



Paging All Nurses and Midwives:

It's Time to Recharge Your Batteries (and Your Career!)

CRUISING NZ DEPARTING SYDNEY

19 Nov-01 Dec 2026 | 24 CPD Hrs



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

Stop just surviving, start thriving! Inject some humour and practical wisdom into your professional life.

Is your nursing or midwifery career flatlining? Are you stuck in your job and need major resuscitation? Are you wondering what is the next step in your nursing or midwifery journey?

In this conference, we are going to have an honest conversation about how to keep your head in the game when things get busy, messy, political, or just plain exhausting. We are going to talk about managing other people, health consumers, families, and colleagues, without getting pulled into the drama. We're going to share strategies for keeping your boundaries, brain, and professionalism intact, no matter what the day throws at you.



We are going to hear what four nurses and a midwife each with years of clinical, management and education experience really think! These nurses and midwives have worked through nearly every version of healthcare you can imagine and have figured out what's worth doing, what's not, and how to last the distance.

- You will get the stuff no one tells you.
- You will be told smart strategies that actually work.
- You will have a few laughs, a few "aha" moments, and a truckload of practical insights.

If you're keen to sharpen your thinking, stress less, lead better, and enjoy the job, then this conference is for you!

LEARNING OUTCOMES

At this Conference, participants will:

- Explore where you are in your job and where you want to go
- Review the barriers that are preventing you from being where you want to be in your job
- Discover some practical tools and strategies that will help and support you in the work that you do
- Develop personal and professional skills that you can implement in your job on a daily basis

YOU WILL ALSO LEARN

- What to do to love your job again
- How to keep your knowledge and skills current to protect health consumers, your registration, and your professional credibility
- How to build your confidence and have clear boundaries at work
- How to be an influencer in your workplace
- What it takes to be a great team player
- The role of mindfulness in your everyday working life
- The power of storytelling and humour for learning, networking and connecting with health consumers and colleagues
- The importance of connecting with your creative side to have fun and be a better nurse and midwife
- Strategies for career development including excelling in job applications and interviews
- How to be an excellent mentor, teacher and preceptor
- Top tips to be an effective leader

"Whether you are looking to enhance your practice or simply recharge while connecting with like-minded professionals, this event is a must-attend!"

- Leanne, South Pacific Cruise Conference

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 Harbour 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.

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

Morning Self-directed via the Online Library

The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.

Introduction to the Conference and Presenter | Sarah Stewart

In this webinar Sarah Stewart will introduce herself as conference facilitator and discuss what the conference is aiming to achieve and how participants can become actively involved with each session.

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. Professional boundaries are about safety, the safety of the professional and safety of the patient. Few organisations however offer education or training that dives deep into the importance of boundaries to protect vulnerabilities in professionals that could lead to boundary transgressions.

1100 – 1230: Lunch

1230 – 1330: Beyond the Bedside: Igniting your Purpose, Renewing your Passion | Sarah Stewart and Jason Dawson

Over the next few days, we're stepping away from the daily demands of the job to focus on something just as important: you! This conference is your time to recharge because even superheroes need to refill their powers!

In this session we will help you take a fresh look at your job, your career, your role, and yourself as a nurse or midwife. Whether you're feeling stuck, burnt out, or simply unsure what's next, we'll explore why your professional "vitals" might be dipping and how to revive them.

Through real stories, sharp insights, and interactive reflection, you'll uncover what's been quietly draining your energy and motivation. You'll identify the barriers and impediments to your sense of job satisfaction, clarify your professional non negotiables, explore what still lights you up, and learn how to shift from "just surviving" to thriving in your role.

By the end of this session, you'll have a clearer picture of where you are in your career journey, what's worth your time and effort, and how to start the rest of this conference, and your future career, with a spark.



DAY 2 CONTINUED:

1330 – 1430: TA Egogram Model | Sue Walker

In this session, we 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.

1430 – 1500: Break

1500 – 1600: Quiet Confidence: Knowing you're Good Without Having to Prove it all the Time | Sarah Stewart and Jason Dawson

Let's drop the self-doubt and imposter nonsense. This session is about owning your skills without ego or anxiety.

