

Beyond Burnout: Empowerment Strategies for Nurses and Health Professionals

*Discover resilience, find balance,
and reclaim your passion.*



*Cruising the South Pacific Departing Brisbane
13 – 21 March 2026 | 24 CPD Hours*



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT



Stress and burnout aren't just buzzwords for healthcare workers — they're real challenges that impact every aspect of life. This conference dives into these pressing issues, helping you understand what stress and burnout really mean and how to manage them in a way that works for you.

Stress isn't something you either "have" or "don't have." It's a process — a response to the gap between what's being asked of you and what you feel equipped to handle. How stress affects you often depends on how you see the situation in front of you.

Burnout, on the other hand, is a more chronic form of stress that creeps in when work demands become relentless. First defined in the 1970s, burnout has three main components: emotional exhaustion, a growing sense of cynicism or detachment, and feeling like you're not as effective or accomplished as you used to be.

That's where mindfulness comes in. But let's clear something up — mindfulness isn't just a trendy tool for dealing with tough situations. It's a way to create a healthier, more balanced connection with yourself and the world around you. It's not about "fixing" stress; it's about building a new way of living and seeing life.

This conference goes beyond surface-level advice. Through a hands-on mindfulness workshop, you'll explore what mindfulness really is, why it works, and how it can strengthen your emotional well-being. You'll learn practical strategies to manage stress and burnout while finding ways to thrive personally and professionally.

Unlike typical programs, this training helps you uncover the science behind mindfulness and its transformative power. You'll walk away with tools and insights to not only survive but truly flourish—both in your career and in your life.

This isn't just a conference — it's a chance to reset, recharge, and rediscover what's possible for you.

LEARNING OUTCOMES

At this Conference, participants 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 manage stress

YOU WILL ALSO LEARN

- What empowerment is and strategies to achieve same in your personal and professional life
- The impact of shiftwork on health
- What stress is and its impact on the individual
- Burnout and the consequences for an individual on their personal and professional life
- How what we think impacts how we feel which leads to how we behave.
- The issue of suicide in the health professions
- Key strategies to assist a suicidal person
- The importance of sleep and how to achieve same in a 24-hour roster environment
- 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 rest upon

DETAILED ITINERARY



DAY 1: 13/03/2026 | Depart Brisbane | 1600

1600: We set Sail

Make sure you are on deck to say bon voyage.

1800 - 1900: Conference Registration and Welcome Function

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.

All delegates are required to attend the Conference registration session to collect their Conference pack and confirm registration details to ensure the correct issuing of their CPD certificate.

DAY 2: 14/03/2026 | Conference Day

Morning Self-directed via the Online Library

This morning you have self-directed learning activities that equate to two 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.

- Article: The Impact of Shift Work on Sleep, Alertness and Performance in Healthcare Workers
- Article: Sleep loss and circadian disruption in shift work: health burden and management
- Article: Nurses' job stress and its impact on quality of life and caring behaviours: a cross-sectional study

1100 – 1300: Lunch Break

1300 – 1400: Welcome and Explanation of the Program

In this session we will get to know each other, explore the conference journal, and discuss key concepts of completion. We will discuss mindfulness at its simplest form and practice the exercises that you may find useful during this conference.

1400 – 1500: Zero F*s Left: A Bold Approach to Nurse Wellness

Nursing is a profession rooted in science, critical thinking, and the ability to work with people. It's about applying expertise to improve outcomes, solve problems, and make a tangible difference in the lives of others. But the relentless demands of the job often leave nurses exhausted, undervalued, and stretched too thin.

This no-nonsense session is for nurses who are done with the unrealistic expectations of being everything to everyone—and ready to take back control of their well-being.

We'll cover:

- The real impact of chronic stress and burnout, and why traditional "self-care" advice misses the mark.
- Strategies to set and enforce boundaries that protect your time, energy, and sanity.
- A mindset shift to prioritize yourself without guilt or apology.

By the end of the hour, you'll have a better understanding of why we find ourselves where we are. Why the health care system is broken, and why you are not responsible to rescue it.

If you're ready to challenge the status quo, take back your life, and say no to the pressures that drain you, this session is for you.

1500 – 1530: Break

1530 – 1630: Understanding Stress

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. An occurrence that might induce significant stress in one person could be a minor obstacle for someone else. Let's explore stress!



