



South Eastern Sydney Local Health District 2019 Nursing and Midwifery Forum

RESILIENCE: AT THE HEART OF WELLBEING

Friday 1 November 2019 | 8:20 – 3:30pm | The Prince Henry Centre | 2 Coast Hospital Rd, Little Bay

Join us this year to profile resilience in our workforce. We've chosen resilience as our theme to strengthen the behaviours, thoughts and actions that support resilience in our staff to optimise their enjoyment of work as well as to enhance the delivery of expert care across all domains.

The forum will provide our Nursing and Midwifery workforce applications of neuroscience, emotional intelligence and positive psychology, synthesising the science and research into simple practical tools. We hope that by spending some time exploring strategies and positive influences this will enhance resilience and provide valuable tools to successfully manage the challenges of contemporary health care delivery.

Key Speakers



Sue Langley

CEO and founder of the Langley group

**“Building Wellbeing and Resilience”
Practical Applications**



Ms Jacqui Cross

Chief Nursing and Midwifery Officer NSW Ministry of Health

**‘Leading with Personal and
Professional Resilience’**

This Forum is free for SESLHD Nurses and Midwives. SESLHD staff should register via My Health Learning using offering CSK131069 before Friday 18 October 2019. The Program is available on the SESLHD Nursing and Midwifery website.

Staff from other Local Health Districts are welcome to attend – please email: seslhd-nursingandmidwifery@health.nsw.gov.au for registration and payment information.

The new Heart of Caring version 2 booklet is available for purchase – please email: seslhd-nursingandmidwifery@health.nsw.gov.au for payment information.