



Position Available: New Graduate Dietitians

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Location: Central Coast + Newcastle

Employment Status: Casual to commence with increased hours with obtaining APD status

Hours: Flexible from part-time to full-time capacity

Position Summary

We invite emerging dietitians or soon-to-graduate students (Class of 2024) to join our established team of private practice dietitians, delivering exceptional nutrition services across a range of practice areas. Grow your confidence with access to a wide range of professional development activities, resources, regular supervision, peer mentoring program, regular team training and social activities.

If you are looking to start your career in a supportive environment that prioritises team culture, client connection, and meaningful outcomes, we would love to meet you!

Why Join Us?

Gain valuable experience in private practice dietetics, with the support of a large team of experienced dietitians and exceptional administrative staff. We offer ongoing training, clear pathways for career progression, and a flexible, diverse caseload that includes in-clinic services, telehealth, and community-based care for clients of all ages. Begin your paid onboarding and observational training in November 2024, setting you up for success and growth in 2025.

What We Offer:

- A diverse, mixed caseload across different service settings
- Flexible working arrangements
- Access to professional development resources, supervision, peer mentoring, team training, and social activities
- Opportunities to build confidence and grow your expertise.

About Optimum Intake

Optimum Intake Dietitians provide services across the Central Coast, Northern Sydney, and Newcastle regions. We cater to clients of all ages, working in clinical dietetics, community and residential aged care, and the disability sector. Our wide scope of practice will allow you to develop skills in various areas, with the potential to explore key interest topics and areas of expertise.

We are committed to a Health at Every Size® (HAES®) approach, using a Non-Dieting, Intuitive Eating, client-centred counselling model. Our passion for delivering exceptional, patient-centred care is at the heart of everything we do.



Our Achievements

We are proud of our positive reputation within both the community and the broader industry. Our recent awards reflect the high standards of our service:

- Dietitians Australia Quality in Primary Care (Large Business Division) – 2021
- Finalist, Primary Care Leader – Service Provider (HNECCPHN) – 2022
- Finalist, Dietitians Australia President's Award for Innovation – 2023

Join us and become part of a team that values integrity, quality, and innovation, with a clear focus on client wellbeing and professional growth.

About the Position

As our company continues to grow, we are excited to invite emerging & new graduate dietitians to join our Enrichment Program. This unique program is tailored to support early-career dietitians and those transitioning into the private practice sector. Our structured and supportive environment ensures you feel confident while developing core skills to effectively support clients in a private practice setting. You will be guided by a supportive and experienced team, learning evidence-based strategies and frameworks to optimise your growth and skill implementation. This is the perfect opportunity to thrive in a collaborative environment with plenty of opportunities for professional development.

Our team understands firsthand the value of delicious, enjoyable, and nutritious food—and the joy it brings to our lives. Food is more than just nutrients on a plate. Many of life's most memorable moments are centred around a meal or shared food, enhancing the experience of spending time with family and friends. We believe that the enjoyment of food and the ability to stay well-nourished should be accessible to everyone, at every stage of life, no matter their age. That's why we are leading the way with our innovative Energy for Life: Accessing Optimum Nutrition @ Home programs. With a core focus on wellness and reablement, we emphasise that enjoyable food and good nutrition are essential to the physical, mental, social, and emotional wellbeing of older Australians—improving health outcomes!

The current opportunity will enable you to apply your clinical knowledge to help older members of the community thrive. You will play a vital role in reducing rates of malnourishment, supporting clients in managing chronic conditions, and fostering social engagement through food, all while honouring and staying up to date with the key principles of the Aged Care Quality Standards, Home Care Package requirements and the new Support at Home Program. This rewarding role offers the chance to make a meaningful impact on the day-to-day lives of your clients. As part of the role, you will have the opportunity to:

- Conduct individualised assessments and provide evidence-based nutrition counselling to clients within the private practice community setting.
- Provide personalised 1:1 nutrition consultation as an in-clinic/telehealth/home-based service, seeking to help our community's older adults remain independent and well-nourished at home.
- Get creative and move beyond the static individual assessments and reviews, by incorporating practical food-based interventions, shopping tours, cooking groups, facilitating individually tailored and structured services, collaborating as part of wider multidisciplinary teams.
- Liaise with family, carers, support persons and other allied health professionals.



- Cultivate a compassionate and supportive environment for clients, ensuring they feel motivated and empowered throughout their renourishment journey.
- Be supported with access to a wide range of professional development activities, resources, regular supervision, and team training.

Our team has built strong relationships with local medical and allied health professionals, offering a diverse referral pool. As a successful applicant, you can expect a stimulating and varied caseload, ideal for someone eager to gain experience across a wide range of nutrition areas.

This role is perfect for someone who is passionate about building long-term rapport with clients and referrers and who has strong communication, advocacy, and interpersonal skills. You will receive tailored training to develop the specific skills needed to deliver optimal dietetic services to our diverse client base, along with new assessment and counselling techniques to promote long-term nutritional health and wellbeing.

What we offer:

- Employed position with competitive remuneration package based on experience and performance.
- Superannuation + Travel loading
- Regular and ongoing professional supervision and a 12 month internal peer mentoring program
- A dedicated team leader and comprehensive training program that covers clinical skills, client communication, administrative tasks, and practice protocols.
- Financial support for Continuing Professional Development: Education in Nutrition subscription, webinars, workshops, and conferences.
- All equipment required to thrive in your role including laptop, mobile phone, tablet & Foodzone subscription.
- Access to employee exclusive offers and discounts from a range of big-brand retailers.
- Professional and highly trained administrative staff support
- Personable, supportive, and cohesive team culture
- Innovation through access to modern technology, electronic health records, telehealth platforms, and AI tools that streamline client communication and record-keeping.
- Access to a robust resource library, evidence-based resources, databases, research articles, tools and equipment and clinical guidelines
- Opportunity to develop own interest/focus area of nutrition within the team.
- Opportunity to make a difference in clients' lives and work with a team of dedicated professionals.
- Our positive reputation and established client base providing a solid foundation for building a successful career.
- Flexible work arrangements



Essential Criteria:

- Tertiary qualifications in nutrition and dietetics, as recognised by Dietitians Australia.
- Eligible for Accredited Practising Dietitian (APD) status according to the criteria set by Dietitian's Australia.
- Proficiency in time management, prioritisation, and problem-solving.
- Excellent communication (written and verbal) skills with the ability to adapt communication style to suit target audience.
- Confidence to liaise with doctors and other Health Professionals.
- Desire to work in a private practice setting and is self-motivated and willing to seek new opportunities to further build on our existing networks.
- Current NSW driver's license and own transport
- Professional indemnity and liability insurance, working with children check, criminal record check, Flu vaccination + Covid-19 vaccinations.

Are you ready to commence a fulfilling dietetics career journey? Optimum Intake Dietitians invites you to be part of our legacy. We are not just offering a job; we are inviting you to join us in our pursuit of excellence, empowerment, and innovative healthcare. As a new graduate, your fresh perspectives and enthusiasm will be vital in shaping our future.

Apply now and share your favourite food to celebrate with us!



Apply today! Send your expression of interest and resume to:

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Phone: 0499 008 451

Interviews will commence as favourable applications are received.