



# “GPS” – GOING PLACES SEMINAR

## NAVIGATING THE NURSING JOURNEY

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**DATES:**

28<sup>th</sup> June 2019 in Townsville

9<sup>th</sup> July 2019 in Caloundra

**TIME:** 8:30AM – 4:30PM

**COST:** \$305.00

PAYMENT PLANS AVAILABLE

**CPD:** 7

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### One-day seminar – fully catered

The language of nursing is currently peppered with terms like “burnout”, “compassion fatigue” and “moral distress”; whilst it sounded remote and foreign a few years ago, suddenly some of us are finding ourselves feeling seriously at risk. It is a topic of conversation from new graduate colleagues right through to our senior nurses, some who sadly feel they are “crawling to the finish line”.

Personally, it affects our physical wellbeing, our sense of self-esteem, our relationships with patients, colleagues and, sadly sometimes, our families and ultimately our satisfaction and contentment with life.

Jane’s passion for wellbeing for healthcare providers arose out of a brush with burnout herself and several family members receiving care in healthcare services. Attend this session for a thought-provoking day covering these topics and more:

- Stress and its impact on body, mind, emotions
- Managing energy and momentum (vs only “managing time”) – maintaining momentum
- Giving yourself time to reconnect and centre – with your priorities; your colleagues and your profession
- Core elements to perform at our best – sleep, positive affect and moderating stress
- Mindfulness – application in practice

**Enrol and pay online now:** <http://www.ect4health.com.au/enrol/>

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