

Royal College
of Nursing

Student ambassadors

RCN Student Ambassador conference 2024

RCN HQ, London

Tuesday 12 November 2024



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Welcome letter

Dear RCN Student Ambassador

On behalf of the Royal College of Nursing (RCN) and the RCN Students Committee, welcome to the Student Ambassador conference.

We trust that you will find the conference stimulating and informative and that you'll have an opportunity to network with peers during the day. We hope you will go away feeling inspired and invigorated and armed with information to share with your fellow students, both in university and your practice placement areas.

The RCN believes in life-long learning and actively promotes the continuing professional development of nurses. For this reason, certificates of attendance are available to collect at the end of the day and we have provided a reflection template to aid your learning too. Reflecting on the workshops and speaker sessions throughout the day is a way to consolidate your understanding and enable you to consider how you will apply the skills and knowledge in your everyday learning.

Your comments and feedback are invaluable in helping us plan future RCN conferences so please complete the short evaluation and show your completion page when collecting your certificate and goody bag.

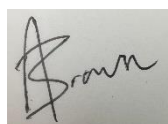
RCN staff and committee members are also on hand to answer any queries you may have regarding your membership. As a member, you can join any of the RCN Forums. Forums have active Facebook groups that provide you with the opportunity to connect with colleagues and keep up to date on current practice related issues.

The RCN has professional forums across the diverse nursing arena and RCN members can join up to three forums or networks. With over 202105 forum members, forum membership is set to continue to rise. Forums are a huge area of influence and direction for the RCN and are a valuable opportunity to network with colleagues around the UK and be involved in:

- consultation responses
- conferences, events and workshops
- forum-led publications.

We'd like to thank you for attending this conference and look forward to welcoming you back to future RCN events. A full listing of future events can be found online at www.rcn.org.uk/events.

With best wishes



Alisha Brown
Chair of RCN Students Committee



Acknowledgment and thanks

Events management team

Lindsay Chalfont	RCN Events Organiser
Leane Brogan	RCN Corporate Events Organiser

AV management team

Jonathan Fromings	Senior IT AV Engineer
Gary Shanley	Senior IT AV Engineer

Nursing department

Lorna Mayles	Professional Lead for Students
Dr Nichola Ashby	Deputy Chief Nurse
Dr Emily McWhirter	Associate Director: Leadership
Sheena Gohal	Head of Nursing Leadership
Ana Champou	Administrator
Megan King	Project Co-ordinator
Bhav Sirer	Administrator

RCN Students committee

Alisha Brown	Committee Chair
Lauren Healan	Committee Member
Harry Hayes	Committee Member
Emma Henry	Committee Member
David Shaw	Committee Member
Natasha Green	Committee Member
Elisha Eady	Committee Member
Marian Florentin Zanfir	Committee Member
Amy Walker	Committee Member
Faith Aidamoisa	Committee Member
Shivonne MacLean	Committee Member
Mike Palmer	Committee Member
Natasha Evans	Committee Member
Zaneta Sadauskaite	Committee Member
Samuel Moffat	Committee member (ex officio)
Usman Adeyemo	Committee member (ex officio)

General information

Conference enquiries

Please ask staff on the registration desk if you have any specific requirements regarding access, lost property or have queries regarding your membership.

Badges

For security purposes, participants must wear their badges at all times. Participants will not be admitted to the conference sessions without the appropriate badge.

Programme

Please refer to the programme for details of the times and locations of all conference sessions. Staff will be on hand to guide you as necessary.

Exhibition

There is an exhibition running alongside this event. These exhibitors have chosen to exhibit at this conference as they feel their products and/or services may be of interest to you. The exhibition also supports the conference, therefore please take the time to go and visit each exhibition stand during the exhibition viewing times.

Specific requirements

Please ask at the registration/enquiries desk if you have any specific requirements (e.g. dietary, accessibility etc.)

Electronic devices

Out of courtesy to others, delegates are requested to switch off or set to silent all electronic devices during conference sessions.

Liability

The RCN will not accept any liability for loss or damage to personal effects which may arise as a result of attendance at this event.

