



LIMITED PLACES  
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Anne Evans-Murray



Sue Walker



## *A Journey of Wellness*

*Cruising to Morten Island departing Sydney  
5 - 9 October 2022 | 12 CPD Hours*



## *A Journey of Wellness* (12 CPD Hours)

### The Presenter:



#### **ANNE EVANS-MURRAY**

R.N., BHlthSc, MACCCN, Grad.Dip Ed, MEd, Dip Counselling, GradCertCritCare, CertIV Training and Assessment, CertIV in Mediation

Anne has a passion for teaching which she does in an unpretentious way that ensures you will not only understand and retain what she presents but will enjoy this learning experience. She has extensive experience of over 26 years lecturing for Gold Coast Health District and Griffith University.

Currently, she is a guest lecturer at Bond University medical school. Anne is a frequent presenter at workshops, conferences & seminars throughout Australia & New Zealand on subjects such as high dependency nursing, cardiac arrhythmias & ECG interpretation, chest x-rays interpretation, clinical assessment of the deteriorating patient, assertion training and leadership. She conducts accredited advanced life support training for nurses, doctors and paramedics.

Anne has a passionate commitment to empower all clinical staff through increased awareness and knowledge of the critically ill patient's condition so that timely intervention is implemented, which will benefit patient outcomes.

She is the author of three books; "ECGs Simply", "Interpretation of Chest X-rays Simply" and 'Uncomplicating Life, Simply'. Her ECG book is a textbook sold in many universities in Australia.



#### **SUE WALKER**

R.N., BACH NURSING (ADMIN), M.P.H.C. (PALLIATIVE CARE), MACN

Sue Walker is the Director and co-founder of the Nurses for Nurses Network and the Nursing CPD Institute. As a Nurse Education Consultant Sue is a member of the Education Governance Committee of the Institute 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, and is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience both 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."



# Itinerary

Date	Time	Presentation
<b>Day 1:</b> 05/10/2022	1600 1730 - 1830	<b>Depart Sydney</b> <b>Welcome and Registration Reception</b>
<b>Day 2:</b> 06/10/2022 AT SEA	0800 - 1700 BREAKS INCLUDED	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>• Defning wellness</li><li>• Personality Profile</li><li>• Self-Esteem: Developing Confidence and Improving Physical and Mental Health</li><li>• Burnout</li><li>• Resilience and Grief</li></ul>
<b>Day 3:</b> 07/10/2022 MORETON ISLAND	0800 - 2000	<b>Take today to explore this beautiful destination at your leisure</b>
<b>Day 4:</b> 08/10/2022 AT SEA	0700 - 1600 BREAKS INCLUDED	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>• Meditation Practice</li><li>• Anxiety, Panic Attacks and Adrenal Fatigue from constant Stress</li><li>• What does fabulous look like?</li><li>• Communication and Assertion</li><li>• Professional Boundaries</li><li>• Assetiveness Training</li></ul>
	1800	Tonight we say our goodbyes to new friends as we enjoy a farewell function.
<b>Day 5:</b> 09/10/2022	0630	<b>Disembark Sydney</b>

