

Hobart



NURSING WELL-BEING:

Science-Based Approaches to Manage Stress, Prevent Burnout, and Build Resilience

15-17 JULY 2025



NURSES FOR
NURSES
NETWORK

SYNOPSIS

Nurses face immense physical, emotional, and mental demands every day, often leading to high levels of stress and burnout. This 2-day conference is designed to provide healthcare professionals with science-based, practical tools to manage stress, prevent burnout, and build lasting resilience.

Through expert-led discussions, interactive workshops, and hands-on sessions, participants will explore evidence-backed strategies for:

- Identifying and addressing the early signs of burnout
- Developing stress management techniques that can be integrated into daily routines
- Enhancing emotional resilience and maintaining mental well-being
- Improving patient care outcomes through better communication and self-regulation

This conference offers a comprehensive approach to maintaining personal wellness while navigating the challenges of modern healthcare. Attendees will leave equipped with practical tools and personalised strategies to sustain well-being, thrive in their profession in their professional and personal lives.

Perfect for both experienced and graduate nurses, this event focuses on actionable, research-driven methods that can be implemented immediately to foster a healthier, more balanced professional–personal life experience.



LEARNING OUTCOMES

At this conference, you will:

- Identifying and addressing the early signs of burnout
- Developing stress management techniques that can be integrated into daily routines
- Enhancing emotional resilience and maintaining mental well-being
- Improving patient care outcomes through better communication and self-regulation

YOU WILL ALSO LEARN ABOUT

- What stress is and how it can be beneficial
- What happens when stress becomes an ongoing problem
- What burnout looks like and how to recognise the warning signs in yourself and your colleagues
- The basics of how to live your life mindfully
- How mindfulness can help reduce stress and increase focus.
- The magnificence of meditation
- Many breathing and meditation techniques
- How self-compassion can be the key to stress management
- Quick meditation techniques to use in the workplace when the wheels start to fall off!
- How tai chi can be used as movement meditation – it can train both the mind and body to manage your stress response
- What emotional resilience is and how to cultivate it
- How mindfulness can enhance your relationships with clients – creating a better therapeutic relationship and better communication
- Ditto as above for personal relationships – learn how to own your emotional response to a situation and stop blaming others for the way you are feeling
- What somatic yoga is
- The benefits of somatic yoga and practice some simple moves
- How to manage stress through journaling
- How to create your own mindfulness plan

DETAILED ITINERARY

DAY 1: 15/07/2025

1300 – 1315: Registration and Welcome

1330 – 1415: Understanding Stress and Burnout: The Science of Burnout and Stress in Nursing

Overview of what stress and burnout are, particularly in the context of healthcare professionals. Covering the physiological and psychological effects of chronic stress.

1415 – 1500: Recognising Early Signs of Burnout

How to identify symptoms in oneself and others before burnout becomes a crisis. Discussion on emotional exhaustion, depersonalisation, and reduced personal accomplishment.

1500 – 1530: Break and discussion



1530 – 1615: Mindfulness 101: The Basics

Introduction to mindfulness as a way of living in the world. It is much more than meditation. It allows you to manage situations calmly – without judgment. The session will include breathing techniques and mindful awareness. Explore how mindfulness can help reduce stress and increase focus.

1615 – 1700: Workshop: Mindful Breathing and Relaxation Techniques

Hands-on practice with deep breathing, progressive muscle relaxation, and guided imagery to promote immediate stress relief.

1730 – 1830: Optional get-together at the venue to reflect on the day and get to know each other.

DAY 2: 16/07/2025

0830 – 0930: Self-Compassion: Healing the Healer

Exploring self-compassion as an antidote to burnout. Practical exercises for cultivating kindness toward oneself, even in high-pressure situations.

0930 – 1030: Meditation for Nurses

A session focused on short, adaptable meditation practices tailored for the busy, high-stress nursing environment. Includes guided meditations designed to fit into brief breaks.

1030 – 1100: Break and Discussion

1100 – 1200: Mindfulness in Motion (Tai Chi, or Movement Meditation)

A movement-based mindfulness session where nurses can experience how movement and breath can help release tension, improve focus, and reset the nervous system.

