



Managing Challenging Situations and Difficult People: *Learn the Skills to Enhance your Personal and Professional Life*

CRUISING NEW ZEALAND DEPARTING SYDNEY

19 NOV-01 DEC 2026 | 24 CPD HRS



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

This Seminar has been developed to enable Nurses and other Health Professionals to improve their quality of life and enhance their emotional well-being by learning practical strategies for staying calm, setting boundaries, and responding with confidence in challenging situations and dealing with difficult people.

Expanding on our previous seminars and workshops on workplace bullying, this unique Seminar will explore interpersonal relationships from a different perspective. Its content will build on existing strategies for managing difficult personalities in the workplace and at home.



The Seminar will explore how an individual's negative beliefs about themselves lead to poor self-worth and self-esteem, which hinder development and create unhappiness. This realisation adversely impacts the mental and physical health of all Health Professionals.

Personal development encompasses skills that help us recognise our emotions and thought processes, as well as develop powerful assertiveness skills for navigating difficult situations. These learned skills help us take the necessary steps to reach our goals, improve our lives, and reduce stress. The two Seminar Facilitators will assist you in identifying and changing any negative self-beliefs and instead creating a more realistic and healthier self-perception.

THIS SEMINAR IS ABOUT YOU AND SELF-CARE

This Seminar is designed to allow a group to step back from their day-to-day demands and activities for a period of concentrated discussion and exploration of specific issues.

In the past, Nurses have not been offered conference seminars or provided with the support that other professions have received. Although nurses comprise the largest group of healthcare professionals, their unique needs have often been overlooked.

The need for this nursing seminar is based on the counselling work of Anne Evans-Murray, as she works with many nursing clients who have experienced bullying or who wish to develop their own personal assertiveness skills.

So, join us for this unique experience as we step back from our day-to-day demands and stressors and take advantage of the supportive environment that this Seminar offers.

LEARNING OUTCOMES

At this Conference, participants will:

- Learn about challenging personalities
- Gain skills to manage challenging situations in your professional and personal life
- Reflect on your own self-beliefs that could be adding to your current situation
- Enhance your communication and assertiveness skills

“If you struggle to be assertive this course gives you practical tools to become better able to stand up for yourself. Loved the practical side of learning what to do and say in difficult situations, both at home and work. A very helpful course for both personal and work life. Teaches your beneficial skills in how to stand up for yourself and be assertive in a very practical way.”

- Mella, Assertiveness and Communication Workshop

YOU WILL ALSO LEARN

- The higher incidence of chronic illnesses in Nurses
- How low self-esteem and self-respect adversely affect the mental health and well-being of Nurses, as well as the ability to set limits with others.
- How to recognise destructive psychological games people play and how to avoid being caught up in conflict
- Clusters of personality disorders with a focus on borderline personality disorder (BPD), and others
- How many people with BPD and NPD are undiagnosed and affect the culture of the organisation
- The effects of repeated or extreme exposure to traumatic events as well as the adverse effect of long hours and shift work on the health of a Nurse.
- How to recognise destructive or irrational thinking that harms
- Cognitive behavioural therapy and how to apply it in our lives.
- A variety of strategies you can apply to assist with the enhancement of self-development, such as gratitude thinking, mindfulness, meditation and others
- Watch the fun, interactive role-play between the two experienced facilitators. Please note that you are not expected to take part in role-play—just sit back, enjoy, and learn from the process.

DETAILED ITINERARY

DAY 1: 19/11/2026 | Depart Sydney | 1630



1630: We set Sail: Make sure you are on deck to say bon voyage
Considered one of the most cosmopolitan cities in the Southern Hemisphere, Sydney offers so much—from beaches and wineries to stunning landmarks and world-class shopping.

Tour architectural marvels like the Sydney Opera House and the Sydney Harbor Bridge, **view life below the surface from Sydney Aquarium's underwater** walkways or take it all in from above on a tour of the Sydney Tower.