DAY 2 CONTINUED: 14/03/2026 | Conference Day

1630 – 1730: Burnout and the Impact on the Individual

Burnout is a work-related stress syndrome resulting from chronic exposure to job stress. The term was introduced in the early 1970s by psychoanalyst Freudenberg and has subsequently been defined by Maslach et al. as consisting of three qualitative dimensions, which are emotional exhaustion, cynicism and depersonalization, reduced professional efficacy and personal accomplishment.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.



DAY 3: 15/03/2026 | Conference Day

0830 – 0930: The Impact of Shiftwork on Health

Shift work is associated with impaired alertness and performance due to sleep loss and circadian misalignment. How does it impact the Health Care Worker, and what are the consequences for those we care for?

0930 – 1030: The Importance of Sleep

Sleep plays a vital role in good health and well-being throughout your life. The way you feel while you are awake depends in part on what happens while you are sleeping. During sleep, your body works to support healthy brain function and maintain physical health.

1030 – 1100: Break

1100 – 1200: Emotional Health and Suicide

The rate of suicide by health professionals is much higher than the general population. In this session, we will explore the impact of emotional health and suicide and look at strategies to assist a suicidal person.

1200 – 1300: Your Belief System

This session will explore how our belief system impacts our response to situations. What we think affects how we feel, which leads to how we behave. Humans are complex creatures!

1300 – 1500: Lunch Break

Afternoon Self-directed via the Online Library

Webinar: The Concept of Incivility

Workplace incivility is the kind of behaviour that makes you pause and think, “Was that really necessary?” It’s the subtle, low-grade rudeness or lack of respect that disrupts an otherwise professional environment. Unlike outright bullying or harassment, incivility can be sneaky—it’s often unintentional but still leaves people feeling undervalued, ignored, or disrespected.

Even though it’s not as blatant as other forms of conflict, incivility can slowly chip away at the foundations of a healthy workplace. It affects individuals by increasing stress and dissatisfaction and can create tension in teams, reducing trust and collaboration.

Webinar: A Little Book of Manners in Health Care: How to Curb your Inner Psychopath, Prevent Incivility, Lead with Kindness, and Enjoy your Work

Healthcare is demanding, fast-paced, and full of pressure but that doesn’t mean we should let civility fall by the wayside. In this insightful and light-hearted session, we’ll explore the importance of workplace manners and how small acts of kindness can have a massive impact on team dynamics, patient outcomes, and personal satisfaction.

This session offers a mix of humour, real-world examples, and actionable strategies to help you navigate the unique challenges of healthcare with grace and professionalism. Whether you’re dealing with difficult colleagues, overwhelming demands, or simply want to make your workplace more enjoyable, this presentation is a reminder that good manners and kindness can truly change everything.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.





DAY 4: 16/03/2026 | On Shore in Mystery Island, Vanuatu | 0700 – 1630

Explore at your Leisure

This hidden gem in Vanuatu is exclusively accessible to cruise passengers, offering a truly unique getaway experience. Though it doesn't have any permanent residents, Mystery Island offers a wealth of shore excursions. With stunning beaches, crystal-clear waters, and some of the best snorkelling spots in the region, a Vanuatu cruise to the South Pacific islands is an absolute must for any traveller.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 5: 17/03/2026 | On Shore in Noumea, New Caledonia | 0700 – 1500

Explore at your Leisure

Embark on an unforgettable adventure to the heart of Nouméa, the capital of New Caledonia, on one of our cruise ships. Known as the "Paris of the Pacific," Nouméa boasts more sunny days than any other capital in the South Pacific. Explore the lively atmosphere of this thriving South Pacific island and enjoy the fusion of French and Melanesian flavours during our shore excursions.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 6: 18/03/2026 | On Shore in Port Villa, Vanuatu | 0930 – 1700

Explore at your Leisure

A melting pot of ethnicity and culture, sunny Noumea will quickly win you over with its upbeat city vibe. The capital city of New Caledonia offers some of the best weather in the South Pacific. Noumea's cultural pride shines through in its museums, theatres and art galleries — check out the Jean-Marie Tjibaou Cultural Centre to explore the traditional Kanak culture.

Head to the top of the Noumea Cathedral for views of the island, dotted with palms, hibiscuses and coconut trees. Hop a ferry out to Amedee Island to see its lighthouse and swim with sea turtles.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 7: 19/03/2026 | Conference Day



Morning Self-directed via the Online Library

Webinar: 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.