1600 – 1700: Be the Solution. Be the Team Player Everyone wants to Work with! | Sarah Stewart and Jason Dawson

Being a good team player involves a combination of skills, attitudes, and behaviours that contribute to a positive and productive team environment. In this session we'll explore how you know you're not the problem in a poorly performing team, and how to become an invaluable member of the nursing or midwifery staff.

1800 – 1900: Networking Session

Join the conference convenor and presenters to catch up on today and venue to answer any of your queries.

DAY 3: 21/11/2026 | CONFERENCE DAY

0800 – 0900: How to be an Excellent Preceptor, Supervisor and Teacher in the Healthcare Context | Sarah Stewart and Jason Dawson

This session will explore how you can meet your professional and regulatory responsibilities as teacher, preceptor and supervisor of students and junior staff while juggling many balls in the air at once.

0900 – 1000: How to be an Influencer in your Workplace | Sarah Stewart and Jason Dawson

Becoming a workplace influencer can lead to increased visibility, stronger relationships, improved collaboration, and ultimately, career advancement. In this session we will start to explore how you can influence your workplace to improve your job satisfaction, quality of care, and collegiality.

1000 – 1030: Break

1030 – 1130: Not My Circus, but I'm Still on Shift | Sarah Stewart, Jason Dawson and Sue Walker

Bring your questions to the expert panel and get their ideas on how to stay sane at work. The panel will discuss questions such as how to stay functional in dysfunctional workplace; how to deal with team mess and management changes; how to navigate system weirdness without losing your cool?



1130 – 1230: Twirl your tassels, get rid of your hassles! | Sarah Stewart and Jason Dawson

When was the last time you painted a picture, sang a song, played a musical instrument, wrote a poem, twirled your tassels?! It is so easy to rush around living your life as a nurse, midwife, mother, father, or carer. Once you have met your responsibilities in all these roles, there's little room to be creative...to do what gives you joy.

It happens to the best of us! In this session we are going to discuss the importance of creativity and how to actively cultivate an environment and mindset that encourages new ideas to flourish. To get your creative juices running, Sarah is going to teach you how to twirl your tassels so please wear relaxing clothes and footwear. Also, please bring an old bra that you can wear outside your clothes (men – you'll have to borrow one from a woman in your life!) that we can pin tassels to.

1500 – 1530: Lunch Break

Afternoon Self-directed via the Online Library

The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.

DAY 3 CONTINUED:

Will the Workplace Bully Please Stand: The Dance Between Being Recipient and Perpetrator | Dr Wendy McIntosh

This webinar explores the psychological, social, and systemic factors shaping the relationship between the perpetrator and recipient of workplace bullying. Integral to this presentation will be exploring the risks of being a perpetrator of workplace bullying if one has been a recipient of bullying.

Leading from the Floor | Lisa Lucas

In this webinar, we explore one of the most powerful truths in healthcare leadership: you don't need a title to lead. Leadership isn't reserved for Nurse Unit Managers or executives it lives in the everyday actions, tone, and choices of front line nurses and midwives who influence their teams from the ground up.

1800 – 1900: Networking Session

Join the conference convenor and presenters to catch up on today and 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 the conference convenor and presenters to catch up on today and 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.



1800 – 1900: Networking Session

Join the conference convenor and presenters to catch up on today and venue to answer any of your queries.

"This was my first time attending the conference, and it was such a unique experience. I've always loved traveling to different countries, but this time was different—I gained so much knowledge while growing in my nursing career. It showed me that it's possible to learn, explore, and connect with like-minded nurses. I can't wait to do more conference around the world." - Rosalie, South Pacific Cruise Conference

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

1800 – 1900: Networking Session

Join the conference convenor and presenters to catch up on today and venue to answer any of your queries.

DAY 7: 18/10/2025 | CONFERENCE DAY

Morning Self-directed via the Online Library

The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.

How to use Social Media for Professional Development, Networking and Career Development | Sarah Stewart

Social media can be a powerful tool for professional development, networking, and career advancement if used strategically. The key is to shift your mindset from casual social media use to building a deliberate professional presence. However, there are professional and regulatory rules and regulations that you must keep in mind when using social media as nurses and midwives.