You're never far from nature in this thriving urban centre. Well-known surf beaches, zoos, national parks, whale watching tours, bush tours, and the Royal Botanic Gardens, featuring over 7500 plants, **offer visitors a chance to enjoy the area's sunshine, lush greenery, wildlife, and clear blue oceans.**

Sydney is not only Australia's oldest city, but it is also one of the most ethnically diverse cities on the globe, offering a wealth of cuisines, unique museums, and cultural opportunities. Explore lively pubs, shops, and historic buildings at The Rocks, located on Sydney harbor.

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: 20/11/2026 | Conference Day

0830 – 0900: Explanation of the Seminar Activities | Sue Walker and Anne Evans-Murray

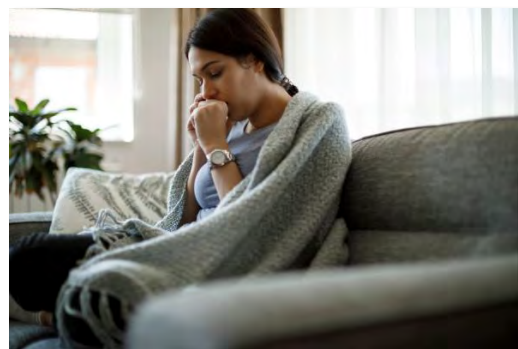
During this session we will discuss the goals of the seminar days to come.

0900 – 1015: The Things Nurses and Other Health Professionals Do: How this adversely affects their Health, Leading to Chronic Illnesses | Anne Evans-Murray

Part One: Physical Health of the Nurse

In this first session, the Anne will explore the physical effects of stress and how it can impact the Nurse. A discussion will follow on how Nurses' chronic work and personal stress are linked to poor health.

Adrenal fatigue and chronic stress may be unrecognised and accepted as usual, yet it leads to serious health problems.



DAY 2 CONTINUED:



1015 – 1045: Break

1045 – 1130: The Things Nurses and Other Health Professionals Do: How they adversely affect their Health, Leading to Chronic Illnesses | Anne Evans-Murray and Sue Walker
Part Two: Mental and Emotional Health of the Nurse and Health Professional

The Anne and Sue will discuss the importance of developing self-compassion and self-esteem and their link to happiness. They will then **examine knowing 'who' you are and link this to setting boundaries in both work and personal situations.**

Followed by examining knowing 'who' you are and linking this to setting boundaries in both work and personal situations. The presenters will highlight that if we cannot recognise our strengths or weaknesses, changing behaviours and setting limits with others will be challenging.

1130 – 1230: TA Egogram Model | Anne Evans-Murray

In this session, the presenter will assist you with an interesting questionnaire to help you recognise your strengths and areas needing growth. This exercise aims to enhance your self-development and build on these concepts throughout the seminar.

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

Webinar: Recognition of Patterns and Tactics of Bullying Behaviour | Anne Evans-Murray

This is a challenging short presentation designed to assist the health professional to recognise what is happening, which is the first step to healing from bullying at work or home. The target is NEVER responsible for the abuse, however patterns learnt in childhood such as rescuing behaviour and lack of boundaries can make it more likely that a person with narcissistic traits may target this person.

Webinar: Assertiveness and Personal Boundaries | Anne Evans-Murray

In this webinar, the two presenters will address how to become assertive in both your personal and work relationships. They will provide practical hints on how to become assertive and establish boundaries.

The two presenters have had many years of experience in teaching assertiveness skills. This is an interesting short webinar that you will enjoy as you listen to the content and role play.

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: 21/11/2026 | Conference Day

Morning Self-directed via the Online Library

Webinar: Stop Being a People Pleaser: Learn to say no | Anne Evans-Murray

This interesting webinar is a self-help psychology session aimed at supporting and empowering you with development of personal skills. The two presenters will explore what the term people-pleaser means. **'People pleaser' is not a clinical diagnosis instead** it is a term used to describe a variety of behaviours, such as a strong urge to please others, even at their own expense.

