

ARIS ZINC GROUP NEWSLETTER

WELCOME TO 2026: FRESH STARTS AND NEW ROLES

NEW YEAR, NEW OPPORTUNITIES



BACK TO IT, RECHARGED AND REFRESHED

January is a great month to reset your routine and start strong. Even small habits can lift motivation and create balance when work gets busy.

We hope your December gave you the reset you deserved. Time to recharge, rest well, and enjoy family and friends. We also hope your Christmas and New Year were genuinely wonderful.

Now it's a new year and a fresh start. Whether you are hiring, contracting, or planning your next career move, we are here to support you with opportunities, advice, and practical resources.



WORKPLACE WELLBEING: SIMPLE ROUTINES FOR MOTIVATION AND BALANCE

Try one of these for the next 7 days.

1. The 10-minute morning reset
2. Write your top 3 priorities, one admin task, and one wellbeing task.
3. The midday energy check
4. Water, a short walk, and a real lunch break away from your screen.
5. The end of day wrap
6. List what you completed, what moves to tomorrow, and log off at a set time.

Gentle reminder
Consistency beats intensity. Choose what feels realistic, not perfect.

INTERVIEW REFRESH: COMMON QUESTIONS AND CONFIDENT ANSWERS

If interviews are coming up, practice these out loud. Keep answers clear, specific, and role focused.

Tell me about yourself

- Share what you do, what you are known for, and what you want next.

Why do you want this role

- Link your answer to the work, the team, and the impact you want to make.

Tell me about a challenge

- Use a short story with situation, action, result.

What are your strengths

- Pick two strengths, then back them with a real example and outcome.

When can you start

- Be clear and confident, even if your timeline is flexible.

QUICK JOB SEARCH TIPS: UPDATE YOUR RESUME FOR 2026

- Lead with a clear headline that matches the role you want
- Add a short summary focused on your niche and value
- Swap task lists for outcomes, include numbers where possible
- Refresh keywords to match the roles you are applying for
- Keep older roles shorter, keep recent roles detailed
- Save as PDF and name it clearly, for example Firstname Lastname Resume 2026





If you are exploring your next move, visit our [Job Seekers | Careers](#) page to view current roles and register your interest. We will be sharing more opportunities throughout the year, and we would love to help you find the right fit when the timing is right.

For our client contractors

If you are returning to site or starting a new project this month, we are wishing you a smooth start, a safe run, and a successful quarter ahead.

Aris Zinc Group

Thank you for being part of our community. We are truly grateful for this new beginning and hopeful for a strong year ahead.

 <https://ariszincgroup.com.au/>

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