

2018 CLPNPEI Professional Development Day and AGM



Keynote Speaker – Karen Stokke, (CPHR) Learning Manager with Cannabis At Work will be presenting “Managing Medical Cannabis in the Workplace”.

Managing medical cannabis in the workplace is complex and requires specialized knowledge of medical cannabis, workplace policy and case law. Approaching legislation for the legalization of recreational cannabis adds another layer of challenges. The information presented by Karen will provide you with tools to mitigate risk in your organization.

Dianne Burt, MED, CCC will be presenting “Enhancing Awareness and Resilience: A Self-Care Approach to Staying Healthy”

Stress can influence the Health and well-being of healthcare professionals and the quality of care they provide to the public. In this workshop, you will review the physiology of stress, the signs and symptoms of burn-out, and learn coping skills for stress management that can be utilized in your day-to-day lives and careers. Self-care will be addressed through mindfulness and self-compassion activities, and you will learn better ways to achieve a sense of work-life balance. Self-awareness is key, in particular as it relates to mental health and self-assessment in the nursing profession. You will come away from this presentation with practical tools for self-care and self-assessment that may help you stay healthy in both your personal and professional life and promote resiliency in the event of stress related injuries.

November 1, 2018

**Professional Development Day 9:00 AM – 4:00 PM AGM to follow
Rodd Charlottetown Hotel, 75 Kent Street, PE C1A 7K4**

**Please Register Before October 22, 2018
Contact 902-566-1512 or Email INFO@CLPNPEI.CA
Cost is \$75.00 (Lunch and Refreshments Included)**

