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*FOR IMMEDIATE RELEASE*

**WAVES OF RESILIENCE: A NEW KIND OF CPD FOR SOUTH WEST NURSES**

23-24 MARCH 2026 | MANTRA BUNBURY LIGHTHOUSE HOTEL

Nurses and health professionals across the South West will come together this March for Waves of Resilience, a two-day coastal CPD retreat designed to redefine how clinicians learn, connect, and recharge.

Hosted by Beyond Bedside, the event will take place on 23-24 March 2026 at the Mantra Bunbury Lighthouse Hotel, offering a restorative blend of evidence-based education, wellbeing sessions, and meaningful peer networking opportunities.

Created by a nurse, for nurses, Waves of Resilience brings a fresh approach to professional development.

The retreat-style format invites attendees to step away from the intensity of frontline work and into a space where learning feels supportive, reflective, and deeply relevant to the realities of modern healthcare and regional WA.

Across two days, attendees will learn from a powerful lineup of leaders, clinicians, and community advocates whose work is shaped by real-world practice. Speakers include:

- **Karen Livey** — Neuroscience-informed leadership coach specialising in emotional intelligence, resilience, and sustainable performance for frontline professionals.
- **Gail Hill** — Director of Keipa Boodja Aboriginal Corporation, delivering culturally informed mental health and AOD education grounded in lived experience.
- **Julie Verley** — Clinical Counsellor and Social Worker with 16+ years supporting individuals and families through trauma, grief, and major life transitions.
- **Christina Gammon** — Registered Nurse and CEO of South West Women's Health and Information Centre, championing holistic women's health across regional WA.
- **Anne Mackay** — Managing Director of Radiance South West, known for her leadership in expanding perinatal support services and her community-driven approach.
- **Julie Broad** — Community leader and governance professional with deep expertise in workforce wellbeing and regional community resilience.
- **Sarah Jensen** — Registered Nurse and Founder of Beyond Bedside, focused on leadership development, wellbeing, and strengthening professional connection across WA.



The two-day program brings together reflective workshops, practical tools, and restorative experiences, including evidence-based sessions on resilience, emotional regulation, leadership, and sustainable practice, alongside guided discussions on vicarious trauma, grief, and the realities of frontline care.

Attendees will take part in a beachside wellbeing session with Christina Gammon, a three-hour deep-dive workshop with Karen Livey on energy, fatigue, sleep, and staying well through shift work, and a relaxed Networking Night at the Ruby Lounge.

Beyond Bedside Founder Sarah Jensen says Waves of Resilience was created to meet a growing need.

“Nurses deserve professional development that nourishes not just their skills, but their wellbeing and sense of community. This event is about reconnecting with purpose, with peers, and with the parts of the profession that feel meaningful.”

### **Event details**

**Dates:** 23-24 March 2026

**Location:** Mantra Bunbury Lighthouse Hotel, Bunbury

**Program:** <https://www.beyondbedside.com.au/waves2026>

**Tickets:** <https://events.humanitix.com/waves2026>

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Beyond Bedside