



The Rejuvenation Program: Flourish

*Reclaim Your Energy. Renew Your Purpose.
Flourish at Every Stage of Your Career.*

CRUISING THE HUBBARD GLACIER, ALASKA
DEPARTING VANCOUVER, BRITISH COLUMBIA

31st May – 7th June | 2026 | 24 CPD Hrs



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT



Welcome to **The Rejuvenation Program: Flourish**, a transformative professional experience designed to help nurses align their personal well-being with the expectations of the **Nursing and Midwifery Board of Australia (NMBA) Code of Conduct**.

This program emphasises **Principle 7: Health and Wellbeing**, equipping nurses to reduce the effects of stress and fatigue on their health and their ability to provide safe, high-quality care.

Whether you're in the heart of your career or preparing to transition into retirement, this program will empower you to navigate challenges, reconnect with your purpose, and embrace a fulfilling future.

Through engaging workshops, inspiring discussions, and actionable planning, this program helps you:

- **Reduce Stress and Manage Fatigue:** Learn strategies to maintain focus, energy, and professional integrity.
- **Align Wellbeing with Professional Responsibility:** Meet the NMBA Code of Conduct's call to prioritise your health for better patient care.
- **Develop Sustainable Self-Care Practices:** Create a personalised plan to flourish at any stage of your career.
- **And if you wish - Transition to Retirement with Purpose:** Explore tools to redefine your identity, stay connected to your community, and find meaning.

WHY ATTEND?

This program offers a unique opportunity to pause, reflect, and prioritise your well-being in alignment with your professional responsibilities. No matter where you are in your career, you'll leave with a renewed sense of energy, purpose, and actionable tools to flourish in life and work.

LEARNING OUTCOMES

At this Conference, participants will:

- Explore Fatigue management and its role in professional integrity and patient safety.
- Discover Tools for thriving amidst stress and reducing burnout.
- Investigate Finding purpose and fulfillment beyond nursing, including retirement transitions.
- Learn how to Reclaim your energy and passion while maintaining balance in your life.

"The expertise of the presenter [Wendy] was engaging and committed to sharing their stories while challenging the participants to reflect upon their own practice." - Shannon

"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 calmer as I practice what Sue has shown us." - Leanne

YOU WILL ALSO LEARN

- Code of Conduct in Principle 7: Health and Wellbeing
- Why self-care is a mechanism for psychological survival
- The Neuroscience of Stress Management
- Stress Resilience in Nursing
- Breathing exercises and relaxation techniques
- The importance of sleep
- Thriving Through Change and Challenges
- Compassion fatigue and compassion renewal
- Understanding Fatigue: Its Impact on Decision-Making and Patient Safety
- Integrating Stress and Fatigue Reduction into Daily Practice
- The Art of Letting Go: Managing Guilt and Setting Boundaries – how to say no
- Professional Boundaries
- Assertiveness and personal boundaries
- Addressing Incivility in Nursing: Fostering Respect and Professionalism
- Emotional Intelligence in Nursing: Building Stronger Connections
- A Little Book of Manners in Health Care “How to curb your inner psychopath, prevent incivility, lead with kindness, and enjoy your work”
- The Digital Detox: Reclaiming Focus in a Hyperconnected World
- Cultivating Joy: Rediscovering What Makes You Thrive
- The Power of Gratitude: Shifting Perspectives for Greater Fulfillment
- Redefining Your Next Chapter: Navigating the Transition to Retirement
- Financial Planning for Retirement what are the key concepts
- The Art of Rest: Understanding Active Recovery
- The Healing Power of Nature: Connecting with the Outdoors for Wellbeing

DETAILED ITINERARY



Day 1: 31/05/2026 | Depart Vancouver, British Columbia

Consistently ranked among the world's most liveable cities, this diverse and vibrant destination offers a perfect blend of culture, natural beauty, and culinary delights. From fresh local seafood and farm-to-table produce to authentic Asian flavours, it's a food lover's paradise.

The city's signature West Coast architecture—modernist with a rustic, woodsy vibe—complements the sleek steel and glass of downtown. At its heart lies Stanley Park, a 400-hectare green oasis with stunning beaches, trails, and breathtaking views.

