



PROFESSIONAL
EDUCATION



DISARMING UNACCEPTABLE WORKPLACE BEHAVIOURS

Practical tools for culturally
& linguistically diverse
nurses and midwives

NSWNMA.INFO/CALD-EDU

SCAN TO REGISTER



WHERE

NSWNMA
50 O'Dea Avenue Waterloo

WHEN

Friday 22 March 2024
9am to 4pm

COST

Members \$75
Non-Members \$150

This seminar aims to provide practical skills for CaLD nurses, midwives, assistants in nursing/midwifery to navigate incivility in workplaces and reach career goals. It explores:

- How to recognise and respond to psychosocial workplace hazards
- Skills to challenge micro-aggressions and navigate difficult conversations
- Breaking through organisational barriers to career advancement.

KEYNOTE SPEAKER



Richard Hill – psychotherapist, author and educator

Creating a mindset of curiosity: being who you want to be!

Richard Hill is an innovative speaker on the mind, brain and human condition. His fascination with stress and anxiety has resulted in his unique theory – The Winner-Loser World Theory – and the positive counterpoint – The Curiosity Approach: which highlights our Curiosity for Possibility. These theories will revolutionise the way you deal with stress and anxiety and how to approach standard therapeutic practices.

SPEAKERS



Pumla Coleman – RN, MHSc (Nursing)

Practical tips for navigating workplace incivility in health and aged care settings



Benish Haider

Conditions and Complaints – How the Union can help nurses and midwives regain control of the narrative



Australian Human Rights Commission

Different types of discrimination, sexual harassment, racial hatred, victimisation; how to make a complaint and what will happen after.



Megan May – NSWNMA Work Health and Safety Professional Officer
Managing psychosocial risks in the workplace – what they are and how to deal with them.



Panel Discussion

Hear from NSW nurses and midwives about practical insights on how they overcame systemic barriers to progress their careers.

Lunch and refreshments are provided.

A CPD Certificate will be provided to attendees at the end of the seminar.