SURVIVING & THRIVING IN HEALTH CARE
A Continuing Professional Development Seminar for Health Care Professionals

Presented On Board
Royal Caribbean International
Ovation Of The Seas
14 - 23 November 2018

Hosted by Cruise SEMINARS
Bookings managed through ecruising.travel

PROUDLY PRESENTED BY
PERSONAL EDGE
The magnificent Ovation of the Seas is the venue for our informative and interactive seminar produced exclusively for health care professionals to improve confidence, self-esteem and mental health. Achieve 16 CPD hours attending this event during the cruise. Departing from Sydney on 14th November 2018, the 9-night cruise visits beautiful Isle of Pines, colourful Noumea, and idyllic Mystery Island.

The program will equip you with the knowledge, tools and techniques to increase your emotional intelligence, enhance your communication skills and introduce strategies that will develop your resilience. The sessions are highly engaging and the activities are created to help you gain the deeper meaning of the content through experiential learning.

The seminar comprises of eight sessions presented during the cruise, conducted in the mornings and afternoons on the sea days. Each session is approximately two hours duration, allowing you plenty of time to enjoy the cruise, visit the ports and socialise with your family or friends.

The sessions are delivered by health care professionals from Personal Edge, providing both an informative and enjoyable seminar on board the incredible Ovation of the Seas.
MEET THE PRESENTERS

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Our presenters are experienced and enthusiastic health care professionals, dedicated to improving the health and well-being of their peers. The sessions are informative and interactive and our small-size group ensures every guest will feel included. This results in an educational, enjoyable and worthwhile seminar that benefits everyone working in health care.

Dean King

Dean is a Registered Nurse with a wealth of industry knowledge, experience and expertise. As a Leadership Specialist, Dean provides expert education, training and coaching that inspires individuals, groups and organisations to realise their leadership potential. With over 12,000 hours of coaching experience and professional expertise in emotional intelligence, communication, team building and stress management, Dean has consistently produced exceptional results for many health care professionals. He is driven by his passion to improve the professional image and standards of the nursing profession through developing authentic and mindful nurse leadership programs.

Ken Blaikie

Ken is a Registered Nurse with over 25 years' experience in health care and health care management. He has acquired an extensive, practical knowledge base as well as clinical, leadership, consultative and strategic experience in a diverse number of environments. Ken has worked clinically in both public and private health care systems in Australia and the United Kingdom with extensive experience ranging from clinical nursing, clinical management and leadership roles. Ken’s specialty lies within the integration of business process through successful change management. Utilising a strong communication focus across all health care stakeholders, Ken provides an essential element in successful implementation of health care information technology projects.
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Our Surviving and Thriving in Health Care seminar comprises of eight two-hour sessions conducted on the sea days of the cruise. The session topics, outlines and learning outcomes are given below:

Who Am I? | Developing Your Emotional Intelligence
Presented by Dean King

In this session you will be introduced to the concept of emotional intelligence (EQ or EI) and its significance to surviving and thriving in health care. You will get to explore the self-awareness component in depth through examining your unique sets of values and beliefs. At the end of this session you will have:

- Increased self-awareness
- The knowledge to identify and implement the four elements that make up EQ

The Art of Communication | Advanced Communication Skills for Health Care Professionals
Presented by Dean King

This session will up-skill you in the art of communication. You’ll experience the rapport building process, explore learning styles and communication styles as well as barriers to listening. At the end of this session you will be able to:

- Identify communication and learning styles
- Be more confident in your communication
- Create rapport

Building Team Culture in Health Care | Working in Teams
Presented by Ken Blaikie

This session looks at the intriguing nature of teams - why do some teams work better than others? It also looks at building and leading teams and having those tough conversations. At the end of this session you will be able to:

- Identify the characteristics of high performing teams
- List the common causes of conflict in teams
- Implement strategies to build and lead effective teams
- Deliver effective feedback

Go to Your Room! | Dealing with Bad Behavior in the Health Care Workplace
Presented by Ken Blaikie

In this session we tackle the challenge of dealing with bad behaviour in the health care workplace. We’ll discuss the consequences of turning a blind eye and the ripple effect it produces. We don’t have all the answers but we believe collectively we can make significant advances. At the end of this session you will have:

- Greater insight into the consequences of unaddressed bad behaviour
- Strategies that equip you with the confidence to be able to deal with this behaviour

continued over..
Violence in the Health Care Workplace | Strategies to Combat the New Epidemic
Presented by Ken Blaikie

In this session we discuss the growing trend of violence and assaults against health care workers and examine the causes and implications of this behaviour. We also discuss your rights and possible solutions to combat this growing trend. At the end of this session, you will be able to:

