

Stress Management and Burnout: The impact on Teachers, and the use of Mindfulness Strategies

Cruising the South Pacific
departing Sydney

25 SEP - 05 OCT 2025

CONFERENCE SYNOPSIS:

Both stress and burnout impact Teachers. This conference explores the key issues surrounding stress and burnout. It provides a Mindfulness workshop to enhance Teacher's ability to manage stress and explore strategies to enhance their emotional well-being in their personal and professional lives.

Stress should be viewed as a process rather than a definitive diagnosis. It occurs when there is an issue between the demands placed upon us and our ability to handle them. How intensely and extensively stress affects an individual largely hinges on their perspective towards a given situation.

Burnout is a work-related stress syndrome resulting from chronic exposure to job stress. Psychoanalyst Freudenberger introduced the term in the early 1970s and subsequently defined it by Maslach et al. as consisting of three qualitative dimensions: emotional exhaustion, cynicism and depersonalisation, reduced professional efficacy, and personal accomplishment.

Mindfulness is more than a strategy to manage difficult situations. It is a way to cultivate a more balanced relationship with oneself in relation to the realities of life. Mindfulness can better be understood as a way of being and living rather than a tactic or strategy for life. By providing the opportunity to devote attention to the processes that underlie mindfulness and explore scientific findings related to mindfulness, this training is different from other programs in many respects and provides attendees with the tools to enhance their well-being.

LEARNING OUTCOMES:

At this conference, you will:

- Explore what stress is and strategies to manage same
- Discuss why workplace stress can lead to burnout
- Review the consequences of burnout to the individual and the organisation
- Undertake a mindfulness workshop that will provide strategies to assist in managing stress

YOU WILL ALSO LEARN:

- What wellness is, and strategies to achieve same in your personal and professional life
- What stress is and its impact on the individual
- About burnout and the consequences for an individual's personal and professional life
- How what we think impacts how we feel which leads to how we behave
- The issue of suicide in the professions
- Key strategies to assist a suicidal person
- The importance of sleep and how to achieve same
- The latest research on gut health and mental health
- One deep dive into a specific element of mindfulness per session
- Integrating information and practice with scientific evidence and insights
- Detailed explanations covering the reasons for certain practices
- Small practices that aim to increase the integration of mindfulness into daily life
- Examining mindfulness in the broader context of life and how we perceive things
- Understanding the foundation of processes that mindfulness rests upon

THE VENUE:

The Carnival Splendor

Cruising the South Pacific departing Sydney

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THE PROGRAM:

Day One: 27th September 2025 Depart Sydney
1600: Depart Sydney Make sure you are up on deck to say farewell to Sydney.
1700 – 1800: Welcome drinks and Registration Event Come along and meet the presenters and other conference attendees. Pick up your conference pack and find out about the optional events you have chosen to attend.
Day Two: 28th September 2025 Conference Day
Morning: Self-directed Activities This morning you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion. The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes. <ol style="list-style-type: none">1. Article review and reflection: Teacher Stress and Burnout in Australia: Examining the role of Intrapersonal and Environmental Factors2. Article review and reflection: A cross-sectional Study of Australian Teachers' Health3. Video: Improving Sleep Amongst Teachers
1130 – 1300: Lunch
1300 – 1400: How did we get here? This session will discuss the experiences that underpin the content of this conference.
1400 – 1500: Understanding Stress Burnout Stress should be viewed as a process rather than a definitive diagnosis. It occurs when there is an issue between the demands placed upon us and our ability to handle those demands. How intensely and extensively stress affects an individual largely hinges on their perspective towards a given situation. An occurrence that might induce significant stress in one person could be a minor obstacle for someone else.
1500 – 1530: Break
1530 – 1630: Your Belief System This session will explore how our belief system impacts our response to situations. What we think impacts how we feel which leads to how we behave. Humans are complex creatures!
1630 – 1730: Personality Test Help individuals gain insights into their own behaviours, preferences, strengths, and weaknesses. This self-awareness can guide personal growth and development. Let's explore.
1800 – 1900: Social Get Together Venue: TBA A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.
Day Three: 29th September 2025 Conference Day
0800 – 0900: Assertiveness Workshop Assertiveness helps individuals express their thoughts, feelings, and needs openly and honestly, boosting self-confidence and self-esteem. It allows people to set boundaries of acceptable behaviour and stand up for their rights and beliefs without feeling guilty or anxious.
0900 – 1000: The Results of Unmanaged Stress: Depression, Anxiety, and the Risk of Suicide Suicide is complex and there is no single reason why a person takes their own life. Research identifies that a person with depression, an anxiety disorder, or substance abuse disorder are at greater risk of suicide. Suicide and attempted suicide are a major cause of preventable deaths and a significant health issue for our society. We will explore these conditions and how you can help a person who is considering taking their own life.
1000 – 1030: Break
1030 – 1130: Gut Health The gut is our second brain, and there is mounting evidence to support the importance of gut health on our emotional and physical wellbeing. This session will explore the latest information on gut health.

