



Stress Management and Burnout: Thriving in Healthcare



CRUISING THE SOUTH PACIFIC DEPARTING SYDNEY

5-14 March 2027 | 24 CPD Hrs



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

Stress is part of working in healthcare. Burnout is not something that should be accepted as inevitable. This conference takes a practical look at how stress develops, how it presents in health care environments, and how it can be recognised and managed before it progresses to burnout.

Stress is not simply about workload. It reflects the gap between what is being asked of you and the personal and professional resources you must meet those demands. This response is shaped by psychological resources, clinical complexity, team dynamics, organisational pressures, and how situations are interpreted in the moment.

Burnout is a recognised occupational phenomenon associated with unmanaged, prolonged workplace stress. It is characterised by emotional exhaustion, detachment from work, and a reduced sense of professional effectiveness. It develops over time and is often identifiable well before it becomes entrenched.

This conference focuses on early recognition and practical intervention.

Mindfulness is explored in a clinically relevant way, not as a trend or add-on, but as a skill that supports attention, emotional regulation, and decision making under pressure. It is presented as one of several approaches that can assist clinicians to respond more effectively to ongoing demands.

Participants will work through realistic strategies that can be applied in everyday practice. This includes identifying early indicators of escalating stress, adjusting responses in high pressure situations, and establishing emotional boundaries that support safe and sustainable care.

The aim is not to increase tolerance of poor conditions, but to strengthen the ability to recognise risk early and respond in a way that protects both the health care worker and the quality of care provided. By the end of the conference, participants will have a clear understanding of stress as a process, burnout as a preventable outcome, and practical approaches to managing both within real healthcare environments.



LEARNING OUTCOMES

At this Conference, participants will:

- Explore what stress is and strategies to manage same
- Discuss why workplace stress can lead to burnout
- Review the consequences of burnout to the individual and the organisation
- Undertake a mindfulness workshop that will provide strategies to assist manage stress

YOU WILL ALSO LEARN

- What empowerment is and strategies to achieve same in your personal and professional life
- The impact of shiftwork on health
- What stress is and its impact on the individual
- Burnout and the consequences for an individual on their personal and professional life
- How what we think impacts how we feel which leads to how we behave.
- The issue of suicide in the health professions
- Key strategies to assist a suicidal person
- The importance of sleep and how to achieve same in a 24 hour roster environment
- The latest research on gut health and mental health
- One deep dive into a specific element of mindfulness per session
- Integrating information and practice with scientific evidence and insights
- Detailed explanations covering the reasons for certain practices
- Small practices that aim to increase the integration of mindfulness into daily life
- Examining mindfulness in the broader context of life and how we perceive things
- Understanding the foundation of processes that mindfulness rest upon

DETAILED ITINERARY

DAY 1: 05/03/2027 | Depart Sydney | 1700



1700: We set Sail

Make sure you are on deck to say bon voyage.

1800 - 1900: Conference Registration and Welcome Function

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

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

DAY 2: 06/03/2027 | Conference Day

Morning Self-directed via the Online Library

The online library is the self-directed activities are located is available to you before the conference begins and for two weeks after the conference finishes.

When Fatigue Becomes the Norm: Shift Work, Stress, and the Cost to Care

This self-directed conference session examines how shift work, sleep loss, and chronic job stress intersect to influence clinician performance, wellbeing, and patient care. Drawing on research exploring circadian disruption, fatigue-related cognitive decline, and the impact of stress on nurses' quality of life and caring behaviours, the session reframes exhaustion as more than a personal resilience issue. Participants are invited to consider fatigue as a clinical risk factor, a workforce sustainability issue, and a professional responsibility — and to reflect on how system design, not just individual coping, shapes the quality and safety of care delivered.

1100 – 1230: Lunch

1230 – 1330: Welcome and explanation of the program

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

1330 – 1430: Psychological Wellbeing

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

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

We'll cover:

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

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

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

1430 – 1500: Break

1500 – 1600: Understanding Stress

Stress should be viewed as a process rather than a definitive diagnosis. It occurs when there is an issue between the demands placed upon us and our ability to handle them. How intensely and extensively stress affects an individual largely hinges on their perspective towards a given situation. An occurrence that might induce significant stress in one person could be a minor obstacle for someone else. Let's explore stress!