- Reflect on the potential causes of violence in the workplace
- Develop more awareness of the implications and consequences of the behaviour
- Implement strategies aimed at curtailing this growing trend

It’s all About the Staff | Staff Engagement
Presented by Ken Blaikie

This session examines the issue of staff engagement and the current global trends. It looks at the causes and consequences of having disengaged staff as well as practical strategies to help in the engagement process. At the end of this session you will be able to:

- Gain a deeper understanding of the importance of staff engagement
- Examine the consequences of staff disengagement
- Learn how to engage and empower staff

Building a Self-Care Tool Belt | 7 steps to building resilience
Presented by Dean King

Our final session in Surviving and Thriving in Health Care is about helping you understand the dangers of stress and teach you practical skills that will assist you to build up your personal and mental resilience. At the end of this session you will be able to:

- Identify your signs and symptoms of the stress response
- Gain insight into stress, burnout and compassion fatigue
- Implement and practice strategies to build your emotional and mental resilience

Reflection Session
Presented by Dean King and Ken Blaikie

The final session is about you! We will be coaching you on taking greater responsibility and asking the questions: What are you going to do with this new knowledge and skills? Where can you apply it? Who is going to keep you accountable?

Surviving & Thriving in Health Care – Learning Outcomes:

1. Increased self-awareness
2. Gain a deeper understand of emotional intelligence
3. Learn how to communicate like an authentic leader
4. Inspire and motivate teams
5. Experience the value of giving effective feedback
6. Experience strategies to diffuse bad and disruptive behaviour in the workplace
7. Learn strategies to prevent stress and burnout and build your emotional resilience
Marvel at one of Royal Caribbean International’s newest ships - Ovation of the Seas. Only two years old, the Ovation of the Seas offers guests a variety of unique activities, entertainment and dining options. Experience the North Star for panoramic views 90m above the water, be amazed at the Bionic Bar as robotic arms mix your favourite drink or indulge in mouth-watering food at Jamie’s Italian restaurant. Ovation of the Seas has it all!

**SHIP HIGHLIGHTS**

- Multiple dining options including Jamie’s Italian, American Icon Grill, Coastal Kitchen, Chops Grill plus much more!
- More than 7 bars including the Bionic Bar powered by Makr Shakr®, multiple lounges and entertainment venues
- North Star: Take yourself to new heights with the jewel-shaped capsule that gently ascends over 90 metres above sea level giving breathtaking 360° views of the sea
- Multiple pools including an adults-only solarium pool - a glass canopied retreat
- Indoor pool with retractable roof
- 67 metre outdoor poolside cinema screen

*Some dining options and activities may incur an additional fee*
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<td>Guest welcome &amp; registration</td>
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<td>15 November 2018</td>
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<td>17 November 2018</td>
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<td>Day in port - at your leisure</td>
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Choose from two categories of balcony rooms and enjoy magnificent panoramas from your own private sitting area.

Please refer to our website at www.cruiseseminars.com.au for pricing and availability.

**Places are limited to only 22 participants!**

**Bring your family and friends!** Guests who are not participating in the seminar only pay the cruise fare component (a minimum of one guest per booking must be registered to attend the seminar).

### BALCONY ROOM (obstructed view)

Category 2E

- Two singles beds that convert to a Royal King bed, private balcony (with partial or obstructed view), sitting area with sofa, full bathroom, vanity area, television.

### BALCONY ROOM

Category 8D

- Two singles beds that convert to a Royal King bed, private balcony, sitting area with sofa, full bathroom, vanity area, television.

**HOW TO BOOK**

2. Locate the seminar in the Events menu then click on the Book Now button to enter your details and room preferences
3. A representative from Ecruising will contact you with information on how to pay your deposit to confirm your cruise booking and seminar registration

**PROUDLY PRESENTED BY**

**Hosted by**

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www.cruiseseminars.com.au

Bookings facilitated by

ekruising.travel

1300 369 848

* A non-refundable deposit of $250 per person is required to confirm your seminar registration and a $225 deposit per person is required to confirm the cruise component. Deposit must be paid by the due date stated on your invoice to avoid auto-cancellation. Seminar places and cabin availability is limited. The seminar must be booked in conjunction with the advertised cruise and all bookings and payments are to be made exclusively through Ecruising. A surcharge of 1% applies to payments made by Visa, Mastercard, American Express and PayPal. Direct-deposit options also available. Final payment due dates as per invoice. Cancellation penalties apply. Conditions apply. Refer to website for details. Information in this brochure correct at time of publishing and is subject to change without notice.