<p>1130 – 1230: Mindfulness Attention and the Now The training of attention is essential in mindfulness. Mindfulness teaches us to focus the attention on what is happening in this moment, the now. Although this sounds easy, it seems that we often just do not live in the moment and instead, focus our attention on our thoughts or the content of our thoughts.</p>
<p>1230 – 1430: Lunch</p>
<p>Afternoon: Self-directed Activities This afternoon you have self-directed learning activities.</p> <ol style="list-style-type: none"> 1. Article review and reflection: Mindful Practice for Teachers: Relieving Stress and Enhancing Positive Mindsets 2. Article review and reflection: The Impact of Mindfulness Practices in Teachers
<p>1800 – 1900: Social Get Together Venue: TBA A bit of fun and get to know each other.</p>
<p>Day Four: 30th September 2025 Free Day Mare Island, New Caledonia</p>
<p>0900 – 1800: Take this day to explore this port of call at your leisure. When you think of Mare Island, think of white beaches, crystal clear waters, and absolutely stunning landscapes. A Mare cruise will give you some of the best beach experiences you'll ever have. Each beach is different, from traditional sands to breathtaking cliffs.</p>
<p>1800 – 1900: Social Get Together Venue: TBA A bit of fun and get to know each other.</p>
<p>Day Five: 1st October 2025 Free Day Lifou, New Caledonia</p>
<p>0800 – 1700: Take this day to explore this port of call at your leisure. Lifou offers a perfect mix of relaxation, cultural experiences, and outdoor adventures. Whether you're looking to unwind on the beach, explore nature, or immerse yourself in local culture, Lifou has something to offer every traveller.</p>
<p>1800 – 1900: Social Get Together Venue: TBA A bit of fun and get to know each other.</p>
<p>Day Six: 2nd October 2025 Free Day Noumea, New Caledonia</p>
<p>0800 – 1700: Take this day to explore this port of call at your leisure. Dive into the vibrant energy of this bustling South Pacific Island and savour the delightful fusion of French and Melanesian flavours during our shore excursions. Immerse yourself in the enchanting Kanak culture, with its captivating traditional music, dance, and exquisite arts and crafts. Experience the lively tapestry of Kanak heritage that beautifully reflects the rich history of New Caledonia.</p>
<p>1800 – 1900: Social Get Together Venue: TBA A bit of fun and get to know each other.</p>
<p>Day Seven: 3rd October 2025 Conference Day</p>
<p>Morning: Self-directed Activities This morning you have self-directed learning activities.</p> <ol style="list-style-type: none"> 1. MP3s and Videos: Meditation Practice
<p>1130 – 1300: Lunch</p>
<p>1300 – 1400: The Issue with Automatic Behaviour Automatism involves a behaviour occurring outside of conscious awareness, that is, when we are not consciously aware of our own behaviour. Although it may be difficult to imagine, some researchers believe that 90% of our behaviour is carried out automatically. Automatic patterns are not limited to behaviour, like driving a car or playing the piano. Thought patterns or coping with setbacks or stress can also become automatic. Although in some cases, automatic behaviour is very useful, it can also cause serious problems.</p>
<p>1400 – 1500: Judgement Judgments operate like a lens, and we see the world through the lens of our judgment. When we judge something, we're colouring reality. We're wearing a lens, we see reality through a lens of our judgment, and our beliefs shape the colour of the lens. In other words, the judgments that we make have a strong effect on how we feel.</p>
<p>1500 – 1530: Break</p>
<p>1530 – 1630: Acceptance Acceptance plays an important role in mindfulness. Rather than trying to avoid or control an experience, mindfulness involves allowing experiences to be present and take their natural course. Every feeling and every thought are permitted to be there, after all, the thoughts and feelings are there anyway. Mindfulness teaches us not to struggle with feelings or thoughts. Allowing and accepting are central concepts in mindfulness.</p>