Webinar: Codes and Standards of Practice

The Nursing and Midwifery Board of Australia (NMBA) regulates the practice of nursing and midwifery in Australia, and one of its key roles is protecting the public. In this session we will explore the impact of stress and burnout on the Nurses or midwives ability to meet the code of conduct and standards of practice.

1230 – 1330: A Reflection on the Self-directed Activity: A Little Book of Manners in Health Care: How to Curb your Inner Psychopath, Prevent Incivility, Lead with Kindness, and Enjoy your Work

What's causing stress in the workplace – is it resources, processes, or people.

If it is people, are you dealing with a narcissist, a psychopath, or just a difficult nasty person who doesn't want to be there and hates the place, the job, and their colleagues (AH)

How do you know that you are not the problem?

1330 – 1430: Neuroplasticity and Burnout: Rewiring Your Brain for Resilience

Burnout isn't just about feeling tired or overwhelmed it actually changes how your brain works. But here's the good news: your brain has an incredible ability to adapt and change. This session is all about understanding neuroplasticity — how your brain can rewire itself — and using that knowledge to move beyond burnout and build long-lasting resilience.

We'll explore:

- What Burnout Does to Your Brain: How chronic stress creates patterns that keep you stuck.
- The Science of Neuroplasticity: How your brain forms new connections and how you can intentionally reshape those pathways.
- Practical Tools for Change: Simple, actionable steps to shift your thought patterns, break old habits, and strengthen your resilience.

This session isn't just theory—it's about giving you real strategies that you can use right away. By the end, you'll have a better understanding of how small, consistent changes in your thinking and actions can lead to big shifts in how you feel and respond to challenges. If you're ready to take control of your mental well-being and move beyond burnout, this session will show you how to work with your brain to create the change you need.

1430 – 1500: Break



“The conference was just a right mix of subjects from the stress we as nurses have to cope with, to mindfulness and the relaxation techniques that can be utilized and incorporated, along with many more things talked about.”

– Catherine, Stress Management and Burnout, The South Pacific

1500 – 1600: Permission to Pause: The Art of Saying No and Setting Boundaries

As nurses and healthcare professionals, it's easy to fall into the trap of saying “yes” to everything—extra shifts, endless demands, and the constant pull to do more. But constantly putting others first can leave you drained and resentful. This session is about reclaiming your time and energy by mastering the art of saying “no” and setting boundaries that actually stick.

We'll explore:

- Why Boundaries Matter: How saying no is not selfish but essential for protecting your well-being.
- Overcoming Guilt: Tactics for dealing with the discomfort of setting limits and prioritizing yourself.
- Practical Boundary-Setting: How to communicate your needs clearly and effectively, whether at work or at home.

This isn't about becoming rigid or unapproachable—it's about learning to pause, reflect, and choose what truly deserves your time and energy. By the end of this session, you'll have the confidence to set boundaries that empower you to thrive without feeling guilty or compromising your values.

1600 – 1700: Assertiveness the Key to Professional and Personal Growth

This session is about learning how to speak up for yourself in a way that's clear, confident, and respectful—without feeling guilty or worried about how others might react. Assertiveness isn't about being bossy or difficult; it's about being honest and fair, both to yourself and the people around you.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.



DAY 8: 20/03/2026 | Conference Day

0830 – 0930: Let's Explore the Practice of Mindfulness

Mindfulness is not just about meditation; it is a way of living your life focused on the here and now without judgment. We spend a lot of our lives worrying about the past or the future rather than just being present now. You cannot change the past – you can learn from it but never change it. 93% of the things we worry about never happen! What a waste of time and energy.

The focus of mindfulness is to train your brain to be curious rather than judgemental. To be able to control your thoughts and emotions so that you can wisely and kindly interact with those around you – rather than being the know all or critical parent.

Sounds easy right? Well – with a little bit of knowledge and a commitment to practice this is how you could live your life – let's explore the concept together.

0930 – 1030: Emotional Resilience Through Mindfulness: Managing Difficult Emotions

What It Means:

Managing difficult emotions with mindfulness is about learning how to recognize, understand, and process emotions like anger, frustration, sadness, or anxiety without becoming consumed by them. Mindfulness doesn't aim to eliminate these emotions; instead, it helps you develop a healthier relationship with them, enabling you to respond thoughtfully rather than react impulsively.

We will also explore the concept of "Let Them" in this session

The concept of "Let Them" is a mindset and emotional resilience strategy that focuses on releasing control over other people's actions, opinions, and decisions. It's rooted in the understanding that you cannot control what others do, but you can control your response and how much emotional energy you invest in situations you cannot change.

