

12-20 OCT 2025



REWIRE AND THRIVE:

Practical Tools for Nurse
Wellbeing and Resilience

THE SOUTH PACIFIC FROM SYDNEY



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

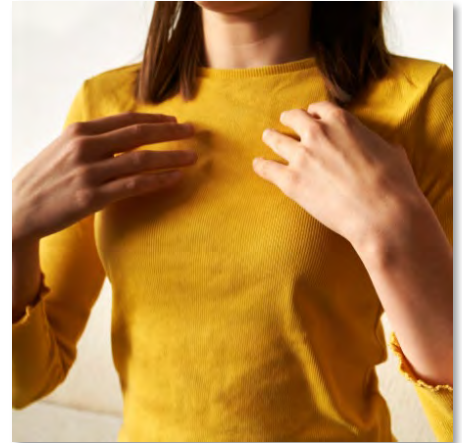
WHAT THIS CONFERENCE IS ABOUT

Join us for a hands-on conference designed specifically for nurses seeking effective strategies to:

- manage stress
- prevent burnout
- and build positive habits.

Through engaging sessions on techniques like tapping (Emotional Freedom Techniques), visualisation, and mindfulness, you'll learn how to reprogram your mind for enhanced resilience and emotional balance.

This conference is tailored to address the unique challenges nurses face and offers actionable tools to promote mental well-being and professional growth. You will leave with a personalised action plan to implement these techniques in your daily life, empowering you to lead a fulfilling career and experience a rewarding and enjoyable personal life.



The term neuroplasticity is trending all over the place at the moment. So, what is it? Put simply it's the brain's remarkable ability to change and adapt throughout your life.

It allows your brain to form new connections and pathways in response to learning, experience, or injury.

Think of your brain as a dynamic network that can rewire itself. When you learn a new skill, overcome a challenge, or even change a habit, your brain adjusts its wiring to support these new patterns.

WHY IT MATTERS FOR NURSES

Understanding neuroplasticity empowers you to:

- Develop healthier coping mechanisms for stress.
- Replace unhelpful habits with positive ones.
- Enhance emotional resilience and mental well-being.
- By engaging in practices like mindfulness, visualisation, and Emotional Freedom Techniques (EFT), you can actively harness neuroplasticity to foster personal and professional growth.

This concept is central to our conference, where you'll learn practical tools to rewire your brain for a more resilient and fulfilling personal and professional life.

LEARNING OUTCOMES

At this Conference, participants will:

Discover How Your Brain Can Change and Grow: Learn how your brain can adapt and form new patterns, helping you shift habits and thoughts for the better.

Learn Simple Techniques to Handle Stress: Practice easy methods like tapping and mindfulness to stay calm and focused, both at work and in daily life.

Build Positive Habits That Last: Find out how to create and maintain healthy routines that support your well-being and personal growth.

Create a Personal Plan for Ongoing Success: Develop a step-by-step plan to apply what you've learned, ensuring continued progress and resilience.

YOU WILL ALSO LEARN

- About neuroplasticity and its role in transformation
- About the brain's capacity for change
- How to explore your personal and professional beliefs
- Practical stress-relief techniques
- Calming techniques like tapping
- About harnessing visualisation, intentions, and habits
- Visualisation of desired personal and professional outcomes
- How to develop a vision board or similar goal-setting tool
- Habit formation with practical tools to create or adjust routines
- Insights and brainstorm real-world applications
- Insights into the impact of stress on the brain and body
- exercises to manage acute stress
- Practical mindfulness practices that suit nursing schedules
- Reflective journaling
- Strategies to promote resilience and positivity within teams
- Guided journaling to reframe self-perceptions and beliefs
- Reflections to inspire confidence in continued growth

DETAILED ITINERARY



DAY 1: 12/10/2025 | Depart Sydney | 1530

1530: We set Sail

Make sure you are on deck to say bon voyage.

