

Welcome to wellness

Australian Nursing Journal February 2013

Dear Nursing and Midwifery Colleague,

On behalf of everyone at the NMHP I'd like to extend a very warm welcome to you, to attend the 2nd 'Nurses & Midwives Wellness Conference' in Melbourne on Friday 24th May 2013.

Our 'Wellness Conference' will be a rare and unique opportunity for you to meet up with colleagues from all around Australia and overseas for the specific purpose of promoting the health and wellbeing of those in our industry. We are our health services' most important resource and we believe it is important to set time aside for ourselves to ensure we are the healthiest, and therefore best we can be!

The conference theme of Wellness was chosen to signify a state of being which we believe is something we all should strive for, maintain and enjoy!

Nurses and midwives make up the majority of the health workforce. We are vital and valuable to the healthcare system and we at the NMHP are committed to supporting and caring for those who support and care for so many in our society.

The conference will feature an exciting, innovative and engaging program. It will include strategies to manage your work / life balance, to successfully negotiate shiftwork and expose you to new and simple ideas for getting the best from your body. You'll be introduced to concepts and strategies which involve the way you think and feel about your life and health, which will provide significant benefit to you in every area of your life.

Importantly it will be a valuable opportunity for you to stop, breathe and care for your most important asset, YOU!

In addition there will be plenty of time dedicated to fun! There's a unique musical component scheduled which will be facilitated by one of this countries leading musicians. I promise you'll be captivated by the program and it will be an unforgettable experience.

Back in September 2010 we had the privilege of hosting over 800 nurses and midwives at our inaugural Nurses & Midwives Wellness Conference. It gave us an opportunity to expose colleagues from across Australia to new ways of viewing their health. I know everyone who attended took something away with them which culminated in positive and healthy change, not only in the workplace.

With a revamped program, our 'Wellness Conference 2013' promises to attract more colleagues, and will be even bigger, more entertaining, enlightening and beneficial to you and your health. So please, accept this personal invitation. It is a unique opportunity to participate in something that you will find life changing.

All the details will be released very soon, including speaker details and information about early bird registrations. In the meantime be sure to lock in the date, Friday 24th May 2013. We look forward to seeing you there!

For advice and guidance on matters related to nurse and midwife health call the office on (03) 9415 7551.