

Grow with Us

Accredited Practising Dietitian (1.0 FTE)

Join a team where compassion, curiosity and great clinical care go hand in hand.

At Nourish & Thrive, we believe that the best nutrition care begins with genuine human connection.

We're a growing private practice providing neurodiversity-affirming, trauma-informed and weight-neutral nutrition care for children, adults and families. We know that food, feeding and nutrition are often deeply personal, and sometimes overwhelming. That's why we strive to create a place where people feel safe, respected and supported, and where compassionate, evidence-informed care helps people build more positive relationships with food.

As Nourish & Thrive enters its next chapter, we're looking for an Accredited Practising Dietitian who is excited to grow with us.

We're particularly excited to meet someone with a strong interest in paediatric nutrition. Depending on your interests and experience, your role may also include supporting adults with a range of nutrition concerns. Whether you're an experienced clinician or an enthusiastic early career dietitian, we'd love to hear from you.

What matters most isn't that you've done everything before.

We're looking for someone who is compassionate, curious, values collaboration, and is excited to keep learning alongside a supportive team.

About the role

This is an opportunity to build a meaningful career within a practice that genuinely values both clinical excellence and clinician wellbeing.

You'll support children and families with a diverse range of nutrition and feeding needs while developing your own clinical interests and strengths. Your caseload may include:

- Feeding differences in neurodivergent children
- Children with complex medical and developmental needs

- Tube feeding and home enteral nutrition
- Responsive feeding therapy
- Growth and nutrition concerns
- General paediatric nutrition
- Some adult nutrition work, depending on your interests

As Nourish & Thrive continues to grow, this role offers something a little different.

Alongside building your own caseload, you'll gradually be introduced to some of my long-term clients, allowing me to dedicate more time to mentoring our team, strengthening our services and supporting the future growth of the practice.

This transition will happen thoughtfully and collaboratively. My priority is ensuring families continue to receive exceptional care while giving you the opportunity to develop trusted, long-term therapeutic relationships within a well-established practice.

We're not looking for someone to simply fill a position. We're looking for someone who wants to build a meaningful career and help shape the future of Nourish & Thrive alongside us.

Our approach

We don't believe in quick fixes or one-size-fits-all nutrition advice.

Our work is grounded in responsive feeding, neurodiversity-affirming, trauma-informed and weight-neutral care. We work alongside clients and families, listening before advising and collaborating rather than directing. We value relationships over rigid rules, curiosity over judgement, and meaningful progress over perfection.

A day in this role might look like...

You start the day catching up with the team over a coffee before your first appointment.

You might support a family whose child has recently started tube feeding, helping them feel more confident and less overwhelmed. Later, you could work with a neurodivergent child and their family using responsive feeding approaches that respect the child's autonomy while supporting nutrition goals.

Between appointments, you'll have time to reflect, discuss complex cases, ask questions and celebrate the small wins that make such a big difference.

Your afternoon may include collaborating with another health professional, supporting an adult client, completing clinical documentation, or learning something new from a colleague.

Throughout it all, you'll be part of a team who genuinely enjoy learning together and helping one another grow.

Who thrives at Nourish & Thrive?

You'll probably feel at home here if you:

- Care deeply about people.
- Enjoy working collaboratively rather than in isolation.
- Are naturally curious and love learning.
- Welcome feedback and see it as an opportunity to grow.
- Value evidence while listening to lived experience.
- Want to build genuine relationships with clients and colleagues.
- Believe compassion and clinical excellence belong together.

Our values

Everything we do is guided by five core values.

Acceptance: Creating spaces where people feel safe to be themselves.

Collaboration: Working together because the best outcomes happen when everyone has a voice.

Empathy: Leading with kindness, compassion and understanding.

Growth: Embracing curiosity, reflection and continual learning.

Openness: Welcoming new ideas, honest conversations and different perspectives.

If these values resonate with you, there's a good chance you'll feel at home here.

You'll be supported to grow

Private practice can be an incredibly rewarding place to build a career, especially when you're well supported.

You'll have access to:

- Structured mentoring and clinical supervision.
- Regular opportunities to discuss complex cases.
- A collaborative multidisciplinary environment.
- Ongoing professional development.
- Administrative support that allows you to focus on client care.
- Flexibility and encouragement to develop your own clinical interests.

Whether your goal is to become an expert in paediatric disability, tube feeding, feeding therapy, adult nutrition or future clinical leadership, we'll support you to build the confidence, clinical reasoning and skills to get there.

Why join Nourish & Thrive?

We're intentionally growing, not to become the biggest practice, but to build a team of exceptional clinicians who love coming to work and who provide outstanding care to the families who trust us.

We care deeply about the people who work here.

We believe clinicians do their best work when they feel supported, trusted and valued. We celebrate progress rather than perfection, encourage questions, and create opportunities for everyone to contribute, learn and belong. We believe psychological safety is just as important as clinical excellence.

Because when our team thrives, our clients do too.

Position details

- Position: Accredited Practising Dietitian
- Employment: 1.0 FTE
- Location: Gledswood Hills, NSW
- Clinical focus: Paediatrics, complex disability, tube feeding, feeding therapy, neurodivergence, with opportunities for adult nutrition depending on your interests and experience.
- Experience: Dietitians with 1-2+ years of clinical or supervised private practice experience that includes paediatrics would be ideally suited to this position
- Remuneration: Based on qualifications and experience, in accordance with the NSW Health Professionals and Support Services Award.

What qualities will the successful dietitian have?

- A sound understanding of developmental nutrition, nutrition assessment and medical nutrition therapy in children
- Excellent written and verbal communication skills
- Good clinical judgement and an ability to recognise when additional support or escalation is needed for safe client management
- *A strong commitment* to the principles of neurodiversity affirming, trauma-informed and weight-neutral care
- An ability to prioritise their relationship with clients and families while delivering high quality clinical care
- Creativity and flexible thinking coupled with an ability to follow through on ideas
- A desire to develop both themselves and our service.

Recent graduate dietitians who have thrived in a paediatric clinical placement and/or have completed high quality paediatric CPD are warmly encouraged to apply if you demonstrate these qualities, together with initiative, curiosity, enthusiasm and alignment with our values.

Let's start a conversation

If you're looking for more than just your next job, and are excited by the idea of building a meaningful career within a supportive, values-led private practice, we'd love to hear your story.

Tell us a little about yourself, what draws you to Nourish & Thrive, and why you think you'd be a great fit for our team.



If that sounds like you, we'd love to meet you.

Reach out to Tania via: careers@nourishthrive.com.au (don't forget to attach your CV)