1700 - 1800: 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: 13/10/2025 | Conference Day

Morning Self-directed via the Online Library

Webinar: The Science of Neuroplasticity - Rewiring Your Brain for Growth

Discover the incredible science of neuroplasticity and how it empowers you to reshape your mind and behaviours. In this one-hour webinar, we'll explore how the brain's ability to rewire itself can help you break free from limiting beliefs, establish healthier habits, and unlock your full potential.

You'll learn:

- The basics of how neuroplasticity works and why it matters
- Practical techniques to foster new neural pathways and positive change
- Real-life examples of how neuroplasticity improves personal and professional well-being

Whether you're seeking to reduce stress, boost resilience, or simply improve your mental outlook, this session will equip you with science-backed tools to start rewiring your brain today. Perfect for nurses, healthcare professionals, and anyone ready to embrace transformation!

DAY 2 CONTINUED: 13/10/2025 | Conference Day

Article: Exploring the Role of Neuroplasticity in Development, Aging, and Neurodegeneration

Neuroplasticity refers to the ability of the brain to reorganise and modify its neural connections in response to environmental stimuli, experience, learning, injury, and disease processes. It encompasses a range of mechanisms, including changes in synaptic strength and connectivity, the formation of new synapses, alterations in the structure and function of neurons, and the generation of new neurons.

1100 – 1230: Lunch Break

1230 – 1300: Laying the Foundations of Change | Theme: Understanding Neuroplasticity and Its Role in Transformation

In this session, our presenter will introduce the purpose and goals of the conference.

1300 – 1400: Exploring Neuroplasticity

During this session, you will delve into an in-depth overview of the brain's remarkable capacity for change, a phenomenon often referred to as neuroplasticity. You will learn how the brain continually adapts and reorganises itself in response to experiences, learning, and environmental influences.

1400 – 1500: Identifying Core Beliefs

This session will focus on identifying core beliefs through a guided exploration of personal and professional values. Participants will engage in an interactive exercise to unpack how these beliefs influence their daily lives, shaping decisions, behaviours, and overall perspectives.

1500 – 1530: Break

1530 – 1700: Practical Stress-Relief Techniques

This session will introduce practical stress-relief techniques, focusing on calming methods such as tapping.

1800 – 1900: Networking Session

Join us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.



DAY 3: 14/10/2025 | Conference Day

0800 – 0930: Personal Empowerment Through Daily Practices | Theme: Harnessing Visualisation, Intentions, and Habits

This session will focus on personal empowerment through daily practices, emphasising the transformative power of visualisation, intentions, and habits.

0930 – 1000: Break

1000 – 1130: Building Supportive Habits

In this session, we will explore habit formation with practical tools to create or adjust routines.

1130 – 1230: Applying the Tools

During this session we will break into small groups for discussions to share insights and brainstorm real-world applications.

1230 – 1430: Lunch Break

Afternoon Self-directed via the Online Library

Webinar: Unlocking the Power of Guided Visualisation – Transform Your Mind and Life

Step into the world of guided visualisation and discover how this powerful technique can help you achieve clarity, reduce stress, and create lasting change. In this one-hour webinar, you'll learn how visualisation works to align your mind with your goals, enhance emotional well-being, and improve focus in your personal and professional life.

DAY 3 CONTINUED: 14/10/2025 | Conference Day

Key takeaways include:

- The science behind guided visualisation and its impact on the brain
- How to create vivid mental imagery to support your goals and aspirations
- A live guided visualisation session to experience its transformative power firsthand

Perfect for nurses, healthcare professionals, and anyone seeking practical tools to foster relaxation, resilience, and intentional living. Leave feeling inspired and equipped to harness the power of your mind!

Article: Investigating the Impact of Guided Imagery on Stress, Brain Functions, and Attention: A Randomised Trial

The aim of this study was to investigate the potential impact of guided imagery (GI) on attentional control and cognitive performance and to explore the relationship between guided imagery, stress reduction, alpha brainwave activity, and attentional control using common cognitive performance tests.

1800 – 1900: Networking Session

Join us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.