1030 – 1100: Break

1100 – 1200: Practical Mindfulness Techniques: Tools for Stress Relief and Connection

Mindfulness doesn't have to be complicated—it's about finding simple, effective ways to stay present and balanced in the middle of life's chaos. In this hands-on session, you'll learn practical mindfulness techniques that can be easily integrated into your daily routine, whether at work or at home.

We'll explore:

- **Breath Awareness:** Quick and easy breathing exercises to calm your mind and body during high-stress moments.
- **Body Scans:** A guided meditation to help you identify and release physical tension, leaving you feeling more grounded and relaxed.
- **Mindful Listening and Communication:** Learn how to truly listen and respond with intention, improving interactions with patients, colleagues, and loved ones.
- **Mindfulness in Motion:** Discover how activities like mindful walking or stretching can bring calm and clarity to even the busiest days.

This session is all about practicality and accessibility. You'll leave with a toolkit of mindfulness practices that fit seamlessly into your life, helping you feel more present, less reactive, and better equipped to handle the demands of your day. Whether you're dealing with workplace stress, challenging conversations, or just need a moment to reset, these techniques will give you the skills to approach life with greater calm and focus.

1200 – 1300: Emotional Freedom Technique (EFT) and Managing Stress and Burnout

Emotional Freedom Technique (EFT), often referred to as "tapping," is a mind-body practice that combines elements of cognitive behavioral therapy (CBT) with acupuncture. It involves tapping on specific points on the body, primarily on the face and hands, while focusing on a specific issue or emotion. EFT is widely used to manage stress, anxiety, and emotional overwhelm, making it a valuable tool for addressing burnout in healthcare professionals and other high-stress professions.

Conference summation and questions.

1300 – 1500: Lunch Break

"Walked away from conference feeling empowered. Put into practice already many things that Sue had been saying. Sue Walker is an incredible speaker, certainly made a difference for me and how I perform and progress in my career and life." - Janice, Nursing Fundamentals, Japan

DAY 8 CONTINUED: 20/03/2026 | Conference Day

Afternoon Self-directed via the Online Library

Audio: Meditation Techniques to Practice

Webinar: An Overview of Mindfulness Techniques to Utilise at Work and Play Mindfulness is called a practice as that's what you need to do – practice every day.

1800 – 1900: Farewell Function

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 9: 21/03/2026 | Arrive Brisbane

Disembark – safe travels!

OUR PRESENTER



Sue Walker, RN, BN, BN (ADMIN), MPH (PALCARE), MACN, Specialist Nurse Educator

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is 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. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

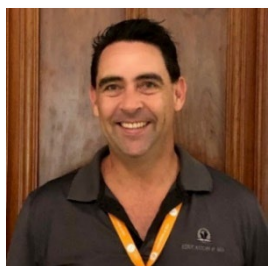
Sue has extensive experience both as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including key issues such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact on the health of the clinician.

Sue is passionate about making a difference to the way in which people experience the health care system.

Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their caring nature and commitment to ensuring the best possible care is delivered. Our health care system relies on Nurses to work extra shifts, longer shifts, double shifts. It relies on Nurses and Midwives willingly changing their plans to meet the needs of the organisation, to the detriment of their own personal lives and relationships.

“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. 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.” To continue to meet this professional and community expectation, our healthcare system needs to stop relying on Nurses and Midwives to rescue it, and Nurses and Midwives need to acknowledge their unique contribution and assert their professional needs to ensure reasonable workloads and conditions that are enjoyed by other professions.

OUR CONVENOR



JASON DAWSON

Jason is from the Gold Coast, Queensland. Whilst studying for his Bachelor of Nursing at Southern Cross University, he developed an interest in mental health and has worked in this field of nursing for many years since completing his studies in 2008. During this time, Jason has undertaken varied roles, including Acute Inpatient Nursing, Community Nursing, clinical facilitating and Nurse Unit Manager positions.

In 2012, Jason combined his passion for nursing with his love of travel and founded CPD Cruise Pty Ltd with the view to providing Nurses, Midwives, Allied Health Professionals and Teachers/Educators the opportunity to update and improve their skills in diverse and unique locations.