Head north along the scenic Sea to Sky Highway, where coastal and forested landscapes lead you to Whistler, 670 meters above sea level. Along the way, marvel at the majestic Shannon Falls and test your nerve on the thrilling Sky Pilot Suspension Bridge.

1600: We set Sail

Make sure you are on deck to say bon voyage.

1700 – 1800: Conference Registration and Welcome Function (guests are welcome) | Venue: Cellar Master, Deck 4

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: 01/06/2026 | Conference Day

1100 – 1130: Your Wellbeing, Their Safety: The Ethical Mandate for Self-Care | Sue Walker

Let's explore The Nursing and Midwifery Board of Australia stipulation in the Code of Conduct in Principle 7: Health and Wellbeing that nurses need to reduce the effects of stress and fatigue on their health and their ability to provide safe, high-quality care.

1130 – 1230: Prioritising You: The Power of Self-Care in Nursing | Sue Walker

Self-care is a vital skill for nurses to thrive in demanding environments. But what is self-care? Is it a selfish act or a mechanism for psychological survival?

1230 – 1400: Break

1400 – 1500: The Neuroscience of Stress Management | Sue Walker

Discover how understanding the brain's response to stress can empower you to manage it effectively in both personal and professional settings. This session delves into the science of how stress affects the brain and body, including its impact on decision-making, emotional regulation, and overall health.

1500 – 1600: Stress Resilience in Nursing: Evidence-Based Tools for Coping | Sue Walker

This session explores evidence-based strategies to build stress resilience. Attendees will learn practical techniques such as mindfulness meditation, cognitive reframing, and time management to reduce the impact of stress on their mental and physical health.

Self-directed via the Online Library

Practice the Breathing Exercises and Relaxation Techniques we Explored this Morning

There are examples in your workbook and the conference online library

The Importance of Sleep

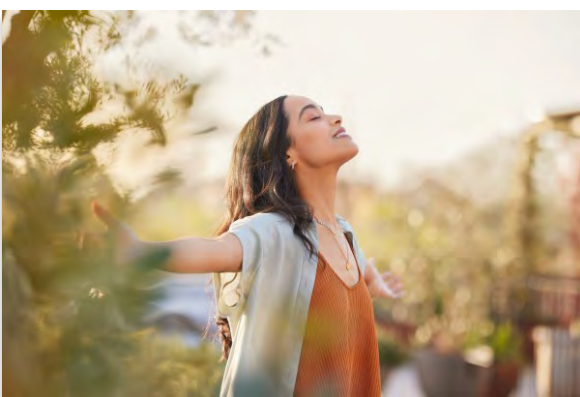
Sleep is a cornerstone of self-care, essential for maintaining both physical and mental health. For nurses and caregivers, who often operate under high stress and demanding schedules, prioritising sleep is critical for sustaining energy, focus, and overall wellbeing.

1800 – 1900: Networking Session

Explore the day with other conference attendees and facilitators.



Day 3: 02/06/2026 | Conference Day | Icy Strait



1100 – 1200: Building Resilience: Thriving Through Change and Challenges | Sue Walker

Strategies to manage stress, avoid burnout, and maintain mental and emotional health. Continue exploring the magic of mindfulness

1200 – 1300: From Compassion Fatigue to Compassion Renewal | Sue Walker

In this session, we will explore the concept of compassion fatigue and how it impacts our ability to care for others. This session provides tools for replenishing emotional energy, rediscovering joy in your work, and maintaining compassion over the long term.

Day 3 Continued: 02/06/2026 | Conference Day | Icy Strait

Self-directed via the Online Library

Understanding Fatigue: Its Impact on Decision-Making and Patient Safety

In this session we will explore the physiological and cognitive effects of fatigue on nursing performance and patient outcomes.

Integrating Stress and Fatigue Reduction into Daily Practice

This webinar will reinforce some of the strategies for fatigue reduction that we discussed in the Understanding Fatigue session and introduce grounding exercises which are simple, yet effective techniques used to bring your attention to the present moment, helping to reduce stress, anxiety, or fatigue. The 5-4-3-2-1 method is a popular sensory grounding exercise that engages your five senses to calm your mind and focus your attention on your surroundings.

