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26 May 2017 Opportunities Available

Resilience: how to pick yourself up when you don't get the job



You've been applying for dozens of jobs with no success and have just got your third rejection email of the week. Picking yourself back up and ploughing on with the job hunt can be tough for even the steeliest of people. Here are some tips from resilience coaches on how to restore confidence after such setbacks, and ultimately prepare yourself for job success.

Remember, stress is caused by how we perceive a situation not the situation itself, says psychotherapist Rebecca Howard. "We could choose to look at the fact that we haven't got a job yet and it's our third rejection as a negative - but all that would happen is our mindset would shift into a negative gear and take our resourcefulness and confidence down an unhelpful dead end."

She advocates the NAC approach - Notice, Accept, Choose - a way of thinking which means we don't get stuck with negative ruminating thoughts about how good, or not, we think we are.

[Click here for the full article](#)

Source: <https://jobs.theguardian.com>

Picture Source: [27 May 2017](#)

**OPPORTUNITY AVAILABLE
P-7139 - Director of Supply Chain
Asia**



Work with the leading operator of some of the most internationally recognisable hotel and resort brands today! This rare and exciting opportunity fits an experienced Director of Supply Chain who will provide high-level leadership across the brand's procurement, supply chain and services strategies. The role is based in a progressive Asian city and will require someone who has extensive knowledge and experience within the region.

Australian and New Zealand experience is highly desired.

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**OPPORTUNITY AVAILABLE
P-7168 - Executive Sous Chef
South Pacific**



Located in the South Pacific region, this hotel is seeking an Executive Sous Chef to assist with the training and development of their kitchen department. The hotel provides several dining outlets and conference and meetings facilities which are second to none. There is immense opportunity to grow and develop within the group in the future. A high level of energy, effervescent personality and a passion for food is keenly sought after for this position.

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**OPPORTUNITY AVAILABLE
P-7154 - General Manager of Sales and Marketing
Australia**



This is an exciting opportunity to join a fast-growing hospitality company! Our client is looking for an experienced General Manager of Sales and Marketing who will provide leadership to a team of highly-motivated sales and marketing professionals. If you're driven, focused and a sales and marketing visionary, this job is for you!

****Visa sponsorship is not available for international applicants and our client will not provide or assist with obtaining work permits.****

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**OPPORTUNITY AVAILABLE
P-7164 - Director of Sales and Marketing
Australia**



If you are looking for new job opportunities in your career, please register with us at the link below.

[Click here to register or update your record!](#)

**SKAL SYDNEY NORTH -
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**GLOBAL HOSPITALITY
MOVEMENTS BY
SPECTRUM
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This is a very busy international hotel with over 200 rooms and suites and an extensive conference facility. It is popular among holiday makers and the MICE market segment. Our client is in search of a new Director of Sales and Marketing who will work closely with the General Manager in strategising the hotel's sales and marketing initiatives. The role will ensure that the hotel continues to enjoy the high nineties occupancy.

Visa sponsorship is not available for international applicants and our client will not provide or assist with obtaining work permits.

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**OPPORTUNITY AVAILABLE
P-7127 - Spa Manager
Fiji**



Located in the Fijian Archipelago in the Pacific, this resort spa offers not just 5-star holiday experience but also a wide range of luxurious holistic wellness and rejuvenation programs to discerning guests. The Spa Manager will provide leadership to a diverse group of wellness practitioners. Join them now and be in the forefront of the regions's bustling wellness tourism industry!

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**OPPORTUNITY AVAILABLE
P-7145 - Head Accountant
Fiji**



Are you an experienced Head Accountant with a background in hospitality? Our client, an award winning and highly recognised leisure resort with clear emphasis on luxury and style, has a role for you! The position is based on an exclusive island in Fiji offering a great work environment and diverse team. You must be a Fijian resident and a qualified finance professional to be able to apply to this role.

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**ARE YOU PLANNING
YOUR HOTEL'S BUDGET
FOR THE NEXT FINANCIAL YEAR?**



Spectrum International, in affiliation with eHotelier, now provides an extensive listing of all global hospitality executive movements. This list is collated and published on a monthly basis with the aim of keeping all hoteliers informed of the industry's movers and shakers. Should you know of any new appointments or promotions, please do not hesitate to forward this information to spectrum@spectrum-international.com

Executive movements for April 2017 is ready for viewing via eHotelier.com

[People on the Move](#)



Are you preparing your hotel's budget for next year? We have a solution for you!

Plan your organisational budget ahead with **Spectrum International Hospitality Services' Australian Hospitality Executive Salary Report 2016-2017.**

Here's five reasons why you need The Australian Hospitality Executive Salary Report 2016-2017 today:

- It contains detailed information on average wages across a broad range of Australian hospitality executive roles.
- It will help you stay up-to-date on wages and current market trends.
- It will help you project policies and salary packages that are both cost-effective and competitive.
- It will help you achieve the right remuneration balance within your organisation.
- It will help you avoid overpaying or underpaying staff while confidently setting salary increases with robust pay movement and forecast data

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