Continuing Professional Development

The Royal College of Nursing believes in lifelong learning and actively promotes the continuing professional development of all nurses. Authorised Royal College of Nursing certificates of attendance have been issued to all participants. This event is also subject to the RCN Events quality assurance framework. You should log what you have learnt at this event using the Framework for Reflection guidelines on the back of your certificate and keep this document in your personal professional portfolio.

Media partner

RCNi is the premier provider of innovative and creative information solutions for the whole nursing team and associated health professionals. With 11 nursing journals, including Nursing Standard, RCNi provide health professionals with the latest developments impacting nursing, including changes in policy, practice and research. RCNi also offer a range of digital products including RCNi Learning, an interactive online resource of CPD training modules, and the RCNi Portfolio, an online store and tracking system to help you with revalidation.



Free information at your fingertips

The Royal College of Nursing offers a number of FREE online resources with all the latest information and guidance on particular nursing practice issues such as: clinical guidelines, patient safety and eHealth.

Visit <https://rcnlearn.rcn.org.uk/> for more information.

National conference partner

LV= are one of the UK's largest personal lines insurers, with over 6 million customers. Throughout their 180-year history, LV= pride themselves on putting their people first and customers at the heart of everything they do!

LV= are proud of their long-standing and successful partnership with the RCN, and are delighted to support many projects organised for RCN members.

RCN Members are entitled to a number of discounted insurance products from LV=. For further information please visit LV.com/RCN



We need your feedback

Please take a few minutes to evaluate the conference and tell us your thoughts and suggestions. Evaluation forms can be found in your conference pack. Thank you in advance for your feedback.

Programme at a glance

10.00	Registration, exhibition, networking and refreshments
10.30	Opening <i>Welcome and introductions from Alisha Brown, Chair of the RCN Student Committee</i>
10.40	Welcome <i>Nicola Ranger – RCN General Secretary and Chief Executive</i>
10.50	Opening keynote Making the 1% difference <i>Steve Head – Performance coach to the England wheelchair rugby world champions and inspirational speaker</i>
11.25	Coffee
11.45	<u>Workshop One</u> Standing up and speaking out: Winning change through nursing activism <i>RCN Institute of Nursing Excellence, Activism Academy</i>
13.15	Lunch, networking and exhibition viewing
13.45	<u>Workshop Two</u> ‘Knowing me, knowing you...’ Understanding how to build better connections with colleagues <i>Steve Head</i>
14.45	Closing keynote <i>Steve Head</i>
15.20	Reflections and summary <i>Nicky Ashby – Deputy Chief Nurse</i>
15.30	Conference close

Speaker biographies

Professor Nicola Ranger

Biography

Professor Nicola Ranger joined the RCN in December 2022. She was previously Chief Nurse and Executive Director of Midwifery at King's College Hospital NHS Foundation Trust in London. Before that, she held Chief Nurse posts at both Brighton and Sussex University Hospitals NHS Trust and Frimley Health NHS Foundation Trust.

She has also held a number of senior nursing roles at University College London Hospitals NHS Foundation Trust and Surrey and Sussex Healthcare NHS Trust. Earlier in her career, she worked at America's George Washington University Hospital in Washington and at Mount Sinai Medical Centre in New York.

Steve Head

Biography

Steve Head is a full-time speaker, inspirational trainer, coach, and author.

Steve created the Steve Head Ltd speaking and coaching company following 16 years experience in the field of business/sales management, people leadership and product marketing and training. His knowledge and skill take a broader spectrum when considering his 40+ years' experience as a top sports coach. Over the past 21 years, Steve has delivered over 3000 sessions in the UK and Europe to help organisations, teams and individuals deliver sustained personal, team and business success, and is now one of the most sought-after speakers in the UK. He is known by his clients as a dynamic speaker with practical ideas that simply work.

Steve also coaches several executive team members to enhance personal impact, and is also coach to the England Wheelchair Rugby League World Champions 2022, and BBCs Strictly Come Dancing.

Dr Nichola Ashby

Biography

Dr Nichola Ashby is the Deputy Chief Nurse (UK), at the Royal College of Nursing. She strategically leads organisational delivery of the RCN education, learning and development offer, leadership, international work and student membership across the UK. Nichola influences through the development of global health policy and representing nursing and nurses from across the entire health and social care provision. She is also an Associate Professor at Nottingham University (hon).