1330 – 2100: The Icy Strait – Find a place to View the Breathtaking Scenery

For thousands of years, the Tlingit people have called this area home. Close to the city of Hoonah and cantered around a historic cannery, Icy Strait Point invites travellers to experience Alaska's rich wildlife and history. From spotting humpback whales, orcas, seals, eagles, and brown bears to exploring landmarks that celebrate the region's fishing heritage, it's a destination full of adventure and cultural significance.



Day 4: 03/06/2026 | Conference Day | The Hubbard Glacier

Self-directed via the Online Library

Professional Boundaries | Dr Wendy McIntosh

This webinar will introduce participants to the nuances and complexities of professional boundaries. Thought you knew all about professional boundaries? Let your comfort zone be pushed in this webinar.

Assertiveness and Personal Boundaries

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.



1500: The Hubbard Glacier – Find a place to View the Breathtaking Scenery

The Hubbard Glacier is located 48kms north of Yakutat, is a breathtaking Alaskan wonder. Spanning 11kms wide and 122kms long, it's the largest tidewater glacier in North America and uniquely still growing. Formed 400 years ago from Mount Logan snowfalls, its towering ice walls rise as high as a 30-story building.

As your ship glides through Yakutat Bay into Disenchantment Bay, you'll witness dramatic ice calving events near Gilbert Point, where massive ice chunks crash into the water. Along the way, an onboard naturalist will guide you, highlighting wildlife like whales, seals, and otters.

1800 – 1900: Networking Session

Explore the day with other conference attendees and facilitators

Day 5: 04/06/2026 | On Shore Juneau, Alaska | 0730 – 1900

Explore at your Leisure

Juneau, Alaska, is the only U.S. state capital you can't reach by road, adding to its unique charm. Surrounded by breathtaking glacier views and dramatic landscapes, it's a place like no other.

Known for its raw natural beauty, Juneau features a stunning mix of waterways, lush rainforests draped over steep mountain slopes, high-altitude lakes, and the sprawling 3,900km² Juneau Icefield.

1100 – 1200: Addressing Incivility in Nursing: Fostering Respect and Professionalism | Dr Wendy McIntosh

This session tackles the pervasive issue of incivility in nursing, exploring its impact on team dynamics, patient care, and individual well-being. Participants will learn strategies to recognise, address, and prevent incivility in the workplace while fostering a culture of respect, collaboration, and professionalism.

1200 – 1300: The Art of Letting Go: Managing Guilt and Setting Boundaries | Sue Walker

This session is designed to help nurses recognise, manage, and release the feelings of guilt that can arise from their caregiving roles and develop healthy boundaries that support personal wellbeing. As caregivers, nurses often feel compelled to go above and beyond, which can lead to overwork, burnout, and emotional exhaustion. This session provides practical tools and strategies to help nurses prioritise self-care, set clear boundaries, and let go of unnecessary guilt, empowering them to maintain balance and effectiveness in both their professional and personal lives. **Learn to say no!**

Self-directed via the Online Library

Emotional Intelligence in Nursing: Building Stronger Connections | Sue Walker

What is Emotional Intelligence? Emotional intelligence (EI) refers to the ability to recognise, understand, manage, and influence emotions in yourself and others. It is a key skill for personal and professional success, particularly in roles like nursing, where empathy, communication, and interpersonal relationships are critical.

Developed and popularised by psychologist Daniel Goleman, emotional intelligence is often divided into five core components: Self-awareness, self-regulation, motivation, empathy, and social skills. This session explores the critical role of emotional intelligence (EI) in your work and personal life.

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.

The Digital Detox: Reclaiming Focus in a Hyperconnected World

This session addresses the impact of digital overload on mental health and offers strategies for reducing screen time, improving focus, and finding balance.

1300 – 2000: Ketchikan, Alaska

You've never had salmon this fresh. Ketchikan, the "Salmon Capital of the World," is also the ancestral home of the Tlingit people, who created the world's largest collection of totem poles. For adventure seekers, paddle through the lush rainforest on a canoe and nature trail excursion or embark on a wilderness exploration capped off with a mouthwatering crab feast you won't forget.

