



# APPOINTMENTS

MAKING OPPORTUNITIES KNOCK ON YOUR DOOR

## "Change" is not easy but possible

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you are in control of your life. If you don't, life controls you. - Anthony Robbins

Human beings are not random creatures; everything we do, we do for a reason. What is this force that control your life? What is it that makes you to go to work? Buy a vehicle? Build a house? Start a relationship?

You may not be aware of these reasons consciously but there is undoubtedly a single driving force behind all human behavior: It is PAIN and PLEASURE. ! Everything we do, we do either to avoid pain or our desire to gain pleasure.

What keeps you away from starting your own business? What keeps you away from learning new skills in your job? What keeps you from approaching your boss

with your new proposal? Why do you keep putting off that English course? Why haven't you started saving for your dream home yet? Why you keep postponing going to the gym? You know these actions will benefit you and they will change your life. You know by taking these steps, your life be improved and your situation be changed and it will bring pleasure to you. How many people you know talks about changing their situation yet can't get themselves to follow through? Why? Because in that moment they associate more pain to doing that than missing the opportunity.

Pain causes us to contemplate: to change direction. It forces us to take action. Let's assume that you don't feel pain. You could then absent-mindedly lean on that hot iron for ten minutes until you casually turn around to see that where you once had an arm, you now have a black looking stick. If you don't feel the pain, you could crossed the road and later find that you are missing your left leg because you didn't notice the car just passed hit you. Both physical and emotional pain is there for a reason. It prompts you to notice your behavior or look at things differently. Some people keep ignoring that message until it's too late.

People feel frustrated. People feel hopeless. They feel depressed but yet they can't



make themselves to take actions? Why? Because they keep trying to change their behavior, which is the effect, instead of dealing with the cause behind it. The most powerful way to shape our lives is to get ourselves to take actions. It's not what we do once in a while that shapes our lives but what we do consistently. It's in your moments of decision that your destiny is shaped.

### Is it easy to change?

It is not easy to change but possible. Whenever we decide to change, we meet resistance. We are always challenged to see if we are serious. Lets say "you decide to open a savings account and you want to seriously start saving from this month. What will happen? You will get your revival notice for your life insurance/ home or car insurance, you will find your TV stopped working, and you will find the company has deducted the festival advance you took last month from this month's salary. Lets say you want you want go for a diet. You'll get more dinner invitations on that week than ever before. When you plan to start your English classes from next week, you'll find the live telecast of your favorite cricket tour start on that day. If you are not serious about your decision, you would find enough excuses to give up.

So how do we change?

Last week we talked about our limiting decisions and our thinking patterns. Once you decide to deal with the "cause" not the "effect", the first place you should start concentrating is YOUR MIND. Henry Ford said, "Whether you think you will succeed or not, you are right". Your mind is like an iceberg. While you are more aware of your outer or conscious mind, the part with the greater impact is the hidden part. Conscious mind is the source of thought, so the subconscious is the source of power. So the change should start in your mind.

Believe in the power of your mind. It can help you to accomplish virtually anything you desire. It is eagerly waiting for your command to act. So what is the command you are going to give to your mind? Give one command and see whether you can stick to it during the week? Whatever it is, make it a very serious one. Show that you are committed to achieving it under any circumstances.

**Nuwan Samarapathi**  
**Manager Training & Development**  
**(Union Assurance)** & **Personal**  
**Development Trainer**  
**Master Practitioner and Trainer of**  
**Neuro-Linguistic Programming (NLP) -**  
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**Bachelor of Marketing - Deakin**  
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**Drydocks World**  
Dubai, U.A.E.

We are looking for experienced candidates for the following positions.

**COMMISSIONING ENGINEER**

Should play key role for commissioning, tests and sea trials of systems and equipment of New Building Project.

Experience of sailing as Chief Engineer and commissioning activities in any of the Marine/Offshore Construction field.

**MALE NURSE**

3 years experience in nursing.

Salaries negotiable and not be less than the minimum stipulated by the Sri Lanka Bureau of Foreign Employment.

Free food, accommodation, medical and air ticket both ways will be provided. Two year contract. 8 hours working per day.

