



NURSES FOR  
NURSES  
NETWORK

# FROM FRAZZLED TO FABULOUS



MINDFULNESS AND STRESS SOLUTIONS FOR  
HEALTHCARE WORKERS

Bundaberg | 18-19 Nov 2024 | 12 CPD HRS

## 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.

Finding fabulous is about cultivating joy and satisfaction in both your professional and personal relationships and adopting a positive outlook towards life, even in the face of challenges. It suggests building resilience, focusing on solutions, and embracing optimism.

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.

## DAY ONE: MONDAY 18<sup>TH</sup> NOVEMBER 2024

0900 - 0930 **Registration, welcome and afternoon tea**

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0930 – 1030 **What is Mindfulness**

Participants will learn what mindfulness is and the critical components of living mindfully. In this session, we will explore the key components of attention, open awareness, acceptance, no identification, and choice.

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1030 – 1100 **Morning Tea**

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1100 – 1300 **Exploration of the Key Components of Mindfulness**

In this session, we will explore:

- Attention (for the present moment)
- Automatic patterns and reactivity
- Judgement
- Conflict / Acceptance

How do you break these embedded ways of thinking and behaving?

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1300 – 1400	<b>Lunch</b>
1400 – 1530	<p><b>Exploration of the key components of Mindfulness</b></p> <p>In this session, we will explore:</p> <ul style="list-style-type: none"> <li>• Goals / Future (doing versus results)</li> <li>• Compassion, Ego / Identity, and</li> <li>• Integration</li> </ul> <p>How do you break these embedded ways of thinking and behaving?</p>
1530 – 1600	<b>Afternoon Tea</b>
1600 – 1700	<p><b>Useful Ways to Deal with Work Stress and Overcoming Adversity</b></p> <ul style="list-style-type: none"> <li>• How does the brain work and process stress?</li> <li>• How to deal with unpleasant people, recognise what is happening, and manage the situation.</li> </ul>
Optional	<p><b>Meet as a Group for a Meal</b></p> <p>If you are interested in doing so as part of the registration process, let me know, and I can book us a table at a local venue.</p>
<b>DAY TWO: TUESDAY 19<sup>TH</sup> NOVEMBER 2024</b>	
0900 – 1000	<p><b>Let's Begin with Training our Mind</b></p> <p>Today, we will explore several exercises that will help us train our brains.</p> <p>The first exercise is scanning our body. It teaches the basic principles of mindfulness, such as paying attention to the present moment and observing without judgment, which are applicable to other mindfulness practices.</p> <p>The second exercise will be using sound or breath as an anchor to focus your mind. It will include:</p> <ul style="list-style-type: none"> <li>• Three-minute breathing exercise</li> <li>• Mindful Movement</li> <li>• Mindful Emotions</li> </ul>
1000 – 1030	<b>Morning Tea - but with a mindfulness exercise!</b>
1030 – 1130	<p><b>Mindful Thoughts: An Exploration</b></p> <p><i>Mindful Thinking</i> Emphasises being present and aware without judgment. It's about experiencing thoughts and feelings openly, fostering self-awareness and insight.</p> <p><i>Mindful Meditation</i> Meditation is a practice. It's called practice, as taking control of your thoughts takes time and repetition.</p>
1130 – 1200	<p><b>Journaling and Gratitude</b></p> <p>Journaling and practicing gratitude are key components of mindfulness, offering substantial benefits for mental and emotional well-being. These practices encourage a focused, reflective state of mind that supports the mindfulness goal of being fully present and engaged in the current moment with a nonjudgmental and accepting attitude.</p>
1200 – 1230	<p><b>Emotional Freedom Techniques (EFT)</b></p> <p>Often referred to as "tapping" or "psychological acupuncture," this is a therapeutic tool that combine elements from various practices, including traditional Chinese medicine, acupuncture, neuro-linguistic programming (NLP), energy medicine, and Thought Field Therapy (TFT).</p>
1230 – 1330	<b>Lunch</b>

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1330 – 1430 **Transforming Relationships**  
Mindfulness can profoundly transform relationships by fostering deeper understanding, empathy, and connection between people. By applying mindfulness principles, individuals can cultivate a more compassionate, present, and non-judgmental stance in their interactions with others.

Mindfulness encourages active listening and thoughtful speaking, fostering open and honest communication. It also aids in recognising and managing one's emotions, which is crucial in relationships where emotional reactions can sometimes lead to conflict. It reduces stress, builds empathy, leads to acceptance, and confirms your boundaries.

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1430 – 1500 **Summation and Overview of Mindfulness**  
Where to from here: Sign up for further insights and updates – plus ad hoc meetups to practice mindfulness activities.

Homework: Workbook to keep you on track.

Safe travels!

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## OUR PRESENTER

### Sue Walker

RN, BN, BN (ADMIN), MPH (PALCARE), MACN Specialist Nurse Educator

Sue is a director and co-founder of the Nurses for Nurses Network and Nursing CPD. As a Nurse Education Consultant, Sue is a member of the Education Governance Committee of Nursing CPD as well as a key contributor to the online education platform Continuing Professional Development library.

As a Registered Nurse, Sue holds Degrees in Nursing and Health Administration, a Master's Degree in Primary Health Care majoring in Palliative Care, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment. She is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience as a clinician, educator, and senior manager in the acute, aged care, community, and palliative care settings. Sue is passionate about making a difference to the way in which people experience the health care system.

"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 backbone of the healthcare system. It is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes of each and every client."

## INCLUSIONS

- 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

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

**\$690.00** inc GST

**\$655.50** inc GST (Nursing CPD paid subscriber price)

## VENUE - TBA

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*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 incurring any financial loss.*

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