Webinar: Meditation Practice | Sue Walker

In this session there will be a short, recorded presentation about meditation and a number of guided Meditations for you to practice with

1100 – 1300: Lunch Break

“Both educators [Anne and Sue] open approachable and great content delivery

Information made easy to understand and relevant not just to work but to life”

- Lisa, Enhance Your Life Inside and Outside of Work

DAY 3 CONTINUED:

1300 – 1500: Borderline Personality Disorder and other Interesting Conditions | Anne Evans-Murray

Anne will outline the clusters of personality disorders, then continue with the characteristics or traits of a person with borderline personality disorder (BPD). It is often undiagnosed in families and not recognised in work situations. When unrecognised, it can create distress and confusion for both the person with the disorder and others around them, which profoundly affects the stress levels and emotions of all.

The lack of knowledge and understanding of these disorders increases stress and frustration in dealing with a person with these often-undiagnosed disorders. We will have a brief look at these challenging situations when trying to manage a friend or family member with these traits.

Anne will presenter will also show the overlap and symptoms and differentiate between narcissistic personality disorder (NPD) and BPD.

1500 – 1530: Break

1530 – 1615: Inadequate Boundaries and Patterns of People Pleasing and the Link to Irrational Thinking Patterns | Anne Evans-Murray and Sue Walker

We will address the concept of being too nice or displaying 'people-pleasing' behaviour. There will be a discussion on the effects of being too responsible for others and rescuing behaviour typical to Nurses.

Anne will outline the term 'enabling' behaviour and how it adversely affects the setting of healthy boundaries, and creates stress, burnout, and resentment. This session will also address patterns and roles learnt in childhood and examine irrational thinking patterns strongly linked to anxiety and perfectionism.

Anne and Sue will discuss each pattern to encourage self-awareness to recognise any patterns.

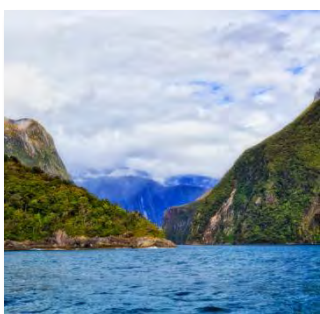
1615 – 1700: Meditation Practice | Sue Walker

This will be a fun activity to finish the day on a positive note, after all today's challenging content.

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: 22/11/2026 | Cruising The Sounds



Find a Spot on Deck

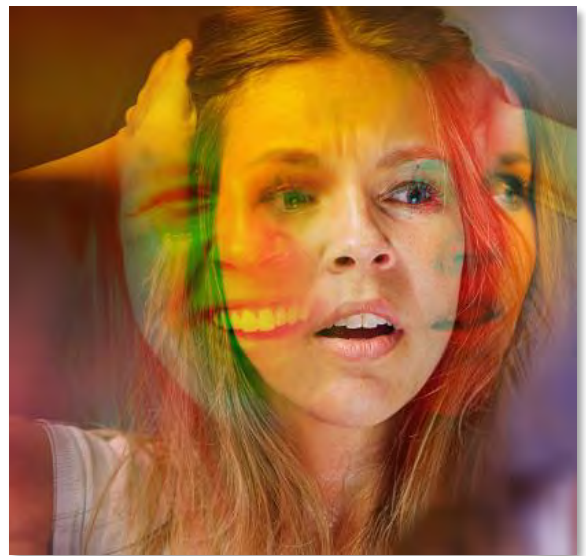
Cruising into Milford Sound, you'll find even the largest ship dwarfed by dramatic cliffs that soar above, blanketed in emerald green. Tucked within Fiordland National Park, this breathtaking fjord is part of the Te Wahipounamu UNESCO World Heritage Area—a sanctuary shaped by nature and teeming with wildlife thanks to its remote, rugged surroundings.

Over in Doubtful Sound, waterfalls pour down from the mountains, creating a unique layering of fresh and salt water in the fjord below. This unusual mix supports a rich marine habitat that's home to fur seals and two local penguin species: the tiny blue penguin and the distinctive Fiordland crested penguin.

Then there's Dusky Sound—one of the largest and most intricate fjords on New Zealand's coast. Surrounded by forested cliffs and dotted with cascading falls, it's a haven for marine life such as dolphins and seals. Keep an eye on the skies too—seabirds like prions, petrels, and shearwaters glide effortlessly above in the rising currents of air. surroundings.

