

NSWNMA EDUCATION CALENDAR

Practical Strategies to Manage Stress & Prevent Burnout

for nurses & midwives 2014

Online Registration now available via the NSWNMA website!

Wednesday 30th July
"Tradies" Sutherland District Trade Union Club, 57 Manchester Road, Gymea (Flinders Room)

Wednesday 29th October
NSWNMA
50 O'Dea Avenue
Waterloo (Eora Room)

9.00am – 4.30pm
Members \$85.00
Non Members \$170.00
Lunch & Refreshments Provided

- Participants will learn to:**
- Identify where stress is coming from and who is giving it to you
 - Manage emotional reactions towards stressful situations
 - Take note of vital intelligent information in self-care
 - Regain control in managing time and managing tasks
 - Use critical thinking, solution focused approach to reducing stress.
- Numbers Limited to 25 Places!**

Dot Yam informs, challenges and motivates people in the areas of leadership, conflict management, communication, team building, customer relations management and effecting cultural change. For over 20 years Dot has trained nurses and members of the multi-disciplinary health care team.

Vivienne Black co-facilitates workshops with Dot Yam. Her expertise is in communication and building positive relationships. Vivienne works closely with multi-disciplinary healthcare teams. Participants who have attended her workshops found them enlightening, engaging, uplifting and life-changing.

www.nswnma.asn.au/education for registration form and further details

REGISTRATION: complete form and post to NSWNMA, 50 O'Dea Ave. Waterloo NSW 2017 or fax to (02) 9662 1414
ENQUIRIES: (02) 8595 1234 (metro) or 1300 367 962 (regional)

Authorised by B.Holmes, General Secretary, NSWNMA