DAY 2 CONTINUED:

1600 – 1700: Burnout and the Impact on the Individual

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

1800 – 1900: Networking Session

Join 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: 07/03/2027 | Conference Day



0800 – 0900: The Impact of Shiftwork on Health

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

0900 – 1000: The Importance of Sleep

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

1000 – 1030: Break

1030 – 1130: Emotional Health and Suicide

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

1130 – 1230: Your Belief System

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

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

The online library is the self-directed activities are located is available to you before the conference begins and for two weeks after the conference finishes.

The Concept of Incivility

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

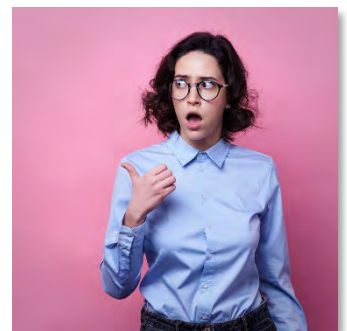
Even though it’s not as blatant as other forms of conflict, incivility can slowly chip away at the foundations of a healthy workplace. It affects individuals by increasing stress and dissatisfaction and can create tension in teams, reducing trust and collaboration.

A Little Book of Manners in Health Care

“How to curb your inner psychopath, prevent incivility, lead with kindness, and enjoy your work”

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

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



1800 – 1900: Networking Session

Join 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: 08/03/2027 | Free Day

Take this time to reflect on conference activities and explore this fabulous ship.

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: 09/03/2027 | On Shore in Noumea, New Caledonia | 0700 – 1400

Explore at your Leisure

Embark on an unforgettable adventure to the heart of Nouméa, the capital of New Caledonia, on one of our cruise ships. Known as the "Paris of the Pacific," Nouméa boasts more sunny days than any other capital in the South Pacific.

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: 10/03/2027 | On Shore in Port Vila, Vanuatu | 0800 – 1630

Explore at your Leisure

Port Vila, the capital of Vanuatu, offers relaxed island charm, friendly locals, and beautiful tropical scenery. It's the perfect setting to unwind, connect, and enjoy a memorable CPD Travel experience.

Optional Tour Available: Talk to the Education at Sea team for all the details

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: 11/03/2027 | On Shore in Mystery Island, Vanuatu | 0700 – 1500

Explore at your Leisure

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

1800 – 1900: Networking Session

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

"Sue was absolutely amazing! She had a mother touch whilst explaining everything & it was very comforting to talk with her, even about intimidating subjects." - Standard Mental Health First Aid Attendee

DAY 8: 12/03/2027 | Conference Day

Morning Self-directed via the Online Library

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Gut Health

The gut is our second brain, and there is mounting evidence to support the importance of gut health on our emotional and physical wellbeing. This session will explore the latest information on gut health.

Codes and Standards of Practice

All health care professions registered with AHPRA have codes of conduct and standards of practice, and one of its key roles is protecting the public. In this session we will explore the impact of stress and burnout on Nurses and other health care workers ability to meet the code of conduct and standards of practice.

1100 – 1230: Lunch

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

“How to curb your inner psychopath, prevent incivility, lead with kindness, and enjoy your work”

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

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

How do you know that you are not the problem?

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

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

We’ll explore:

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

This session isn’t just theory—it’s about giving you real strategies that you can use right away. By the end, you’ll have a better understanding of how small, consistent changes in your thinking and actions can lead to big shifts in how you feel and respond to challenges.

If you’re ready to take control of your mental well-being and move beyond burnout, this session will show you how to work with your brain to create the change you need.

1430 – 1500: Break

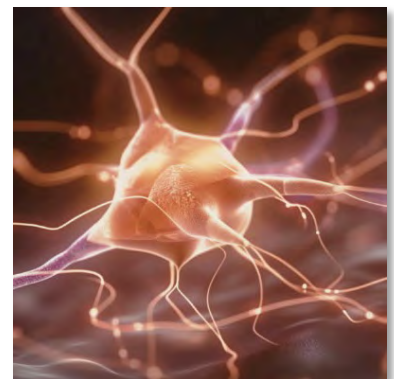
1500 – 1600: Permission to Pause: The Art of Saying No and Setting Boundaries

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

We’ll explore:

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

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



DAY 8 CONTINUED:



1600 – 1700: Assertiveness the Key to Professional and Personal Growth
RLS can significantly affect quality of life and often co-exists with nocturnal muscle cramps. They are common causes of insomnia and excessive daytime sleepiness and frequently reported by patients as age increases. Many treatments are prescribed with varying success. This session will examine the evidence for pharmacological options for muscle cramps and restless legs as well as other interventions that can provide improvement.