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: 23/11/2026 | On Shore in Dunedin | 0800 – 1800



Explore at your Leisure

Step ashore in Dunedin and you might feel like you've landed in a Scottish city—its stately architecture, dramatic landscapes, and cultural roots are deeply inspired by Edinburgh, minus the Scottish brogue.

Nature lovers can take a harbour cruise to spot seabirds like albatrosses and cormorants, with lucky sightings of penguins, seals, or playful dolphins. Back in town, enjoy a wander through the beautifully kept Dunedin Botanic Garden, explore rich **Māori** heritage at the Otago Museum, or sample local brews and brewery lore at the iconic Speight's Brewery.

Art and culture thrive in the city's Octagon district, where galleries range from contemporary showcases like Blue Oyster to classic works at the Dunedin Public Art Gallery. Discover local artists at De Novo and Milford or browse handcrafted jewellery and heritage displays nearby.

Hop aboard the Taieri Gorge Railway for a scenic inland journey through tunnels and over viaducts, past landscapes shaped by the gold rush. Or head out to the Otago Peninsula to explore Larnach Castle—**New Zealand's only castle**—set high above the harbour. **Rich in scandal and history, it's the perfect grand finale to your time in Dunedin, especially when paired with a performance of traditional Highland dancing and bagpipes.**

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: 24/11/2026 | On Shore in Christchurch | 0800 – 1800

Explore at your Leisure

Christchurch, the South Island's largest city, is a place where tradition meets transformation. Often called the "Garden City," it's known for its lush parks, blossoming gardens, and a resilient spirit that's reshaped its skyline in the wake of past earthquakes.

Here are some local attractions you may like to explore:

- Take a stroll Hagley Park and the Botanic Gardens
- Take a relaxing punt ride on the Avon River
- Explore the Christchurch Art Gallery
- **Visit Quake City and learn about the city's resilience**
- Discover edgy street art and local markets
- Ride the TranzAlpine Railway through the Southern Alps

Christchurch is where natural beauty meets urban creativity.

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

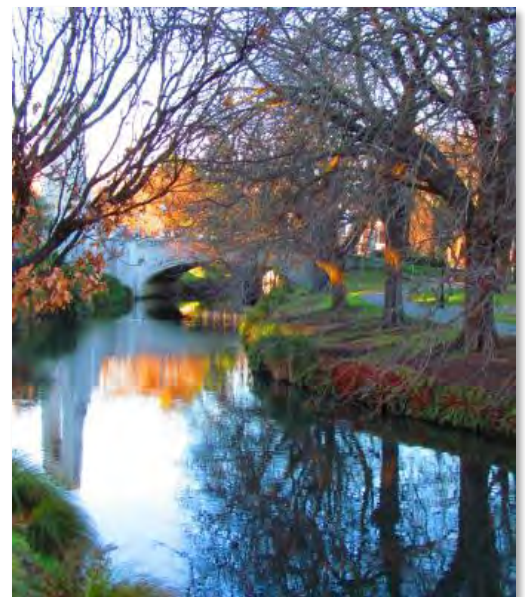
0800 – 0900: Let's Explore Mindfulness and Meditation | Sue Walker

In this session, we will learn about the superpower of mindfulness. We will explore the concept and learn a few exercises that you will be able to practise to allow you to focus your awareness on the present moment, while calmly acknowledging and accepting **one's feelings, thoughts, and bodily sensations.**

0900 – 0945: Cognitive Behavioural Therapy: Strategies to Overcome Destructive or Irrational Thinking | Anne Evans-Murray

This session focuses on building tools to develop self-awareness and self-protection. The presenter will also go through, step by step, how to use cognitive behavioural therapy in your own life.

This aims to help you cope with criticism, learn how to not let others' reactions affect your self-worth, and learn the value of saying no without feeling guilty.





DAY 7 CONTINUED:

0945 – 1015: Break

1015 – 1115: Inequality, Power Hierarchy and Socialisation of Nurses | Anne Evans-Murray and Sue Walker

In this session, both presenters will highlight how inequality, power hierarchy and the socialisation of Nurses are linked to poorer nursing and medical care of patients.

