". It expresses my strong internal desire to put my best foot forward for others. If I have the time, energy, or resources to help another person, nothing will stop me. I don't believe in self-made people; everyone needs someone, and that is why I work hard for others. If someone needs me, I will be there. This commitment to ethical standards is not just a belief, but a promise that people can always trust in my word and work.

My ethical practice involves personal accountability, empathy, and critical thinking. Personal accountability or responsibility is vital to team building, trust, and cohesion. I hold myself to high standards and always make good on my commitments. I am reliable and communicate regularly. Empathy is an undervalued aspect of ethical practice. Through my empathetic practice, I am less concerned with myself and more focused on the well-being of others. Empathy allows me to better connect with others, ensuring I do right by them. It's not just a professional skill, but a personal commitment to understanding and caring for each individual I work with. I am also a critical thinker. I approach every ethical dilemma with emotional regulation, objectivity, dialectical thinking, and consider for long-term benefits or consequences. My critical thinking leads to effective decision making.

Lastly, I am an interdisciplinary collaborator. I believe that when people come together and exchange ideas, there is an opportunity for synergy. I look past myself in the interest of the best possible solution. Ego and pride are set aside in exchange for effective outcomes. I take my commitment to others seriously because I value and appreciate their time and contributions. A partnership with me is one rooted in respect, dedication, compassion, and teamwork.