



## We develop people to Succeed ....

Cargills (Ceylon) PLC is one of the socially responsible corporate citizens in Sri Lanka holding a diverse portfolio of brands. We strive to serve Sri Lanka with our expertise in Agriculture, Dairy, livestock & FMCG.

We envision becoming a global role model in community friendly national development, taking the dividends of our business to every part of the island thereby becoming a tool of rural-based sustainable development.

We are on the lookout for self motivated, innovative, analytical & objective oriented individuals for strengthening our team of professionals in our Biscuit Factory-Matale.

### Food Technologist

Should possess a Degree in Food Science or Food Technology from a recognized university.

Minimum 5 years of experience in Biscuit manufacturing Industry.

Age: Below 40 years

### Master Baker

Should possess good GCE O/L and/or A/L qualifications. A degree or equivalent qualification will be an added advantage.

Minimum 5-10 years of experience in baking technology is a must.

Age: Below 40 years

Chosen applicants will be given a very attractive remuneration package in par with industry norms.

Please send in your resume with the position applied, marked on the top left corner of the envelope to reach us on or before 30<sup>th</sup> January 2011. You can also e-mail your application to [jobs@cargillsceylon.com](mailto:jobs@cargillsceylon.com)

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CARGILLS (CEYLON) PLC



## Reaching your full potential: Overcoming fear

Each of us has untapped potential. When this potential is embraced and used, it can have a powerful impact on our lives.

Think about a 2%, 5%, 10% shift in how we are living our lives at home, school, work and play. Small shifts and changes can powerfully impact our lives. But what gets in our way? What obstacles must we overcome? One obstacle for people is fear, and fear can be limiting at best and paralyzing at worst.

My family and I went camping over the spring break holidays. We camped at a beautiful State Park -- Falls Creek Falls -- in Tennessee. It is a wonderful place to visit and explore with breathtaking views, hiking trails, and waterfalls.

Some of the hiking trails have suspension bridges connecting the trails over vast gorges, some bridges being more than 100 ft. high. Like the one in the Indiana Jones movie. As my wife, two boys and I approached a very long bridge suspended at least 100 ft. high, my oldest son quickly took off across the bridge and yelled for the rest of us to join him.

As I approached the bridge, while he was crossing, I yelled out to him the typical parent concerns -- Be careful! Hang onto the rail! Walk slow! If the bridge breaks... What was I thinking? What was I feeling?

I became acutely aware of an

enormous amount of fear for him, and fear in me while I was crossing this high bridge. When he got to the other side, he turned, waved and yelled, "Come On Dad!" I walked slowly across the bridge noticing an incredible amount of fear and runaway thinking happening with me, which had me considering not going forward. My son was on the other side and I had a choice, to let the fear stop me or not.

As I walked across the bridge the fear increased profoundly inside of me until I got to the other side. Once I was over the bridge, my son and I high-fived and walked back across the bridge. As we walked back across I experienced no fear. What happened to the fear?

That experience highlighted this point to me. That there are times in our lives when we want to do something -- be a better student, be a better parent, improve our personal or work lives, improve ourselves athletically -- but fear can creep up inside of us and we become unsure of ourselves. Unsure if we can achieve -- "getting to the other side". Most of the fear that stops us from achieving what we want or need to do to improve our lives, is nothing more than self limiting beliefs.

If we will just take the risk, take the appropriate steps and embrace our fear(s) we can meet our goals. [sideroad.com](http://sideroad.com)

# DREAMS AND DEDICATION ARE A POWERFUL COMBINATION

**Brandix is Sri Lanka's largest end-to-end apparel solutions provider with local and overseas operations. We manufacture garments for some of the world's leading brands. This is your opportunity to join us.**

### Chief Operating Officer(s)

It takes a lot more than skill and knowledge to get ahead in this business. It's a blend of talent, hard work and commitment.

We at Brandix are looking for experienced individuals who are a source of inspiration to all and who can manage our factories.

### Criteria:

- Minimum educational qualification – A Degree from a recognized University.
- Fluency in Sinhalese or Tamil is compulsory. A basic knowledge of English would be useful, but not mandatory. Non-English speakers will be provided with resources in order to improve their language skills.
- These positions will be based in Dankotuwa, Makandura, Pannala and Kurunegala.
- Applicants should preferably be below the age of 35 years.

Those selected will undergo training with regular overseas exposure and will receive an attractive remuneration package above prevailing market rates.

Please send your CV, with the post applied for marked on the top left hand corner of the envelope, within 7 working days of this publication to: Manager-Human Resources, Brandix Lanka Limited, Level 3, No 409, Galle Road, Colombo 3 or E-mail: [info@brandix.com](mailto:info@brandix.com)