1200 – 1300: Building Emotional Resilience in a Challenging Environment

Practical strategies for fostering emotional resilience, including reframing negative thoughts, boundary setting, and cultivating gratitude and positive psychology techniques.

1300 – 1345: Lunch

1345 – 1445: Mindfulness and Patient Care

How being mindful can enhance patient care and communication, leading to better relationships with patients and colleagues, and less stress in difficult situations.

1445 – 1530: Mindful Communication and Active Listening

Practice skills for mindful communication with patients, peers, and supervisors. Focus on active listening, empathy, and non-judgmental presence.



1530 – 1600: Break

1600 – 1700: Somatic Yoga

The slow, mindful movements of Somatic Yoga are incredibly soothing for your nervous system. By practicing these movements along with deep, rhythmic breathing, you activate your body's relaxation response.

DAY 3: 17/07/2025



0830 – 0930: Emotional Release and Processing

Writing about stressful events or feelings helps offload emotions that might otherwise feel overwhelming. It provides a safe outlet to process thoughts, reducing the mental burden.

Journaling provides a structured space to untangle complex emotions and clarify thoughts. This can lead to a better understanding of what's causing stress and how to address it more effectively.

0930 – 1030: Creating a Personal Mindfulness Plan

Nurses develop personalised mindfulness plans that integrate into their daily routines. This includes short practices that can be done at work or home.

1030 – 1100: Break

1100 – 1200: Guided Group Meditation and Reflection

A final session to reflect on the learning and experiences over the 2 days. Participants engage in a closing meditation and set intentions for how to continue their mindfulness journey post-conference.

These topics are designed to equip nurses with tools they can use both immediately and over the long term, addressing not just the symptoms of stress but building a foundation for greater resilience and emotional well-being.

1200: Safe Travels

OUR PRESENTER

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



Sue is the director & 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 & Health Administration, a Masters Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, & Training & Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, & Clinical Supervisor.

Sue has extensive experience as a clinician, educator, & senior manager. She has presented at local & international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do & 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 & Loss, & Workplace Bullying.

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

“Nurses are the backbone of the healthcare system & work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional & community expectations Nurses & Midwives need to acknowledge their unique contribution to health care delivery & assert their collective strength to safeguard the community & ensure their ongoing professional needs are recognised & 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 & skill of the individual Nurse will have the greatest influence on the happiness & health outcomes of each & every client”.

CONDENSED ITINERARY

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1500 – 1530: Break and Discussion

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1615 – 1700: Workshop: Mindful Breathing and Relaxation Techniques

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1445 – 1530: Mindful Communication and Active Listening

1530 – 1600: Break

1600 – 1700: Somatic Yoga

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WHAT PREVIOUS ATTENDEES HAD TO SAY



"Great venue. Content of speakers [was] well researched and presented very well by all the speakers. Excellent learning experience for CPD." – Christine (How to Regain Professional Authority through Effective Communication, Hobart, 2024)



"The conference topics were very relevant and interesting. The presenter, Sue who was running the sessions was awesome. She was professional and interesting to listen too involving the audience. It was great to mix pleasure with learning and not to feel the pressure of attending a conference." – Margaret (Nursing Fundamentals, Japan 2024)



"Sue was engaging and interesting to listen to. The course flow was easy to follow, and her use of humour and past experiences lightened the mood given the heaviness of the topics." – Jessica (Standard Mental Health First Aid, Bundaberg 2024)

REGISTRATION COSTS

\$790.00 incl GST

(NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

VENUE

RACV Hobart Hotel

154 - 156 Collins Street, Hobart, Tasmania, Australia 7000

[Check availability >>](#)

INCLUSIONS

- An extensive Conference program based on current best practice
- Conference Presenter who is excited to be able to share her skills, knowledge, and passion with Conference Attendees
- An online Conference library filled to the brim with educational content that allows you to create your own learning experience by completing pre-conference education activities
- A Conference pack that includes a notepad, pen and additional information to support a fantastic Conference experience
- Morning tea, lunch and afternoon tea as outlined in the program
- A Conference Transcript that identifies each session held at the Conference including the session synopsis and session presenter
- A Certificate of Completion identifying the CPD hours for you to include in your CPD Evidence Portfolio

INSURANCE

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.

DISCLAIMER

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