Trauma Informed Care | Dr Wendy McIntosh

The trauma-informed care webinar aims to provide participants with a comprehensive understanding of trauma and its impact on individuals, communities, and organisations. This session will delve into the principles and practices of trauma-informed care, equipping attendees with the knowledge and tools necessary to start conversations in their workplace about creating safe and supportive environments for those affected by trauma.

1100 – 1230: Lunch Break

1230 – 1330: Don't Absorb It: How to Keep Other People's Stress from Becoming Yours | Sarah Stewart and Jason Dawson

In this session we will work together to develop real tactics for working with health consumers, families, and colleagues who are emotional, reactive, or just draining.

1330 – 1430: 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.



1430 – 1500: Break

1500 – 1700: Crafting Connections: The Art of Storytelling and Humour in Healthcare | Sarah Stewart and Jason Dawson

In this workshop we are going to explore how we can use storytelling and humour to connect with colleagues and health consumers. Come prepared to have lots of fun with two stories from practice (making sure you maintain health consumer and colleague confidentiality) – one funny, and one where you learned a lesson about practice.

1800 – 1900: Networking Session

Join the conference convenor and presenters to catch up on today and 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.

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 the conference convenor and presenters to catch up on today and 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
- Visit the Auckland Art Gallery & War Memorial Museum
- Sky Tower for panoramic views

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



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. 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

0800 – 0900: Staying Current: Making Professional Development Work for You | Sarah Stewart and Jason Dawson

Staying current is not about chasing perfection; it is about staying credible, competent, and confident in an everchanging health care system. In this session we will explore how to choose professional development activities that are relevant to your scope, work, and goals that won't cost you a fortune or take a month of Sundays to complete.

0900 – 1000: Boost Your Career: Master Your Next Move | Sarah Stewart and Jason Dawson

Ready to level up your career? Join us for an interactive session where we'll explore key strategies to help you get ahead.

We'll dive into topics like:

- Acing your job applications: learn how to create standout resumes and cover letters.
- Nailing interviews: discover the secrets to making a powerful impression.
- Building your professional brand: develop a reputation that gets you noticed.

Come prepared with your questions and get personalised advice from our facilitators. Let's make your career goals a reality!

DAY 11 CONTINUED:

1000 – 1030: Break

1030 – 1130: How to Last the Distance?! | Sarah Stewart, Jason Dawson and Sue Walker

Join the expert panel as they reflect on years of midwifery and nursing practice. What have they learned over the years? What would they do different and what words of wisdom will they pass on to you? Come prepared to ask your own questions.

1130 – 1230: Conclusion of Conference and Planning for What you are Going to do When you get Back to Work | Sarah Stewart and Jason Dawson

In this session we will summarise the main themes of the conference, make a start on our learning plan, and have a final group farewell.



Afternoon: Self-directed via the Online Library

Preventing Adverse Events: Applying a Systems-based Approach | Chamindika Konara

To err is human, to fail to learn is inexcusable. This presentation will examine how a systems-based approach to managing adverse event can be implemented within hospital facilities. We will cover how to undergo retrospective analysis following an adverse event to address the systematic issues that contribute to adverse patient outcomes, as well as how to conduct a prospective analysis to manage health risks to patients and staff.

Mentorship That Matters | Lisa Lucas

This empowering webinar, Mentorship That Matters, is designed for nurses and midwives who want to build meaningful mentoring relationships that support both professional growth and personal wellbeing. Hosted by Lisa Lucas, award-winning nurse leader and founder of The Hive Nursing Development, this session cuts through the fluff and delivers clear, practical insight into how to attract a mentor, be a mentor, or build a culture of mentorship around you.

1800 – 1900: Networking Session

Join the conference convenor and presenters to catch up on today and venue to answer any of your queries.

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

Take this day to relax.

