

Agenda

Nurses & Midwives
Wellness Conference

FRIDAY
3 MAY 2019

8am Registration

8.40am Welcome activity

8.55am Conference welcome

Glenn Taylor, CEO, Nursing & Midwifery Health Program Victoria and
Lisa Fitzpatrick, Branch Secretary, Australian Nursing & Midwifery Federation

9.10am Random acts of kindness

9.20am Keynote – Resilience, compassion and kindness in the face of stress – the story of the 2018 Thai cave rescue

Dr Richard Harris, Specialist Anesthetist, Aeromedical Retrieval, Diving and Hyperbaric Medicine and Wilderness and Expedition Medicine, and 2019 Australian of the Year

10.20pm Donation - KIDS Foundation

10.25am Morning tea + trade display

11.05am Kindness, compassion and connection: common values for personal and professional wellbeing

Matt Ball, Nurse Practitioner, HUMANE Clinic & 2017 Mental Health Nurse of the Year

11.45am Awareness changes everything. Tools that transform - you matter

Marie Louise, Co-founder, Evolve Yourself Institute

12.45pm Loving what you do without all the negative

Captain Jan Becker, CEO, Becker Helicopters Group

1.25pm First State Super

1.30pm Lunch + trade display

2.20pm Special activity

2.35pm Making the beast beautiful – anxiety as strength

Sarah Wilson, Entrepreneur, Author and Journalist, Founder of *I Quit Sugar*

3.15pm What can I take home? Practical wellness activity showcase

Carolyn McDonald, Senior Clinician RN, Nursing & Midwifery Health Program Victoria and Mark Bunn, Speaker, Author and Researcher – Health, Happiness & High-Performance

4pm Conference close and questions

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