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: 13/03/2027 | Conference Day

0800 – 0900: Let's explore the Practice of Mindfulness

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

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

Sounds easy right?

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

0900 – 1000: Emotional Resilience Through Mindfulness: Managing Difficult Emotions

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

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

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

1000 – 1030: Break

1030 – 1130: Practical Mindfulness Techniques: Tools for Stress Relief and Connection

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

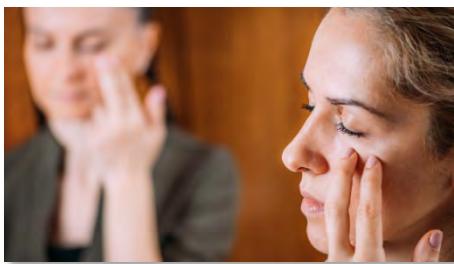
We'll explore:

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

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



DAY 9 CONTINUED:



1130 – 1230: Emotional Freedom Technique (EFT) and Managing Stress and Burnout

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

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

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Mindfulness in Motion: Practical Techniques for Work and Life

This self-directed conference session introduces practical meditation and mindfulness techniques designed for real-world application in busy professional and personal environments. It explores mindfulness not as a theory, but as a daily practice that strengthens attention, emotional regulation, and presence over time. Participants are encouraged to experiment with guided techniques and workplace-ready strategies, recognising that consistency — not perfection — is what builds resilience, clarity, and steadiness in both clinical and everyday life.

Mindfulness Techniques

This self-directed session provides a practical overview of mindfulness techniques that can be applied both at work and in everyday life. Rather than focusing on theory alone, the session explores simple, realistic approaches that can be integrated into busy schedules, high-pressure environments, and real-world situations. Participants will be introduced to strategies that support focus, emotional regulation, and clearer decision-making, while also enhancing wellbeing and resilience.

Mindfulness is called a practice for a reason. Like any skill, it develops over time through regular use. Small, consistent moments of awareness, whether during a busy shift, a difficult conversation, or time spent outside of work, can build greater clarity and calm. This session encourages participants to experiment with practical techniques and develop a sustainable approach to mindfulness that fits naturally into both professional and personal life.



1800 – 1900: Farewell Function

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: 14/03/2027 | Arrive Sydney | 0630

Disembark – safe travels!

"I highly recommend this conference. Each day offered eye-opening discussions on topics nurses often overlook, with real-life scenarios that truly resonate. Plus, it's an amazing opportunity to travel and connect with like-minded professionals. I truly enjoyed every aspect of the conference—from the engaging topics and inspiring presenter to the relaxed, supportive environment that made learning both comfortable and enjoyable. Also, I love that we have networking sessions at the end of the day even on the days we didn't have lectures."
– Roselle, Recognition of the Deteriorating Patient, Cruising the South Pacific

OUR PRESENTER



Sue Walker, RN, BN, BN (ADMIN), MPH, MACN

Sue is the Director and Co-Founder of [Nurses for Nurses](#) (NfN), delivering national and international conferences, study tours and professional development programs for nurses and midwives. She is also a key contributor to [Nursing CPD](#), an online education platform supporting nurses to meet NMBA Continuing Professional Development requirements through accessible, evidence-based learning that is firmly grounded in real-world practice.

Sue holds degrees in Nursing and Health Administration, a Master of Primary Health, and postgraduate qualifications in areas including psychiatry of ageing, gerontology, chemotherapy administration and training and assessment. Her career has included frontline clinical roles, senior management and education leadership, giving her a practical, end-to-end understanding of how healthcare policy, workforce pressures and clinical realities collide at the point of care, in the community and across the system.