Social positioning in health systems has traditionally valued medical doctors over Nurses, which has been shown in many studies and research to lead to a greater incidence of adverse effects for patients, frustration in not being heard and repressed anger in Nurses. These factors all lead to increased risk of burnout and poor physical and mental health.

1115 – 1230: The Effects of Repeated or Extreme Exposure to Traumatic Events as well as the Adverse Effect of Long Hours and Shift Work on the Health of a Nurse | Sue Walker

The presenter will discuss the effects of shift work on the Nurse, followed by a discussion on the increase in Post Traumatic Stress Disorder in Nurses since the pandemic.

Additionally, Sue will explain how exposure to traumatic events, such as those occurred during the pandemic, can affect the health of the Nurse. The challenging situation with the pandemic and nursing and paramedic shortage led to increasing double shifts, loss of holidays and more shift work, all links to burnout in the health professional.

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

Webinar: The Concept of Incivility | Sue Walker

The concept of incivility in the healthcare workspace refers to rude, discourteous, or disrespectful behaviour that may not be overtly hostile but nonetheless can negatively impact the work environment, communication, and teamwork. In the high-pressure environment of healthcare, such behaviours can have profound effects not only on the morale and well-being of staff but also on patient care and safety.

Webinar: **Let's explore other Mindfulness Activities** | Sue Walker

Let's explore other mindfulness activities that can assist you to rewire the brain to stop fretting so much about the past or worrying about the future. **The aim is to be present in the now without judgement. Sounds easy heh! Let's explore some other strategies.**

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: 26/11/2026 | On Shore in Tauranga | 0530 – 1645

Explore at your Leisure

Tauranga, set along the sparkling shores of New Zealand's North Island, is where coastal charm meets deep Māori heritage. Known for its golden beaches and laid-back vibe, this Bay of Plenty gem has something for every kind of traveller. Soak up the sun on one of the region's postcard-perfect beaches, take a refreshing dip in a secluded waterfall pool, or spot playful dolphins dancing through the waves—maybe even join them for a swim. If you're craving adventure, try your hand at surfing, sailing, diving, or fishing in these clear blue waters.



Often referred to as the "New Zealand Riviera," downtown Tauranga serves up a delicious mix of culture and cuisine. Local galleries, unique shops, and a rich mix of dining options—from street eats to fine dining—celebrate flavours from around the world. Whether you're enjoying fresh seafood straight from the bay or a handcrafted cocktail by the water, Tauranga is a destination that feeds the soul as well as the senses.

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 9: 27/11/2026 | On Shore in Auckland | 0600 – 1900

Explore at your Leisure

New Zealand's largest city is a vibrant mix of Māori tradition, Pacific energy, and global culture—set between two harbours and dotted with volcanic cones.

Top highlights:

- Cruise Waitemata Harbour or zip around on a speedboat
- Take a ferry to Waiheke Island for the beaches, vineyards, and art
- Visit the Auckland Art Gallery & War Memorial Museum
- Dine on fresh seafood, global flavours, and local wines
- Sky Tower for panoramic views

Auckland offers the perfect balance of city buzz and natural beauty—ideal for exploring on foot or by ferry.

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 10: 28/11/2026 | On Shore in the Bay of Islands | 0700 – 1630



Explore at your Leisure

The Bay of Islands is a subtropical paradise where clear blue waters meet untouched islands, rich Māori heritage, and incredible marine life.

With over 140 unspoiled islands scattered across sparkling seas, this region is a dream for nature lovers and adventure seekers alike.

Take an eco-cruise to spot dolphins, penguins, whales, marlin, and seabirds—or explore sea caves glowing with magical formations and native glowworms. The beaches here are world-class, with powdery white sand and crystal-clear waters perfect for swimming, kayaking, or simply soaking up the sun.

Whether you're looking to unwind or explore, a cruise to the Bay of Islands promises natural beauty, warm hospitality, and unforgettable experiences.

