



NURSES FOR
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NETWORK

From Frazzled to Fabulous: Mindfulness and Stress Solutions for Healthcare Workers

18-19 Nov 2024 | Bundaberg | 12 CPD Hours



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Synopsis

"Finding Fabulous" is about embarking on a journey of self-discovery, growth, and happiness. This two-day workshop encourages individuals to seek and create a fulfilling and extraordinary life.

Mindfulness is not just about meditation — it is a state of being. It is a way of understanding yourself and how your automatic patterns impact your relationships. It explains why it's essential to challenge your belief system and let go of judgment. Mindfulness is learning skills that focus on the now rather than beating yourself up about the past or worrying endlessly about the future.

Mindfulness gives you the skills to manage stressful situations and become curious about how you interact with others. It is not a passive process; it is a choice you actively make, and it takes persistence and courage to set personal boundaries.

To some participants, it might also mean breaking free from constraints, societal expectations, or self-imposed limitations to live a life that's true to oneself and marked by authenticity and courage.

This workshop has been specifically designed for healthcare staff working in high-stress environments. Its content will highlight the importance of self-care practices, mindfulness, and taking time to recharge. It's about recognizing the need for self-compassion and nurturing one's well-being to continue caring for others effectively.



Learning Outcomes

Develop an understanding of Mindfulness:

Participants will learn what mindfulness is and the critical components of living mindfully. They will practice mindfulness techniques beyond traditional meditation, allowing them to cultivate a state of presence and awareness in their daily activities. This includes acquiring skills to focus on the present moment, thereby reducing stress and enhancing the quality of both personal and professional relationships.

Enhance Emotional Resilience:

Attendees will gain strategies for building emotional resilience, enabling them to maintain a positive outlook and effectively manage challenges in high-stress healthcare settings. This outcome emphasizes the importance of adopting a solutions-focused approach, challenging negative belief systems, and practicing self-compassion to navigate through difficult circumstances.

Improve Self-awareness and Relationship Dynamics:

The workshop will equip healthcare professionals with the insights and tools to understand their automatic patterns of thinking and behaving, how they impact their interactions with colleagues and patients, and how to alter these dynamics to foster more supportive and satisfying relationships. Participants will explore the concepts of non-judgment and curiosity in improving communication and teamwork.

Foster Personal and Professional Well-being:

Participants will learn the significance of self-care practices tailored to the demands of healthcare professions. The workshop aims to inspire healthcare staff to prioritise their well-being through practical self-care strategies and enhancing their capacity to care for others. It also encourages individuals to seek authenticity and courage, advocating for a balanced approach to living a fulfilling and extraordinary life inside and outside the workplace.



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The Program

DAY ONE:

Sessions presented today:

- What is Mindfulness
- Exploration of the Key Components of Mindfulness
- Useful Ways to Deal with Work Stress and Overcoming Adversity

DAY TWO:

Sessions presented today:

- Let's Begin with Training our Mind
- Mindful Thoughts: An Exploration
- Journaling and Gratitude
- Emotional Freedom Techniques (EFT)
- Transforming Relationships
- Overview of Mindfulness

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 platform to assist Nurses in meeting their annual CPD requirements.

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, and Training and Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief and Loss, and Workplace Bullying.

Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

"Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional and community expectations Nurses and Midwives need to acknowledge their unique contribution to health care delivery and assert their collective strength to safeguard the community and ensure their ongoing professional needs are recognised and met.

Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. The knowledge and skill of the individual Nurse will have the greatest influence on the happiness and health outcomes of each and every client".





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Registration Cost

\$690 incl GST

\$655.50 incl GST (Nursing CPD paid subscriber price)

(Please Note: Conference registration does not include accommodation or travel costs.)

What's Included:

- A workshop program based on current best practice
- Workshop presenter who is excited to share her skill, knowledge, and passion with attendees
- A workshop pack that includes a notepad, pen, and additional information to support a fantastic workshop experience
- Morning tea, lunch and afternoon tea as outlined in the program
- A workshop transcript that identifies each session held including the session synopsis and session presenters
- A Certificate of Completion identifying the CPD hours attached to the program to include in your CPD Evidence Portfolio

Venue - TBA



The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event, to cover any unforeseen circumstances that may prevent them attending and thus incur any financial loss.

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