DAY 4: 15/10/2025 | On Shore in Noumea, New Caledonia | 0800 – 1700

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 us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 5: 16/10/2025 | On Shore in Mystery Island, Vanuatu | 0900 – 1700

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 us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 6: 17/10/2025 | On Shore in Lifou, New Caledonia | 0700 – 1500

Explore at your Leisure

A visit to Lifou allows you to experience a land of scenic contrast and natural beauty. Crystal clear waters, white sands, and the awe-inspiring beauty of the coral reefs are only part of the story. On Lifou, you can swim with the very friendly fish in the marine reserve, visit the tranquil secret grotto, and bask in the serenity of the tropical paradise.

1800 – 1900: Networking Session

Join us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 7: 18/10/2025 | Conference Day

Morning Self-directed via the Online Library

Webinar: 5 Benefits of Journaling for Mental Health

Discover how journaling can become a simple yet transformative tool for nurturing your mental health. In this one-hour webinar, we'll explore the science-backed benefits of journaling and how it helps manage stress, boost self-awareness, and foster emotional resilience.

Key takeaways include:

- The top 5 ways journaling supports mental health and well-being
- Tips for starting and maintaining a journaling practice that works for you
- Practical prompts and techniques to enhance reflection and personal growth.



Whether you're new to journaling or looking to deepen your practice, this session will provide the insights and inspiration you need to make journaling a meaningful part of your self-care routine. Perfect for nurses, healthcare workers, and anyone seeking a mindful way to improve their emotional well-being!

Webinar: The Concept of Mindfulness – Cultivating Presence in a Busy World

Explore the transformative practice of mindfulness and its potential to bring calm, focus, and balance into your daily life. In this one-hour webinar, we'll delve into the core principles of mindfulness, its benefits for mental and emotional well-being, and practical ways to incorporate it into your routine.

Key takeaways include:

- What mindfulness is and why it matters for your mental health
- The science behind mindfulness and its impact on stress reduction and focus
- Simple mindfulness exercises to bring presence and peace to your day.

Perfect for nurses, healthcare professionals, and anyone seeking to navigate life's demands with greater clarity and resilience. Join us and discover how mindfulness can help you reconnect with the present moment and find inner calm amidst the chaos.

"Presented so well, Sue captures the audience in a calm & happy way. Meditation should be a daily part of our lives & having the knowledge from Sue I am sure my day will be more calm as I practice what Sue has shown us." - Leanne

1100 – 1230: Lunch Break



1230 – 1330: Building Resilience | The Neuroscience of Stress | Theme: Thriving Through Challenges

This session will explore the neuroscience of stress, providing valuable insights into how stress affects the brain and body while highlighting the importance of building resilience. Participants will learn about the physiological and psychological impact of acute and chronic stress, gaining a deeper understanding of its role in daily life.

1330 – 1500: Mindfulness for Everyday Balance

During this session, our presenter will provide attendees with simple, practical mindfulness practices that suit nursing schedules.

1500 – 1530: Break

DAY 7 CONTINUED: 18/10/2025 | Conference Day

1530 – 1700: Enhancing Team Well-Being

This session will provide attendees strategies to promote resilience and positivity within teams.

1800 – 1900: Networking Session

Join us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 8: 19/10/2025 | Conference Day

0800 – 0930: Sustaining Transformation: Shaping Your Inner Story | Theme: Crafting and Maintaining Your New Narrative

This session will focus on guided journaling to help participants reframe self-perceptions and beliefs, fostering a more positive and empowering mindset. Participants will also share affirmations and explore practical strategies for ongoing self-care, promoting personal growth and emotional well-being.

0930 – 1000: Break

1000 – 1130: Long-Term Strategies for Growth

During this session you will build an actionable plan for applying new tools and insight and craft specific goals to sustain momentum post-conference.

1130 – 1230: Interactive Closing Workshop

This session will be an open forum to share commitments and celebrate progress, which will inspire confidence for continued growth.

1230 – 1430: Lunch Break



"Sue Walker is an amazing presenter and kept me interested, entertained and inspired from start to finish. Excellent information presented in an open and safe environment. Course content all very relevant in a great welcoming and inclusive environment."