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 11: 19/11/2026 | Conference Day

Morning Self-directed via the Online Library

Webinar: Mindful Journalling | Sue Walker

This session explores the evidence-based practice of journalling as a mindfulness tool for emotional regulation, stress reduction, and enhanced self-awareness. Far from being just a reflective hobby, journalling has been shown to activate key areas of the brain involved in emotional processing, supporting individuals to pause, gain clarity, and regulate their responses to everyday challenges.

Participants will examine how journalling fosters present-moment awareness, promotes emotional insight, and can be used to reinforce personal values and behavioural change. The session will include an overview of current research, and guided practice using simple journalling techniques designed to promote mental wellbeing and resilience.

Webinar: Meditation Practice | Sue Walker

In this session there will be a short recorded presentation about meditation and a number of guided Meditations for you to practice with

1100 – 1300: Lunch Break

DAY 11 CONTINUED:

1300 – 1500: Strategy Workshop | Anne Evans-Murray and Sue Walker

The presenters will expand on the concepts discussed in the morning activities in a group environment.

The session will commence with a brief explanation of the difference between passive, assertive and aggressive communication in a lecture format, but the majority of the session will be watching the two facilitators do role play or practical components.

This session comprises a fun activity as you watch the two facilitators communicate with each other in challenging situations; you are invited to join in only if you feel comfortable. It is meant to be entertaining and educational, showing you how to deflect criticism and not get caught up in manipulation and many other techniques

1500 – 1530: Break

1530 – 1700: Developing a Gratitude Exercise, Strategies for Stress Management, and Conference Conclusion | Anne Evans-Murray and Sue Walker

This session will explore stress management tools, including the emotional freedom technique and gratitude exercise. It will also include a summary of the main themes of the seminar and a final group farewell.

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 12: 30/11/2026 | Self-directed Conference Day

1030 – 1200: Optional Conference Discussion

Today is the day to put the lessons learnt at the conference into practice. Reflect in your journal about your thoughts and plans on the changes you will begin to make when you return home.

Practice the strategies that you have learnt over the days we have been together.

Join Anne and Sue in the conference room at 1030 to discuss any questions or thoughts you may have on any of the topics presented that you have reflected on and would like further clarification or discussion on.

You can also take part in a number of guided stress management sessions if you choose.

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 13: 01/12/2026 | Sydney

Disembark Sydney – safe travels!

OUR PRESENTERS



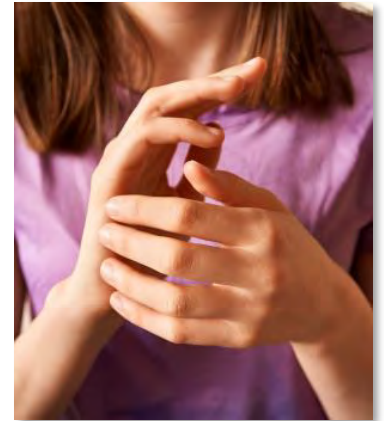
Anne Evans-Murray, R.N., BHlthSc, MACCCN, Grad.Dip Ed, MEd, Dip Counselling, GradCertCritCare, CertIV Training and Assessment, CertIV in Mediation

Anne has a passion for teaching, which she does in an unpretentious way that ensures you will understand and retain what she presents and enjoy this learning experience. She has extensive experience, 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 is passionate about **empowering 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.



OUR PRESENTERS CONTINUED

SUE WALKER, RN, BN, BN (ADMIN), MPH (PALCARE), MACN, Specialist Nurse Educator



Sue is the director & co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD – a Continuing Professional Development platform to assist Nurses in meeting their annual CPD requirements.

As a Registered Nurse, Sue holds Degrees in both Nursing & Health Administration, a Masters Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, & Training & Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, & Clinical Supervisor.

Sue has extensive experience as a clinician, educator, & senior manager. She has presented at local & international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do & how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief & Loss, & Workplace Bullying.

Sue is passionate about making a difference in how the community & Nurses experience the healthcare system.

“Nurses are the backbone of the healthcare system & work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional & community expectations Nurses & Midwives need to acknowledge their unique contribution to health care delivery & assert their collective strength to safeguard the community & ensure their ongoing professional needs are recognised & met.

