

# RESILIENCE: AT THE HEART OF WELLBEING

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

Time	Title
0900 – 0905	<b>Session Chair</b> Ms Karen Tuqiri   Director of Nursing, Prince of Wales Hospital, Randwick
0905 – 0915	<b>Welcome</b> Adjunct Prof Kim Olesen   Director of Nursing and Midwifery SESLHD
0915 – 0920	<b>Welcome to Country</b> La Perouse Local Aboriginal Land Council
0920 – 0930	<b>Welcome and Official Opening</b> Mr Tobi Wilson   Chief Executive Officer SESLHD
0930 – 1030	<b>Morning Keynote</b> <i>'Building wellbeing and resilience'</i> Ms Sue Langley   CEO and founder of the Langley Group
1030 – 1100	<b>Morning Tea</b>
1100 – 1300	<b>Workshop Session</b> Ms Sue Langley and the Nursing and Midwifery Practice and Workforce Unit
1300 – 1345	<b>Lunch</b>
1345 – 1350	<b>Session Chair</b> Helen McCarthy   Director of Nursing and Midwifery Services, Royal Hospital for Women, Randwick
1350 – 1450	<b>Resilience Speakers; panel session led by:</b> Margaret Martin   Manager of Education, Nursing and Midwifery SESLHD Mr Michael Peregrina   Principal Advisor, NSW Ministry of Health 'Resilience in high performing teams' Ms Michele Simpson   CNS Antenatal OPD, Perinatal Loss Clinic; RHW, 'Resilience in the space of Midwifery' Mr Andrew Murray   CNC General Rehabilitation POWH, 'Personal and Professional Resilience' Ms Angela Karooz   A/Director of Operations MHS SESLHD, 'Professional Resilience across a service'
1450 – 1510	<b>Afternoon Keynote</b> Ms Jacqui Cross   Chief Nursing and Midwifery Officer, NSW Ministry of Health <i>'Leading with Personal and Professional Resilience'</i>
1510 – 1515	<b>Questions and Closing Remarks</b>