"I always enjoy Sue Walker's presentations. She is very fabulous at including everyone. I always enjoy Nursing CPD presentations. I've been attending since 2011 and have never been disappointed. I look forward to my next adventure in learning and travelling." - Donna

Day 7: 06/06/2026 | Conference Day

1100 – 1200: Cultivating Joy: Rediscovering What Makes You Thrive | Sue Walker

This session encourages you to reconnect with your passions, hobbies, and sources of joy. Through guided exercises, participants will identify activities and habits that bring happiness and fulfillment.

1200 – 1300: The Power of Gratitude: Shifting Perspectives for Greater Fulfillment | Sue Walker

Explore how practicing gratitude can shift mindset, reduce stress, and improve resilience in both personal and professional life. Attendees will learn actionable techniques to integrate gratitude into their daily routines for a more positive outlook.

1300 – 1430: Break

1430 – 1530: Redefining Your Next Chapter: Navigating the Transition to Retirement | Sue Walker

This session empowers attendees approaching or transitioning into retirement to embrace this new phase with confidence and purpose. Participants will explore strategies to manage identity shifts, stay connected to the nursing community, and explore meaningful opportunities.

1530 – 1600: Conference Roundup and Reflection | Sue Walker, Dr Wendy McIntosh and Jason Dawson

Summary of key take-home messages, final practice of some of the many stress-relieving strategies that we have shared, discussion of questions that have not been addressed over the days we have spent together.



Self-directed via the Online Library

Financial Planning for Retirement: What are the Key Concepts

Strategies to work with when there is not a big nest egg available. If you have money stashed away, what should you do with it? Is a financial advisor worth it?

The Art of Rest: Understanding Active Recovery

Shift the perception of rest as passive to an essential part of self-care. This session introduces concepts of active recovery, including restorative yoga, mindfulness meditation, art, and craft plus other techniques to recharge effectively.

The Healing Power of Nature: Connecting with the Outdoors for Wellbeing (Lucky we came to Alaska!)

Explore the physical and mental health benefits of spending time in nature. This session encourages attendees to integrate outdoor activities into their routines for relaxation, stress reduction, and rejuvenation.

1700 – 1800: Farewell Function (guests are welcome) | Venue: Cellar Master, Deck 4

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 8: 07/06/2026 | Arrive Vancouver, British Columbia

0600: Disembark – safe travels!



OUR PRESENTERS



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.

"Sue discussed all the topics in a manner that made it easy to understand and related it to our nursing background. Sue spoke clearly and included us all, I thoroughly enjoyed all the sessions. think this is a great way to earn CPD and use professional development leave." - Rosalyn

DR WENDY MCINTOSH, RN, Grad Dip MH, MN, PhD, Group Leadership Cert, MRCNA, AANZPA



Wendy has over 30 years of experience as a health professional (clinical, education, and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness, and workplace bullying.

Wendy has over 20 years of experience as a psychodrama trainee – lifelong learning. She is committed to using experiential learning in the work she does with individuals and groups. Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge, and creativity as a presenter and facilitator.

She is continually integrating learning and insights she gains from the work she does within professional boundaries. She has developed internet training tools and education packages for individuals/organisations and delivers webinars for organisations. With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their own personal and reflective journey through boundaries. Further podcasts are currently in production.

"Dr Wendy is a no-nonsense presenter with a good sense of humour and extensive practical and theoretic knowledge of her subjects... Would definitely recommend to any nurses thinking of attending." - Suzanne

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

Contact the Team at Education at Sea for a personalised quote.

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

Non-practising Nurse: \$290.00

We've realised that many past customers still want to travel with us. We have created a customer classification called Non-Practising Nurse.

It's for Retired Nurses who want to travel with our group but no longer need CPD hours. They like to travel with like-minded people, people who get them because they have had similar experiences, and there is a shared connection that creates friendships quickly. Also, travelling as part of a group provides an extra level of support and safety.

The non-practising registration is only available for our cruise conferences, as the study tours are all-inclusive.