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

SARAH STEWART, RN, Midwife



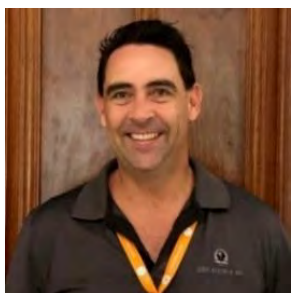
Sarah Stewart has been a nurse and midwife for over 40 years. Sarah holds a MA Midwifery, MBA and various other qualifications related to teaching and learning, policy and government. During her career she has carried out a number of roles including Community Sister in the UK, homebirth and caseload midwife as well as Senior Lecturer in New Zealand.

In 2012 Sarah moved to Australia where she worked as Policy Manager at the Australian College of Midwives and Chief Operating Officer at the Congress of Aboriginal and Torres Strait Island Nurses and Midwives. Sarah also worked in the ACT Government for 6 years including a period as the ACT Chief Nursing and Midwifery Officer. She is currently a policy and education contractor.

Sarah has extensive experience in education, management and policy and has presented at local and international conferences on a range of research topics including mentoring and leadership. She is now having lots of fun exploring her creative side as a stand-up comedian and storyteller.

Sarah has had sold out comedy shows and ghost-story telling performances around Australia including the Adelaide, Newcastle and Darwin Fringe Festivals. Her latest endeavour is learning burlesque but admits that she has absolutely no rhythm and is the worse dancer in human history!

JASON DAWSON, RN,



Jason is from the Gold Coast, Queensland. Whilst studying 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. In 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 Nurse's, Midwives, Allied Health Professionals and Teacher's/Educator's the opportunity to update and improve their skills in diverse and unique locations.

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".

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 is 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

Additional Information:

- There is no additional charge for your travelling companion

VENUE

Celebrity Edge

Celebrity Edge® redefined what a cruise ship could be, blending innovative design with unmatched luxury. On board, exceptional dining and next-level service elevate the entire experience, setting a new standard for refined cruising.

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.

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.

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CONDENSED ITINERARY

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

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

1700 – 1800: Conference Registration and Welcome Function

DAY 2: 20/11/2026 | Conference Day

Morning Self-directed via the Online Library

- Introduction to the Conference and Presenter
- Professional Boundaries

1100 – 1230: Lunch

1230 – 1330: Beyond the Bedside: Igniting your Purpose, Renewing your Passion

1330 – 1430: TA Egogram Model

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1600 – 1700: Be the Solution. Be the Team Player Everyone wants to Work with!

DAY 3: 21/11/2026 | Conference Day

0800 – 0900: How to be an Excellent Preceptor, Supervisor and Teacher in the Healthcare Context

0900 – 1000: How to be an Influencer in your Workplace

1000 – 1030: Break

1030 – 1130: Not My Circus, but I'm Still on Shift

1130 – 1230: Twirl your tassels, get rid of your hassles!

1500 – 1530: Lunch Break

Afternoon Self-directed via the Online Library

- Will the Workplace Bully Please Stand: The Dance Between Being Recipient and Perpetrator
- Leading from the Floor

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: 25/11/2021 | Conference Day

Morning Self-directed via the Online Library

- How to use Social Media for Professional Development, Networking and Career Development
- Trauma Informed Care

1100 – 1230: Lunch Break

1230 – 1330: Don't Absorb It: How to Keep Other People's Stress from Becoming Yours

1330 – 1430: Let's Explore Mindfulness and Meditation

1430 – 1500: Break

1500 – 1700: Crafting Connections: The Art of Storytelling and Humour in Healthcare

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

0800 – 0900: Staying Current: Making Professional Development Work for You

0900 – 1000: Boost Your Career: Master Your Next Move

1000 – 1030: Break

1030 – 1130: How to Last the Distance?!

1130 – 1230: Conclusion of Conference and Planning for What you are Going to do When you get Back to Work

Afternoon Self-directed via the Online Library

- Preventing Adverse Events: Applying a Systems-based Approach
 - Mentorship that Matters
- 1800 – 1900: Networking Session

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

A day for yourself to relax

1800 - 1900: Farewell Function

DAY 13: 01/12/2026 | Arrive Sydney

0630: Disembark - safe travels!