The representation of the nursing voice is essential to embedding nurse leadership across UK health and social care delivery and she represents the RCN 450,000 plus members

voices working closely with regulators, Professional Bodies, UK senior stakeholder groups and Governments. Nichola sits on the International Council of Nursing and CFGNS Workforce and Research Council as an expert advisor. She works on international policy and nurse education to influence and lead the delivery of nurse education across the globe.

As an active researcher, Nichola's PhD explored the stigmatising attitudes values and beliefs of healthcare workers towards iatrogenic infections, and she has developed a longitudinal educational model. She is a Senior Fellow of the Higher Education Academy. She continues to actively support research into student experiences of learning during Covid 19.

Sam Harris

Biography

Sam is the Regional Officer for the Royal College of Nursing East Midlands Region. As a union organiser, Sam's role is to support members across the NHS & IHSC sector come together and challenge issues/injustices in the workplace and overcome obstacles to a good work/life balance. Sam leads campaigns and consultations across the East Midlands supporting 1000s of NSWs and RNs. Additionally, Sam is the Regional Student Nursing Lead supporting over 2,500 students and helps our fantastic East Midlands Student Ambassadors combat issues at university and show why it is crucial to be an RCN member.

Becki Winson

Biography

Becki Winson is the RCN's Lead for Activist Communities. She has been an Organiser for over 15 years, and has worked on campaigns on healthy equality, social housing, fair pay and the environment. She studied Leadership and Organising at the Harvard Kennedy School, and has written for The Guardian, the New Statesman and others.

Exhibitor listing

The Royal College of Nursing would like to thank the following for supporting this event.

RCN Library

RCN Marketing

RCN Comms – Social media team

RCN Newly Registered Nurses Network

RCN Forums

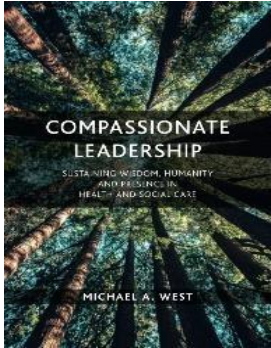
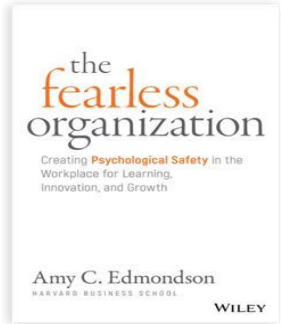
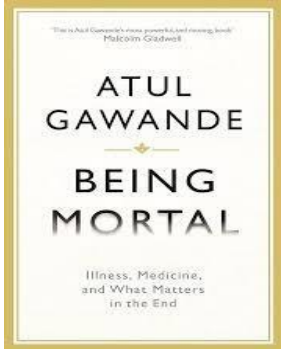
RCN Learn


RCN Activism Academy

Leadership Academy

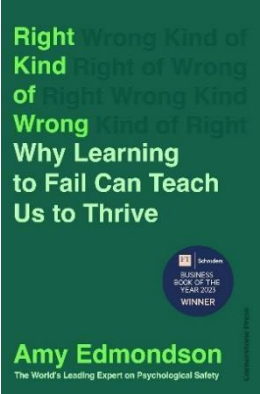
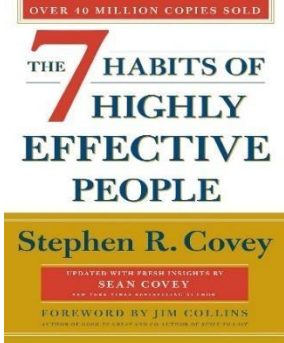
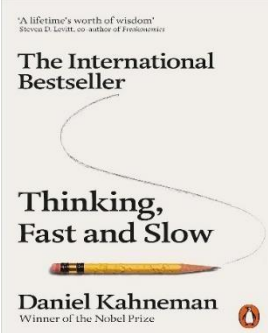
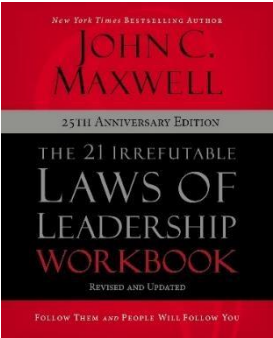
Please explore the literature and resources below to build your leadership skills and better understand key topics in healthcare management.


