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Sue Walker



Stress Management and Burnout: A Conference to Support Wellness for Nurses and other Health Professionals

28 March - 04 April 2025 | 24 CPD Hours



24 CPD Hours

Our Presenter:

SUE WALKER

RN, BN, BN (ADMIN), MPH (PALCARE), MACN

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD - a Continuing Professional Development library.

As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment, and is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience both as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including the key issues impacting on the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact on the health of the clinician.

Sue is passionate about making a difference to the way in which people experience the health care system. Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their caring nature and commitment to ensuring the best possible care is delivered. Our health care system relies on Nurses to work extra shifts, longer shifts, double shifts. It relies on Nurses and Midwives willingly

Sue is excited to offer her extensive clinical experience and also create a space for attendees to connect and discuss their experiences and challenges. The learning environment will be enjoyable and engaging for all participants.





Itinerary

Date	Where	Time	Presentation
Day 1: 28/03/2025	Depart Brisbane	1630 1700 - 1800	Make sure you are on deck as we set sail Conference Welcome and Registration Function
Day 2: 29/03/2025	Conference Day	Morning 1230 - 1700 1800 - 1900	Self-directed activities Sessions included today: <ul style="list-style-type: none">• Defining Wellness• The Impact of Shiftwork on Health• The Importance of Sleep• Understanding Stress Optional social get together
Day 3: 30/03/2025	Conference Day	0900 - 1230 Afternoon 1800 - 1900	Sessions included today: <ul style="list-style-type: none">• Burnout and the Impact on the Individual• Your Belief System• Emotional Health and Suicide• Gut Health Self-directed activities Optional social get together
Day 4: 31/03/2025	Mystery Island, Vanuatu	0700 - 1700 1800 - 1900	Explore this port at your leisure Optional social get together
Day 5: 01/04/2025	Port Villa, Vanuatu	0700 - 1600 1800 - 1900	Explore this port at your leisure Optional social get together
Day 6: 02/04/2025	Conference Day	Morning 1230 - 1700 1800 - 1900	Self-directed activities Sessions included today: <ul style="list-style-type: none">• Mindfulness Attention and the Now• The issue with Automatic Behaviour• Judgement• Acceptance Optional social get together
Day 7: 03/04/2025	Conference Day	0900 - 1230 Afternoon 1700 - 1800	Sessions included today: <ul style="list-style-type: none">• Goals• Compassion• The Ego• Integration Self-directed activities Farewell Function
Day 8: 04/04/2025	Arrive Brisbane	0630	Disembark and safe travels!