


NURSES AND MIDWIVES WELLNESS CONFERENCE

Presented in partnership with: 

Friday 28 April | Melbourne



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| 8am | Registration |
| 8.30am | Wellness Conference welcome activity |
| 8.50am | Welcome to Country Murrundindi Ngurungaeta, (head man) of the Wurundjeri people and descendant of William Barak |
| 9am | Conference open and welcome Lisa Fitzpatrick, Branch Secretary, ANMF (Vic Branch) and Glenn Taylor, CEO, Nursing and Midwifery Health Program Victoria |
| 9.15am | Demonstrating hope – on strength and navigating through crisis Lisa Curry AO, triple Olympian, motivational speaker, author, coach and TV presenter |
| 10.05am | Self-care demonstration Carolyn McDonald, senior clinician, and registered nurse, Nursing and Midwifery Health Program Victoria |
| 10.20am | Gold sponsor presentation – HESTA |
| 10.25am | Morning tea |
| 11am | Use what you have and keep going – self compassion, healthcare and you Mary Freer, author, coach and social change maker |
| 11.40am | Sleep and energy – a practical guide to promoting rest and rejuvenation Dr Moira Junge, CEO, Sleep Health Foundation Q&A: Cheri Huggins (NMHPV RN) |
| 12.15pm | Food and Mood: supporting mental health with diet Dr. Tetyana Rocks, Senior Research Fellow, Food & Mood Centre, The Institute for Mental and Physical Health and Clinical Translation (IMPACT Institute), Deakin University Q&A: Celeste Pinney (NMHPV RM) |
| 12.50pm | Silver sponsor presentation – Aware Super |

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| 12.55pm | Lunch |
| 1.45pm | Self-care demonstration Carolyn McDonald, senior clinician and registered nurse, Nursing and Midwifery Health Program Victoria |
| 1.55pm | You're only human – getting through the tough times (clinical panel) Facilitator: Glenn Taylor (NMHPV) Jameson Dalton, Registered Nurse, The Geelong Clinic |
| | Tessa Moriarty, Credentialed Mental Health Nurse Consultant |
| | Samantha Osborn, Maternity Manager/ NUM, Out of Hours Supervisor, Womens & Adolescent Health Nurse, Orbest Regional Health |
| 2.30pm | In the deep end – peer support and my personal story on mental health Brendan Cullen, Sheep Station Manager and mental health ambassador Q&A: Glenn Taylor (NMHPV) |
| 3.15pm | Setting boundaries and finding joy in life Zan Rowe, Double J Broadcaster and national music correspondent, host of Take 5 podcast and TV series, and co-host of Bang On podcast with Myf Warhurst |
| 4pm | Event close |