INCLUSIONS

General registration includes:

- A comprehensive conference program based on current best practice and meets the same exacting standards as anything offered in an Australian land-based program
- Access to experienced presenters eager to share their skills, knowledge, and passion with attendees
- Welcome function with drinks (travelling companions welcome)
- Farewell function with drinks (travelling companions welcome)
- Conference pack including a bag, pen, and lanyard (plus lanyards for guests) (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
- Access to an online conference library with educational content, allowing you to complete pre-conference learning activities and tailor your own learning experience
- A conference transcript outlining each session, including session synopses and presenter details
- The opportunity to meet as a group in various conference open forums, in one of the many fabulous locations on the ship
- A Certificate of Completion for you to include in your CPD Portfolio

Non-practising nurse registration includes:

- Inclusion in the Education at Sea / Nurses for Nurses travel group
- Welcome drinks on the first night at the registration function for you and your travelling companion
- Conference pack including a bag, pen, and lanyard (plus lanyards for guests)
- Access to any networking events held onboard
- Opportunity to book shore tours, including hospital visits
- Ability to attend a maximum of five conference sessions that pique your interest – you may not need CPD points, but you could still be interested in various health related topics
- Farewell function on the final night for you and your travelling companion
- Subscription to newsletters to stay informed about future travel events

VENUE

Celebrity Solstice

Step aboard the Celebrity Solstice, a masterpiece of modern luxury and the flagship of Celebrity Cruises' renowned Solstice-class. With its innovative Lawn Club, world-class dining, and award-winning entertainment, this ship offers a premium experience for travellers seeking relaxation and adventure. From the glaciers of Alaska to the vibrant shores of Australia, the Solstice invites you to discover stunning destinations in unmatched style and comfort.



HOW TO DRESS ON A CRUISE SHIP



Most cruise lines offer a casual atmosphere onboard. Casual attire is the norm during the day, and there is no formal dress code at night. However, many passengers choose to change into something slightly less casual for dinner.

At least once per sailing, during which passengers are encouraged to dress up. While you rarely see tuxedos or evening gowns, suits and cocktail dresses are quite common.

Additionally, ships usually host several themed nights, such as White Parties, '70s, or '80s Night, Hawaiian or even Mexican during each sailing. It's a good idea to bring along a few themed items.

NB: Closer to your sail date you will be able to see what the exact theme nights are being held via your cruise companies app.

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 (Select Option 3)

enquiries@nfnn.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.

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nursingcpd.com.au

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Real Stories, Recipes, and
Inspiration
This Nursing Life



thisnursinglife.com.au

Combine Great Locations
with Fantastic CPD
Nurses for Nurses Network



nfnn.com.au

CONDENSED ITINERARY

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1230 – 1400: Break

1400 – 1500: The Neuroscience of Stress Management

1500 – 1600: Stress Resilience in Nursing: Evidence-Based Tools for Coping

Afternoon Self-directed via the Online Library

- Practice the Breathing Exercises and Relaxation Techniques we Explored this Morning
- The Importance of Sleep

1800 – 1900: Networking Session

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1100 – 1200: Building Resilience: Thriving Through Change and Challenges

1200 – 1300: From Compassion Fatigue to Compassion Renewal

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Self-directed via the Online Library

- Professional Boundaries
- Assertiveness and Personal Boundaries

1500: The Hubbard Glacier

1800 – 1900: Networking Session

Day 5: 04/06/2026 | On Shore Juneau, Alaska

0730 – 1900: Explore at your Leisure

Day 6: 05/06/2026 | Conference Day

1100 – 1200: Addressing Incivility in Nursing: Fostering Respect and Professionalism

1200 – 1300: The Art of Letting Go: Managing Guilt and Setting Boundaries

Self-directed via the Online Library

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- A Little Book of Manners in Health Care: How to curb your inner psychopath, prevent incivility, lead with kindness, and enjoy your work
- The Digital Detox: Reclaiming Focus in a Hyperconnected World

1300 – 2000: Ketchikan, Alaska

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1200 – 1300: The Power of Gratitude: Shifting Perspectives for Greater Fulfillment

1300 – 1430: Break

1430 – 1530: Redefining Your Next Chapter: Navigating the Transition to Retirement

1530 – 1600: Conference Roundup and Reflection

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- The Art of Rest: Understanding Active Recovery
- The Healing Power of Nature: Connecting with the Outdoors for Wellbeing (Lucky we came to Alaska!)

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Day 9: 07/06/2026 | Arrive Vancouver, British Columbia

0600: Disembark – safe travels!