Please e-mail or post your application to;

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**50, HYDE PARK CORNER,**  
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## There is no such thing as failure

There is no such thing as failure - only feedback - we can learn from our failures. Do not let apparent failures beat you up, learn from them. As humans, we tend to be harder on ourselves than others are. A small child learning to walk never fails to get up and try and try and try until success is achieved. It is the same in life; every failure is a step closer to success.

Emotions are notoriously fickle: to let your emotions be your rule of success or failure is asking for trouble. Do not listen to your heart this is dangerous; you need to have advisors who are able to help direct you. No one succeeds alone always there is a strong team

behind any success. Your inner circle: Many successful men and women throughout history and up to the present day have a trusted inner-circle of friends and advisors. Choose this inner-circle with great care and wisdom.

Choice: It is all down to choice. That is your attitude toward failure and success. Many of those who succeed have a track record littered with what we would call failures. They chose to learn from these and move toward their goal. The last of the human freedoms is to choose your attitude in whatever circumstance you may find yourself. Ensur or pursuit? The more you aim for something the more likely you are to miss it. Put quite



simply success must happen. This is why the successful entrepreneur makes it look easy - they just let it happen. Do not care for success so much as following your principles, working toward the future and eventually success will be then with you - precisely because you forgot to aim for it.

Get rich quick schemes: is not a recipe for success. These schemes usually do not deliver what they promise; at best they are a lie. To get rich slowly slowly is a much more stable road to tread. Meaning in life is important. So how do we find meaning? See the article on "So how do we find meaning?" [free-articles-zone.com](http://free-articles-zone.com)



Next Manufacturing (Pvt) Limited, is the leading supplier of high quality knitted and woven wear to our parent company Next PLC. UK, one of Britain's leading high street fashion retailers. We've been in Sri Lanka since 1994, rapidly expanding over the years.

We are constantly on the look out for suitably skilled and talented people to whom we offer great career opportunities. Quite simply we want the best people in the island working in our team.

### HUMAN RESOURCES MANAGER - TRAINING & DEVELOPMENT

We are looking for a talented and experienced person capable of handling HR functions with more emphasis on training and development function in our manufacturing operation. He/She is expected to plan, organize, coordinate and monitor all activities related to training and development.

The ideal candidate should have excellent leadership and presentation skills with an expertise in modern training techniques. He/she should be able to identify the training needs and bridging training gaps in the company.

A degree or any academic/professional qualification connected with training and development and a minimum of 2 years experience in a similar capacity are prerequisites for this position.

### SEWING TECHNICIAN - WOVEN

Ideal candidate should have good technical knowledge in handling woven products. Good knowledge of sewing techniques, ability to reduce SMV by improving methods and perfect garment handling are pre-requisites. The ability to check patterns independently and specify technical requirements is absolutely essential for this position.

**The successful candidates will have the opportunity to work in an exciting, competitive and dynamic environment with intensive scope for career development.**

Please send in your curriculum vitae by e-mail including two non-related referees.

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General Manager - HR  
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## VACANCIES

Well Established Garment Manufacturing Company seeks following personnel

### PRINTING MANAGER

We are looking for a printing manager who could cover all aspects of the print operations, able to manage the production, technical and development areas with experience/expertise required to guide and develop the teams here in:

- New techniques and technologies
- Separations
- Colour matching across of range of ink types and applications
- Print performance (durability, hand-feel etc.)
- Managing the print production process on automatic machines and tables
- Driving productivity and efficiencies
- Managing costing, consumptions & purchasing

Ideally with experience working to tight deadlines without compromising quality or service, and a track record of managing multiple teams.

### AREA MANAGER - SEWING

Ability to plan, organize execute and monitor the production efficiently and effectively in order to achieve the production plans with the optimum utilization of resources available is expected for this position.

Minimum of 02 years production experience with a Diploma in Textile Technology from a recognized institution will keep you ahead of the others.

Excellent career prospects with attractive remuneration packages await the right candidates.

Please send in your curriculum vitae by e-mail including two non-related referees.

[prnvacancies@gmail.com](mailto:prnvacancies@gmail.com).