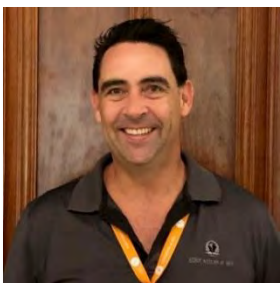
Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. The knowledge & skill of the individual Nurse will have the greatest influence on the **happiness & health outcomes of each & every client”**.

“She [Sue] was wonderful, very down to earth and I could easily relate with her and sense of humour. Totally enjoyed this event and would love to do another.”

- Yoland, Stress Management and Burnout in Healthcare Workers

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

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

VENUE

Celebrity Edge

Celebrity Edge® redefined what a cruise ship could be, blending innovative design with unmatched luxury. From the striking Magic CarpetSM that floats above the sea to the private plunge pools in the stunning Edge® Villas, every detail is crafted for connection—with the ocean and each destination. On board, exceptional dining and next-level service elevate the entire experience, setting a new standard for refined cruising.



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 Presenters who are 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
- 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, 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

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1900: We set Sail Make sure you are on deck to say bon voyage.

1700 – 1800: Conference Registration and Welcome Function

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0830 – 0900: Explanation of the Seminar Activities

0900 – 1015: The Things Nurses and Other Health Professionals Do: How this adversely affects their Health, Leading to Chronic Illnesses - Part One: Physical Health of the Nurse

1015 – 1045: Break

1045 – 1130: The Things Nurses and Other Health Professionals Do: How they adversely affect their Health, Leading to Chronic Illnesses - Part Two: Mental and Emotional Health of the Nurse and Health Professional

1130 – 1230: TA Egogram Model

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

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- Webinar: Assertiveness and Personal Boundaries

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Morning Self-directed via the Online Library

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- Webinar: Meditation Practice

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1615 – 1700: Meditation Practice

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DAY 4: 22/11/2026 | Cruising The Sounds

All Day: Milford Sound, Doubtful Sound and Dusky Sound

1800 – 1900: Networking Session

DAY 5: 23/11/2026 | On Shore in Dunedin

0800 – 1800: Explore at your leisure

1800 – 1900: Networking Session

DAY 6: 24/11/2026 | On Shore in Christchurch

0800 – 1800: Explore at your leisure

1800 – 1900: Networking Session

DAY 7: 25/11/2026 | Conference Day

0800 – 0900: **Let's Explore Mindfulness and Meditation**

0900 – 0945: Cognitive Behavioural Therapy: Strategies to Overcome Destructive or Irrational Thinking

0945 – 1015: Break

1015 – 1115: Inequality, Power Hierarchy and Socialisation of Nurses

1115 – 1230: The Effects of Repeated or Extreme Exposure to Traumatic Events as well as the Adverse Effect of Long Hours and Shift Work on the Health of a Nurse

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

- Webinar: The Concept of Incivility
- **Webinar: Let's explore other Mindfulness Activities**

1800 – 1900: Networking Session

DAY 8: 26/11/2026 | On Shore in Tauranga

0530 – 1645: Explore at your leisure

1800 - 1900: Networking Session

DAY 9: 27/11/2026 | On Shore in Auckland

0600 – 1900: Explore at your leisure

1800 – 1900: Networking Session

DAY 10: 28/11/2026 | On Shore in the Bay of Islands

0700 – 1630: Explore at your leisure

1800 – 1900: Networking Session

DAY 11: 29/11/2026 | Conference Day

Morning Self-directed via the Online Library

- Webinar: Mindful Journaling
- Webinar: Meditation Practice

1100 – 1300: Lunch

1300 – 1500: Strategy Workshop

1500 – 1530: Break

1530 – 1700: Developing a Gratitude Exercise, Strategies for Stress Management, and Conference Conclusion

1800 – 1900: Networking Session

DAY 12: 30/11/2026 | Self-directed Conference Day

1030 – 1200: Optional Conference Discussion

1800 - 1900: Farewell Function

DAY 13: 01/12/2026 | Arrive Sydney

0630: Disembark - safe travels!