

# 2019 Nurses & Midwives Wellness Conference

Friday 3 May 2019

Enhance your health, wellbeing and practice



Dr Richard Harris



Sarah Wilson

8  
hours  
CPD

## conference agenda

8am	Registration and trade display
8.40am	Special activity
8.55am	<b>Conference welcome</b> Glenn Taylor, chief executive officer, Nursing and Midwifery Health Program Victoria and Lisa Fitzpatrick, Branch Secretary, ANMF (Vic Branch)
9.10am	Random acts of kindness – video presentation
9.20am	<b>Keynote: Resilience, compassion and kindness in the face of stress – the story of the 2018 Thai cave rescue</b> Dr Richard Harris, specialist anaesthetist, aeromedical retrieval, diving and hyperbaric medicine and wilderness and expedition medicine, and 2019 Australian of the Year
10.25am	Morning tea and trade display
10.30am	First State Super
11.05am	<b>Kindness, compassion and connection: common values for personal and professional wellbeing</b> Matt Ball, nurse practitioner, HUMANE Clinic and 2017 Mental Health Nurse of the Year

11.45am	<b>Awareness changes everything. Tools that transform - you matter</b> Marie Louise, co-founder, Evolve Yourself Institute
12.45pm	<b>Loving what you do without all the negative</b> Captain Jan Becker, chief executive officer, Becker Helicopters Group, midwife and founder of Midwife Vision
1.25pm	First State Super
1.30pm	Lunch
2.20pm	Stretching
2.35pm	<b>Keynote: Making the beast beautiful – addressing anxiety</b> Sarah Wilson, Founder of I Quit Sugar, entrepreneur, author and journalist
3.15pm	<b>What can I take home? Practical techniques showcase</b> Carolyn McDonald, senior clinician and registered nurse, Nursing and Midwifery Health Program Victoria and Mark Bunn, speaker, author and researcher – Health, Happiness & High-Performance
4pm	Conference close and questions

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