DDP gyda RCN Cymru
CPD with RCN Wales

Coleg Nyrsio Brenhinol Cymru
Royal College of Nursing Wales

Event ID
5515

RCN Wales webinar:

Nurse workplace resilience: a top priority

This webinar can contribute to participatory learning which can be used for revalidation

Wednesday 12 November 2025
1.30pm – 4.30pm
Online event – to be held via Microsoft Teams

This webinar is suitable for all members of the nursing team: registered nurses, Health Care Support Workers/ Health Care Assistants, and pre-reg. nursing students working in the NHS or Independent Health & Social Care Sector.

Facilitator:
Dr Judith Benbow

Event outline:
Nurse resilience and wellbeing is a top priority for the workforce and workplace. Resilience is a capacity that can help nurses manage occupational stressors, built from exposure to occupational adversity. Understanding the role of positive workplace factors (Resources, Education and Support) are key to its enablement, underpinned by strong supportive relationships.

This interactive session will explore the meaning of resilience to you, an opportunity for you to reflect on your personal and external resources to promote your own resilience, and who you work with, for the benefit of all. As well as some stress management strategies.

Cost:
RCN Member (Registered Nurse) £25.00 + VAT (£30)
Non-Member (Registered Nurse) £37.50 + VAT (£45)
RCN Member (HCSW/ nursing student/ career break/ retired member) £15.00 + VAT (£18)
Non-Member (HCSW/ nursing student) £20.00 + VAT (£24)

- Book online with credit/ debit card at www.rcn.org.uk/wales-events and click on the event listing for this event
- Phone (payment with credit card/Maestro): 029 2054 6460.

Unfortunately we are currently unable to take online bookings for Career Break Members, non-member Health Care Support Workers and non-member Nursing Students. Please book over the phone on the number above to pay by card.

THE CLOSING DATE FOR RECEIPT OF ALL APPLICATIONS AND PAYMENTS IS WEDNESDAY 5 NOVEMBER 2025

Cancellations received BEFORE 5PM WEDNESDAY 5 NOVEMBER 2025 will be refunded, minus a 25% administration fee. Regrettably, no refunds can be processed after this date. Places can only be substituted with the prior knowledge and agreement of RCN Events

Registration confirmation: All bookings will be confirmed in writing, and nearer to the event you will receive delegate information, including the Microsoft Teams joining link. If you want to confirm that you are registered for the event, please contact: RCN Event registrations on 029 2054 6460, Mon – Fri, 9am – 4pm.

To enquire about further details about the event please contact the organiser:
E-mail: CPDWales@rcn.org.uk Tel: 029 2068 0757

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RCN EVENTS – BOOKING FORM

Online bookings are the easiest and fastest way to book 24 hours a day, 7 days a week.
Visit rcn.org.uk/events

Bookings can be made by phone with payment by credit card/Maestro, by calling: +44 (0)2920 546460.
Lines are open from 9.30am - 4.30pm Monday to Friday.

Please complete all fields as appropriate

Name of Conference/Event:	
Date of Conference/Event:	

Title:		**First name:**		**Surname:**	
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Any specific dietary or access requirements?					

Payment

Please select one of the payment methods shown below, and sign at the bottom. We cannot hold places provisionally. Event places are only confirmed upon receipt of payment.

☐ I enclose a cheque made payable to the Royal College of Nursing for £ _____

☐ I authorise you to debit my VISA/ MASTERCARD/ MAESTRO for £ _____
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☐ I have made a BACS transfer of £_____ using National Westminster Bank Sort Code:
60-40-02 Account number: 58898557.
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☐ I would like to request an invoice and have emailed a purchase order to eventsreg@rcn.org.uk

To pay by invoice you must send all of the below to eventsreg@rcn.org.uk
- A copy of the Purchase Order document from your organisation or company (we cannot process your order without it)
- Your Finance department/accounts payable contact email address to receive an electronic copy of the invoice from us
- A completed RCN Events Booking Form for each delegate in the booking.

Once the invoice has been raised, you will then receive confirmation of your delegate booking on the event requested. Invoices are to be paid within 30 days of the invoice being issued.

Signed _____ Date_____

Please return this form to RCN EVENT REGISTRATIONS by email to eventsreg@rcn.org.uk