VENUE

Royal Caribbean's Voyager of the Seas

Voyager of the Seas is brimming with exciting experiences that will ignite your sense of adventure. While onboard, you can enjoy vibrant junkanoo parades along the Promenade, savour delicious Asian cuisine at Izumi, and indulge in thrilling activities across every deck. From riding the waves on the FlowRider surf simulator to gliding around the ice-skating rink at night, there's something for everyone.

UNLEASH ADVENTURE ON EVERY LEVEL

Elevate your excitement with the Rock-Climbing Wall, master the FlowRider, or enjoy some ice time with skate sessions. Challenge yourself with a round of mini golf or dive into your ultimate getaway, where you're in charge of how to make the most of your day.



INCLUSIONS

- An extensive Conference program based on current best practice that meet
- A Conference presenter who 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
- Conference Pack which includes a pen, bag and lanyard (this is important on a cruise ship to attach your room key, which becomes your lifeline on a ship)
- The opportunity to meet as a group in various Conference networking sessions, in one of the many fabulous locations on the ship
- A complimentary Farewell Drinks Function held on the last night of the Conference to celebrate new friendships and information gained
- A Conference Transcript that identifies each session including the session synopsis and session presenter
- A Certificate of Completion identifying the CPD hours attached to the Conference Program

REGISTRATION COSTS

\$1390.00 incl GST (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

OFFICE CONTACT

Payments | Receipts | Refunds | Travel Arrangements

Education at Sea | 02 7908 7774

enquiries@educationatsea.com.au

BH: Mon – Fri | 1000 - 1700

Program | Online Library | Certificates

The Nurses for Nurses Network | 07 4151 3884

enquiries@nfn.com.au

BH: Mon – Thu | 0900 - 1500

INSURANCE

The Nurses for Nurses Network and Education at Sea 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

The opinions and statements of facts expressed in the Papers in these proceedings are those of the Authors and do not necessarily represent those of the Nurses for Nurses Network (NfNN), the editors, the organising committee or the supporters of this Conference. The organisers can accept no responsibility for errors or omissions in the individual papers. Sessions are correct at time of publication. Sessions are subject to change without notice due to circumstances beyond the control of the organisers. NfNN reserves the right to alter charges, cancel, postpone, change or withdraw the product or service at any time.

CONDENSED ITINERARY

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1530: We set Sail

1800 - 1900: Conference Registration and Welcome Function

DAY 2: 14/03/2026 | Conference Day

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- Article: Sleep loss and circadian disruption in shift work: health burden and management
- Article: Nurses' job stress and its impact on quality of life and caring behaviours: a cross-sectional study

1100 – 1300: Lunch Break

1300 – 1400: Welcome and explanation of the program

1400 – 1500: Zero F*s Left: A Bold Approach to Nurse

Wellness

1500 – 1530: Break

1530 – 1630: Understanding Stress

1630 – 1730: Burnout and the Impact on the Individual

1800 – 1900: Networking Session

DAY 3: 15/03/2026 | Conference Day

0830 – 0930: The Impact of Shiftwork on Health

0930 – 1030: The Importance of Sleep

1030 – 1100: Break

1100 – 1200: Emotional Health and Suicide

1200 – 1300: Your Belief System

1300 – 1500: Lunch Break

Afternoon Self-directed via the Online Library

- Webinar: The concept of Incivility
- Webinar: A Little Book of Manners in Health Care: How to curb your inner psychopath, prevent incivility, lead with kindness, and enjoy your work

1800 – 1900: Networking Session

DAY 4: 16/03/2026 | Mystery Island, Vanuatu

0700 – 1630: Explore at your Leisure

1800 – 1900: Networking Session

DAY 5: 17/03/2026 | Noumea, New Caledonia

0700 – 1500: Explore at your Leisure

1800 – 1900: Networking Session

DAY 6: 18/03/2026 | Port Villa, Vanuatu

0930 – 1700: Explore at your Leisure

1800 – 1900: Networking Session

DAY 7: 19/03/2026 | Conference Day

Morning Self-directed via the Online Library

- Webinar: Gut Health
- Webinar: Codes and Standards of Practice

1230 – 1330: A Reflection on the Self-directed Activity: A Little Book of Manners in Health Care

1330 – 1430: Neuroplasticity and Burnout: Rewiring Your Brain for Resilience

1430 – 1500: Break

1500 – 1600: Permission to Pause: The Art of Saying No and Setting Boundaries

1600 – 1700: Assertiveness the Key to Professional and Personal Growth

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0630: Disembark - safe travels!