Suggested reading

Read	Title	Author	Cover
<input type="checkbox"/>	<i>Compassionate Leadership. Sustaining Wisdom, Humanity and Presence in Health and Social Care.</i>	Micheal A. West	
<input type="checkbox"/>	<i>The Fearless Organisation. Creating Psychological Safety in the Workplace for Learning, Innovation and Growth.</i>	Amy C. Edmondson	
<input type="checkbox"/>	<i>Being Mortal. Illness, Medicine and What Matters in the End.</i>	Atul Gawande	

<input type="checkbox"/>	<i>Dare to Lead. Brave Work. Tough Conversations. Whole Hearts.</i>	Brene Brown	
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Read	Title	Author	Cover
<input type="checkbox"/>	<i>Talking to Strangers. What We Should Know About the People We Don't Know.</i>	Malcolm Gladwell	
<input type="checkbox"/>	<i>Invisible Women. Exposing Data Bias in a World Designed for Men.</i>	Caroline Criado Perez et al	
<input type="checkbox"/>	<i>The Coaching Habit. Say Less, Ask More and Change the Way You Lead Forever.</i>	Michael Bungay Stanier	




<input type="checkbox"/>	<i>Right Kind of Wrong. Why Learning to Fail Can Teach Us to Thrive.</i>	Amy C. Edmondson et al	
<input type="checkbox"/>	<i>The 7 Habits of Highly Effective People.</i>	Stephen R. Covey	
Read	Title	Author	Cover
<input type="checkbox"/>	<i>Thinking, Fast and Slow.</i>	Daniel Kahneman	
<input type="checkbox"/>	<i>The 21 Irrefutable Laws of Leadership Workbook.</i>	John C. Maxwell	

<input type="checkbox"/>	<i>Other Peoples Shoes</i>	Ken Jarrold CBE	
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Leadership speakers

Viewed	Title	Speaker	QR code
<input type="checkbox"/>	<i>How to Own Your Power Presentation. Take the Lead.</i>	Carla Harris	
<input type="checkbox"/>	<i>Start with WHY. How Great Leaders Inspire Action.</i>	Simon Sinek	
<input type="checkbox"/>	<i>Building a psychologically safe workplace.</i>	Amy Edmondson	
<input type="checkbox"/>	<i>Willful Blindness.</i>	Margaret Heffernan	

Leadership resources

<i>Viewed</i>	<i>Resource</i>	<i>QR code</i>
<input type="checkbox"/>	<i>RCN Library</i>	
<input type="checkbox"/>	<i>World Health Organization Library</i>	
<input type="checkbox"/>	<i>The Kings Fund Library</i>	

For further information on leadership resources please contact:

*Dr Emily McWhirter
Associate Director, Leadership Academy
E: Emily.Mcwhiter@rcn.org.uk*

*Sheena Gohal
Head of Nursing, Leadership Academy
E: Sheena.Gohal@rcn.org.uk*

Student Competition

**Spread the word.
Recruit Student Ambassadors.
Win a £30 voucher!**



How to win:

1. There are 6x £30 vouchers up for grabs.
2. Use your student ambassador pack to spread the word about the RCN.
3. Vouchers will go to the first 6 members to recruit 5 new Student Ambassadors.
4. Share the news with your Region or Country student lead.



Future RCN Events

Date	Event	Location
15 November	RCN Bladder & Bowel Conference	RCN HQ, London
16 November	RCN Ophthalmic Nursing Conference	RCN HQ, London
23 November	Nursing Support Worker Conference	RCN HQ, London
29 November	RCN and SOM joint Occupational Health Nursing Conference	RCN HQ, London
10 December	RCN Women's Health Conference	RCN HQ, London
11 December	RCN Equity, Diversity and Inclusion Conference	RCN HQ, London
7 February	RCN Diabetes Conference	RCN HQ, London
7 March	RCN Pain and Palliative Care Conference	RCN HQ, London
22 March	RCN and NaTHNaC 8 th Joint Travel Health Conference	Online
29 March	RCN Critical Care and Flight Nursing Forum Conference	RCN HQ, London
31 March – 1 April	RCN Education Forum Conference	Glasgow
6 June	RCN Acute Care Symposium	RCN HQ, London

For the latest information please visit:

<https://www.rcn.org.uk/news-and-events/events>

