

ANMF/HERC CPD SESSION

MANAGING STRESS & BURNOUT

Are you finding yourself struggling to get out of bed? Questioning the choice to become a nurse or even considering a career change? A typical workday for a nurse can include providing patient care, education, mentorship or even the need to act as a counselor when dealing with unusual and difficult scenarios such as death and trauma. Add long shifts and busy work environments to the mix, and it is not surprising that many nurses find themselves stressed and suffering from burn out at some stage during their career.

This CPD session is new in 2020 and focuses on building strategies and practical skills to help manage stress and build resilience in the workplace. Presenters include 'Speak up, Stay Chatty' and David Bakker from 'Salamanca Psychology'.

How to book

Online: anmftas.org.au/cpd

Phone: For group bookings and further enquiries contact us on (03) 6223 6777 or 1800 001 241 if outside the Hobart area.

Bulk discounts

Groups of 5 or more - **10% discount**

Groups of 10 or more - **20% discount.**

Bulk discounts are only available when booking via phone and not available online.

Great for groups!

MORE INFO:

Morning workshop

Hobart
Thursday 4 June
1000 - 1200

ANMF/HERC Building
Level 5, 182 Macquarie Street*

CPD 2 hours

ANMF member \$80

Non-member \$120

Student \$65

*Please note there is no parking available on site.

Book online, visit:

anmftas.org.au/cpd