- Jennifer

Afternoon Self-directed via the Online Library

Audio: Self-guided Meditation

Webinar: How to Maintain Habits – Building Consistency for Lasting Change

Struggling to stick to new habits? In this one-hour webinar, we'll explore the secrets to maintaining habits that align with your goals and values. Learn practical strategies to overcome common challenges, build consistency, and make positive behaviours a lasting part of your life.

Key takeaways include:

- The science of habit formation and why habits fail
- Proven techniques for reinforcing good habits and breaking unhelpful ones
- Tips for staying motivated and overcoming setbacks.

Whether you're looking to enhance your personal well-being or professional effectiveness, this session will equip you with tools to create sustainable change. Perfect for nurses, healthcare professionals, and anyone ready to take control of their daily routines and habits!

1800 – 1900: Farewell Function

Join us for a Conference farewell drinks function to celebrate our time together. Conference photo will be taken (via iPhone!) if you are interested during this event.

DAY 9: 20/10/2025 | Sydney

Disembark Sydney – safe travels!

OUR PRESENTER

Sue Walker, RN, BN, BN (ADMIN), MPhC (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.

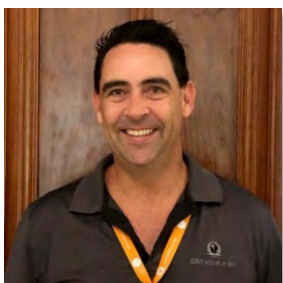
"Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. It is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes 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.

"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

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.

REGISTRATION COSTS

\$1290.00 incl GST (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

VENUE

Carnival Splendor

The Carnival Splendor is a floating paradise of fun and relaxation, perfect for all ages. With space for over 3,000 guests, it offers cosy staterooms, dazzling shows, a comedy club, and even poolside movies under the stars. Add in thrilling water slides, delicious dining options, and spa retreats, and you've got everything you need for an unforgettable adventure at sea!



INCLUSIONS

- An extensive Conference program based on current best practice
- Conference Presenters that are excited to be able to share their 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 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 for you to include in your CPD Evidence Portfolio

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

DAY 1: 12/10/2025 | Depart Sydney | 1530

1530: We set Sail Make sure you are on deck to say bon voyage.

1700 – 1800: Conference Registration and Welcome Function

DAY 2: 13/10/2025 | Conference Day

Morning Self-directed via the Online Library

- Webinar: The Science of Neuroplasticity
- Article: Exploring the Role of Neuroplasticity in Development, Aging, and Neurodegeneration

1100 – 1230: Lunch Break

1230 – 1300: Laying the Foundations of Change

1300 – 1400: Exploring Neuroplasticity

1400 – 1500: Identifying Core Beliefs

1500 – 1530: Break

1530 – 1700: Practical Stress-Relief Techniques

1800 – 1900: Networking Session

DAY 3: 14/10/2025 | Conference Day

0800 – 0930: Personal Empowerment Through Daily Practices

0930 – 1000: Break

1000 – 1130: Building Supportive Habits

1130 – 1230: Applying the Tools

1230 – 1430: Lunch Break

Afternoon Self-directed via the Online Library

- Webinar: Guided Visualisation
- Article: Investigating the Impact of Guided Imagery on Stress, Brain Functions, and Attention: A Randomised Trial

1800 – 1900: Networking Session

DAY 4: 15/10/2025 | On Shore in Noumea, New Caledonia

0800 – 1700

1800 – 1900: Networking Session

DAY 5: 16/10/2025 | On Shore in Mystery Island, Vanuatu

0900 – 1700

1800 – 1900: Networking Session

DAY 6: 17/10/2025 | On Shore in Lifou, New Caledonia

0700 – 1500

1800 – 1900: Networking Session

DAY 7: 18/10/2025 | Conference Day

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0800 – 0930: Sustaining Transformation: Shaping Your Inner Story

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Afternoon Self-directed via the Online Library

- Webinar: How to Maintain Habits – Building Consistency for Lasting Change
- Audio: Self-guided Meditation

1800 – 1900: Farewell Function

DAY 9: 20/10/2025 | Arrive Sydney

0630: Disembark - safe travels!