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Shahina Braganza



Chris Stapelberg



# Optimising Wellness in Health Care Workers

*Cruising to New Zealand departing Sydney*  
*2 - 11 April 2020 | 24 CPD Hours*



# Optimising Wellness in Health Care Workers (24 CPD Hours)

## The Presenters:



Shahina Braganza

### **SHAHINA BRAGANZA**

MBBS (HONS), BMEDSCI, FACEM  
SENIOR EMERGENCY PHYSICIAN AND CREATOR OF ONEED

Shahina Braganza is a senior emergency physician in Queensland, Australia. She has previously also been a Director of Clinical Training, supporting hospital-wide prevocational doctors. She is passionate about “non-technical” skills in medicine and has a particular interest in professionalism, communication and emotional situational awareness.

Her work will be done when such skills and attributes are no longer considered optional extras, but as core qualities demanded by the healthcare profession. She also has a keen interest in wellbeing, resilience and balance. She is outspoken about sharing stories of vulnerability, imperfection and courage.

Her portfolio in the ED includes coordinating inter-professional education, ED-mental health service liaison, various commitments with the Australasian College of Emergency Medicine, and the oneED wellness project.



Chris Stapelberg

### **CHRIS STAPELBERG**

BSC (HONS), MBBS, FRANZCP  
PROFESSOR FOR MENTAL HEALTH AT BOND UNIVERSITY AND THE  
GOLD COAST UNIVERSITY HOSPITAL

Chris Stapelberg is the Professor for Mental Health at Bond University and the Gold Coast University Hospital in Queensland, Australia. He is a medical doctor and senior staff specialist in psychiatry, working at the Gold Coast University Hospital as a psychiatrist. Chris is the Mental Health and Specialist Services Director of Research at the Gold Coast University Hospital.

Chris has been researching stress and major depression since 2009. He has undertaken work mapping the network of physiological pathways in stress and depression, using a systems biology framework. He is also studying biomarkers in the context of stress and major depression. He completed his PhD studying the impact of depression on heart rate variability in people with, and without, coronary heart disease.

He is the principal investigator, or a co-investigator, on a number of research projects in this area. He also leads the evaluation of the Gold Coast Health Suicide Prevention Strategy, one of the largest implementations of the Zero Suicide Framework in Australia. Chris is also an Invited Expert on depression for the Global Burden of Disease Project with the World Health Organisation since 2013.

When he is not doing clinical work or research, Chris spends time with his wife and two daughters. When he has spare time, Chris does digital art and loves to cook.



# Itinerary

Date	Time	Location	Presentation
<b>Day 1:</b> 02/04/2020	1845 TBA	<b>Sydney</b> <b>TBA</b>	<b>Set sail from port</b> <b>Conference Welcome and Registration Function</b>
<b>Day 2:</b> 03/04/2020	0830 - 1300	Conference Room, Deck 13	<b>Seminar Sessions</b> - including self-directed, recorded webinars and face to face
<b>Day 3:</b> 04/04/2020	1300 - 1730	Conference Room, Deck 13	<b>Seminar Sessions</b> - including self-directed, recorded webinars and face to face
<b>Day 4:</b> 05/04/2020	0800 - 1700	<b>The Sounds</b>	<b>A full day cruising around The Sounds</b>
<b>Day 5:</b> 06/04/2020	0800 - 1700	<b>Dunedin</b>	<b>Optional Tour Available</b> <b>(Contact Education at Sea for more Details)</b>
<b>Day 6:</b> 07/04/2020	1100 - 2000	<b>Wellington</b>	<b>Optional Tour Available</b> <b>(Contact Education at Sea for more Details)</b>
<b>Day 7:</b> 08/04/2020	0800 - 1700	<b>Picton</b>	<b>Optional Tour Available</b> <b>(Contact Education at Sea for more Details)</b>
<b>Day 8:</b> 09/04/2020	0900 - 1700	Conference Room, Deck 13	<b>Seminar Sessions</b> - including self-directed, recorded webinars and face to face
<b>Day 8:</b> 09/04/2020	1300 - 1730	Conference Room, Deck 13	<b>Seminar Sessions</b> - including self-directed, recorded webinars and face to face
<b>Day 9:</b> 10/04/2020	0830 - 1300	Conference Room, Deck 13	<b>Seminar Sessions</b> - including self-directed, recorded webinars and face to face
	TBA	TBA	<b>Conference Farewell</b> - complimentary Drinks and Canapes function
<b>Day 10:</b> 11/04/2020	0630	<b>Sydney</b>	<b>Disembark - safe travels!</b>





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## Fabulous Shore Tours (Optional)



*Make the most of your day in Dunedin, the oldest city in New Zealand. This comprehensive full day itinerary takes you to some of the finest lookouts & must-see places in the city of Dunedin & ventures out to explore remote parts of the Otago Peninsula with its stunning coast, rolling sand dunes & a beautifully architected castle. The tour will include lunch in the Ballroom of Larnach Castle*



*Enjoy views of the city, the harbour & coast from the most stunning vantage points, including the cable car terminal. Visit the Botanic Garden, the famous Beehive, Parliament buildings & take a ride on Wellington's iconic cable car. Enjoy the rugged southern bays & coastline. The tour will conclude with a 3 course lunch on the stunning Wellington Waterfront near Te Papa, New Zealands National Museum.*



*The stunning Marlborough is New Zealand's largest wine growing region & home of the world-renowned sauvignon blanc.*

*This fun filled tour will include cellar door tastings at Framingham Winery, Giesen Winery, Allan Scott Winery followed by a magnificent 3 course lunch which matching wine at the renowned St Claire Winery.*

**NEXT STEP:** Contact Education at Sea for a personalised quote.