



## Growing your Professional Self Professional Program

<b>Description:</b>	This program introduces nurses to self-care skills that can minimise the risk of compassion fatigue and workplace stress. It enables participants to explore what application of an ethical and legal framework to provide quality care means for personal practice. This program is designed to support nurses to advocate for both themselves as individuals and the nursing profession.
<b>Learning Objectives</b>	At the conclusion of this study day, the participant will be able to <ul style="list-style-type: none"> <li>• Understand the importance of emotional intelligence</li> <li>• Understand what is well-being and describe strategies to promote well-being</li> <li>• Identify the reasons why clinical incidents are made and why human factors are so important</li> <li>• Outline the key factors in being successful in job application and interview</li> <li>• Describe how to articulate a positive professional image</li> </ul>
<b>What participants say:</b>	<i>'I really found the job application and cv and resume writing lectures very useful, and will be using the skills learnt hopefully very soon'</i>  <i>'The human error and patient safety talk was excellent. It was insightful on how everyday errors can occur and what can be done to prevent these errors'</i>
<b>Who should attend?</b>	All nurses and health care professionals working in a healthcare service. All nurses working at SCGOPHCG.
<b>Program drivers:</b>	This program has been developed from ongoing requests by nursing staff and nurse managers
<b>Program preparation:</b>	Nil
<b>Facilitator:</b>	<b>Lucy Patton</b>   Coordinator of Nursing Education   Centre for Nursing Education   SCGH
<b>Program details:</b>	<p><b>Time:</b> 0745 – 1600</p> <p><b>Date:</b> Thursday 31<sup>st</sup> of January Wednesday 1<sup>st</sup> of May Wednesday 14<sup>th</sup> of August Thursday 14<sup>th</sup> of November</p> <p><b>Venue:</b> Q block, CNE, SCGH</p> <p><b>Cost:</b> SCGOPHCG applicants- free of charge NMAHS applicants- \$55.00 External applicants- \$110.00 inc.GST.</p>
<b>#Keywords:</b>	Resume writing, Job Interview skills, Human error and patient safety, Stress, burnout and resilience, Emotional intelligence
<b>Program previously titled:</b>	Professional Skills



[Click here for a registration form.](#)



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