

Reasons why it's important for you to attend a conference

Professional and personal growth come from stepping outside of your comfort zone and actively participating in new challenges. You, your colleagues and your patients / students can all benefit from you attending and contributing at a national conference. Here's how:

1. Network for success

Connecting with others who have experienced similar challenges and who have experience in your specialty area, will help educate you. You can learn new ways of working, different methods/techniques and tips that you can translate into your own practice. In addition, expanding your national networks will greatly benefit you when you are ready to make your next career move. Plus if you have a piece of work or project to promote, this is an ideal platform to promote your findings at a national level.

2. Continuing your professional development

National conferences offer various educational opportunities. From listening to the viewpoint of eminent keynote speakers, participating in workshops and masterclasses to contributing to group discussion/debate and gaining exposure to new products and technology – regardless of how experienced you are, you can always learn something new.

3. Position Yourself as an Expert

By seeking out professional education opportunities you are clearly demonstrating your commitment to advancing standards of education and practice, so will be reinforcing your status as a leader and will be more likely be sought out as an expert.

4. Sharing and collaborating to improve

Take your networking to the next level. Some of the most inspiring conversations happen during conference breaks and lunches. Conversations with peers could generate new ideas which can in turn benefit the profession.

5. Avoid burnout: promoting your health & wellbeing

Nursing can be stressful and highly pressurised. It's important to take time away from the work setting to reflect on what you do and how you can improve. Taking time out to attend a conference provides an ideal opportunity to achieve this, whilst also having some fun and relaxation with peers and new acquaintances.