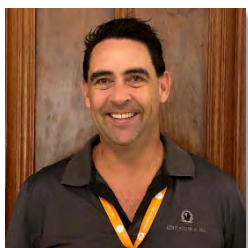
A sought-after presenter in Australia and internationally, Sue focuses on the issues nurses actually face at work — not just what looks good in policy documents. Her areas of interest include leadership without titles, public and population health, professional boundaries, workplace culture and incivility, bullying and moral distress, emergency management, aged care, mental health, advanced life support education, and the long-term psychological impact of caring work. She is particularly passionate about strengthening clinical judgement, professional confidence and practical strategies that protect both patient safety and workforce sustainability.

Sue is known for education that is evidence-based, unapologetically practical and grounded in the lived experience of nursing. Her programs move beyond surface-level wellbeing conversations to explore how organisational design, risk management and workforce policy shape daily practice and long-term career outcomes.

At the heart of her work is a simple belief: nurses and midwives are not just the backbone of healthcare — they are critical decision-makers whose knowledge, judgement and advocacy directly influence patient outcomes and system safety. Sue's goal is to ensure nurses and midwives are supported and professionally empowered to meet the growing complexity of modern healthcare while sustaining long, fulfilling careers.

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

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-practicing 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

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.

VENUE

Royal Caribbean's Anthem of the Seas

Anthem of the Seas is a modern, spacious, and inspiring setting for learning at sea. Designed with innovation and comfort in mind, the ship features state-of-the-art conference facilities, light-filled lounges, and a relaxed atmosphere ideal for both professional development and meaningful connection. Between sessions, delegates can enjoy world-class dining, open-air decks, wellness spaces, and thoughtfully designed areas to unwind, reflect, and recharge—making it an exceptional floating venue for conference learning and community.



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
enquiries@nfnn.com.au
BH: Mon – Thu | 0900 - 1500

DISCLAIMER

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LIKE WHAT YOU SEE - JOIN US FOR MORE WAYS TO LEARN, GROW, AND CONNECT

Online CPD You Can do
Anytime, Anywhere
Nursing CPD



nursingcpd.com.au

Cruise Your Way to
Professional Development
Education at Sea



educationatsea.com.au

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

DAY 1: 05/03/2027 | Depart Sydney | 1700

1700: We set sail

1800 – 1900: Conference Registration and Welcome

DAY 2: 06/03/2027 | Conference Day

Morning: Self-directed Learning

- When Fatigue Becomes the Norm: Shift Work, Stress, and the Cost to Care

1100 – 1230: Lunch

1230 – 1330: Welcome and explanation of the program

1330 – 1430: Psychological Wellbeing

1430 – 1500: Break

1500 – 1600: Understanding Stress

1600 – 1700: Burnout and the Impact on the Individual

1800 – 1900: Networking Session

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Afternoon: Self-directed Learning

- The Concept of Incivility
- A Little Book of Manners in Health Care

1800 – 1900: Networking Session

DAY 4: 08/03/2027 | Free Day

Take this time to reflect on conference activities and explore this fabulous ship.

1800 – 1900: Networking session

DAY 5: 09/03/2027 | Noumea, New Caledonia

0700 – 1400: Explore at your leisure

1800 – 1900: Networking session

DAY 6: 10/03/2027 | Port Villa, Vanuatu

0800 – 1630: Explore at your leisure

1800 – 1900: Networking session

DAY 7: 11/03/2027 | Mystery Island, Vanuatu

0700 – 1500: Explore at your leisure

1800 – 1900: Networking session

DAY 8: 12/03/2027 | Conference Day

Morning: Self-directed Learning

- Gut Health
- Codes and Standards of Practice

1100 – 1230: Lunch

1230 – 1330: A Little Book of Manners in Health Care

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

1430 – 1500: Break

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

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

1800 – 1900: Networking Session

DAY 9: 13/03/2027 | Conference Day

0800 – 0900: Let's explore the Practice of Mindfulness

0900 – 1000: Emotional Resilience Through Mindfulness: Managing Difficult Emotions

1000 – 1030: Break

1030 – 1130: Practical Mindfulness Techniques: Tools for Stress Relief and Connection

1130 – 1230: Emotional Freedom Technique (EFT) and Managing Stress and Burnout

1230 – 1430: Lunch

Afternoon: Self-directed Learning

- Mindfulness in Motion: Practical Techniques for Work and Life
- Mindfulness Techniques

1800 – 1900: Farewell Function

DAY 10: 14/03/2027 | Arrive Sydney

0630: Disembark – Safe travels!