<p>1630 – 1730: Goals Mindfulness does not mean you no longer set goals or that you just live in the moment. It means that you set goals consciously.</p>
<p>1800 – 1900: Social Get Together Venue: TBA A bit of fun and get to know each other.</p>
<p>Day Seven: 4th October 2025 Conference Day</p>
<p>0800 – 0900: Compassion Life can be hard at times. Regardless of our best intentions, sometimes things go wrong, sometimes even very wrong. The reactions we have towards ourselves are often merciless. A negative judgment about ourselves is often an automatic response to our failure, whereas forgiveness and gentleness are nowhere to be found. It is exactly this gentleness and compassion that are of extreme importance because they have the power to transform all that negativity. The good news is that compassion can be increased through practice.</p>
<p>0900 – 1000: The Ego Mindfulness leads to the understanding that you are more than just a form, more than your body, your thoughts, and emotions. You are not what you identify with. Imagine that everything you identify with falls apart (your job, your friends, your body), is there still something or someone left? The answer is yes.</p>
<p>1000 – 1030: Break</p>
<p>1030 – 1130: Integration The preceding seven sessions explored various themes and exercises. A wise saying says, "The last meeting lasts for the rest of your life". And that is true. Mindfulness is a process that keeps developing over time. In this final session, we will reflect on what has been learned, integrating the previous themes. We will also reflect on how this knowledge and experience gained from the training can be integrated into your life.</p>
<p>1130 – 1230: Your Stress Management and Mindfulness Plan In this session, what we will do is work out a plan for yourself. <i>Meditation:</i> When are you going to add it into the day? What app are you going to use? <i>Diet:</i> If you are going to change something – what is it and how are you going to do it? <i>Assertiveness and Boundaries:</i> Have your plan ready of how you are going to respond to those difficult people at home and work. Have you worked out your yes but? How are you going to address it? <i>You know your Personality:</i> What are you going work on? <i>Mindfulness is about not judging but being curious as to why others may be acting in the way they are.</i></p> <ul style="list-style-type: none"> • Have you considered any strategies that you can deploy to avoid jumping into automatic behaviours and judging others? • One strategy for improving compassion is journalling. • Can you think of any others that you might apply to yourself? <p><i>Gratitude:</i> What are you thankful for? Who have you shown gratitude to?</p>
<p>1230 – 1400: Lunch</p>
<p>Afternoon: Self-directed Activities This afternoon you have self-directed learning activities.</p> <p>Meditation Practice:</p> <ul style="list-style-type: none"> • Dealing with Addiction Cravings • Observer Meditation • Body Scan Meditation by expert and founder of Mindfulness-Based Stress Reduction Jon Kabat Zinn • Acceptance of Emotion Meditation
<p>1730 – 1830: Farewell Reception Take this opportunity to enjoy a complimentary function as the conference draws to a close and we say farewell to new friends and colleagues.</p>
<p>Day Eight: 5th October 2025 Arrive Sydney</p>
<p>0630: Disembark – safe travel!</p>

OUR PRESENTERS:

Steph Wheeler, BSc, Dip Ed

Steph is a highly motivated and passionate high school Mathematics teacher of 32 years with incredible educational skills underpinned by experience in a variety of public and private schools both in Queensland and in New South Wales. She was a Head Teacher responsible for establishing the Mathematics and Science faculties at a new public high school in Sydney. Steph was able to bring to the table her knowledge and people skills to implement the grounding for an outstanding work team environment. She is a team player, supportive, motivating and an approachable, helpful leader.

Steph's roles also involve mentoring beginning and training teachers. This has inspired her to share her many years experience and knowledge of applying mindfulness with fellow teachers. She has embraced in her own life all of the components covered in this course and believes that they enable her to have enjoyed the teaching profession for three decades in nine different schools in two different states and to still go to work with a genuine smile on her face and a sparkle in her heart.

Sue Walker, RN, BN, BN (ADMIN), MPhC (PASCARE), MACN

Sue Walker is the director and co-founder of the Nurses for Nurses Network and a key contributor to the online education platform Nursing CPD - a Continuing Professional Development library.

As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, 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, Mindfulness Practitioner, and Clinical Supervisor.

Sue has presented at local and international conferences on many topics including the key issues impacting on the psychological impact of workers and how the work requirements and culture can impact on the physical and psychological health of the individual. Sue is passionate about making a difference in the way in which people experience their professional and personal lives.

REGISTRATION COST: \$1290.00 incl GST Please note: Registration cost does not include travel, accommodation, or travel insurance.	WHAT ARE YOU WAITING FOR? Contact Education at Sea or ask them for a no obligation personalised quote. 02 7908 7774 enquiries@educationatsea.com.au
All conference payments are being handled by Education at Sea (EAS), our conference partner. <i>Ask the Team about personalised payment plans</i>	

COSTS AND INCLUSIONS:

- An extensive Conference program based on current best practice
- Education content that meets the same exacting standards as anything offered in an Australian land-based program
- Conference Presenter who is a recognised expert in her field and is excited to be able to share her skill, 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 Registration Reception including complimentary drinks where you can meet other Conference Attendees and network with Conference Convenors and Conference Presenter/s
- A Conference pack that includes a notepad, pen, lanyard (this is important on a cruise ship to attach your room key, which becomes your lifeline on a ship) and additional information to support a fantastic Conference experience
- The opportunity to meet as a group in various Conference open forums, in one of the many fabulous locations on the ship
- A complimentary Farewell Drinks and Canapes Function held on the last night of the Conference to celebrate new friendships and information gained
- 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 attached to the Conference Program for you to include in your CPD Evidence Portfolio

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