

# University of Warwick

## 8 – 9 August 2025



FRIDAY 8 AUGUST		
Session details:	Overview	Learning Objectives
<b>Opening Keynote</b> Ed Gillespie 09:40 – 10:40 Molnlycke Theatre	From the escalating climate emergency and accelerating biodiversity loss to the double-edged sword of emerging technologies, we find ourselves entangled in a web of complex, overlapping challenges. In this talk, Ed will confront the urgency of these intertwined issues, unpack how we arrived at such precarious crossroads, often propelled by good intentions, and offer a provocative yet hopeful exploration of how we might navigate our way forward, together.	<ul style="list-style-type: none"> <li>• Identify the common threads of major sustainability challenges and their interdependence.</li> <li>• Provide a historical context and explanation for how the 'polycrisis' has arisen.</li> <li>• Demonstrate the attitudes, values and leadership actions and behaviours to get through this.</li> </ul>
<b>Sustainable Surgery: The Intercollegiate Green Theatre Checklist</b> Andrew Stevenson 11:10 – 12:00 Molnlycke Theatre	This session will introduce the concept of sustainability in healthcare, exploring why it is a critical priority and how it can be meaningfully integrated into clinical practice. Attendees will learn how the Green Theatre Checklist can be used as both a benchmarking and improvement tool. The session concludes with a discussion on the opportunities and challenges of implementing sustainable change across the NHS.	<ul style="list-style-type: none"> <li>• Discuss what sustainability is and why it's important.</li> <li>• Understand how to use the Green Theatre Checklist.</li> <li>• Understand how to implement sustainable change.</li> </ul>
<b>Intraosseous Vascular Access Workshop</b> 11:10 – 12:00 12:10 – 13:00 Ensemble Room	In this practical hands-on workshop, you will master the essentials of intraosseous (IO) needle insertion. Learn when and why to use an IO needle, identify key contraindications, and understand the best anatomical sites for placement. Participants will engage in hands-on practice, followed by access to ongoing learning resources to reinforce and enhance your expertise.	<ul style="list-style-type: none"> <li>• Gain a clear understanding of the role of IO.</li> <li>• Master correct landmarking techniques for accurate placement.</li> <li>• Safely perform needle insertion on a manikin, ensuring effective and precise application.</li> </ul>
<b>Turning Adversity into a Positive</b> Carol Jordan 11:10 - 12:00 Helen Martin Studio	This session will share a personal lived experience, focusing on how adversity can be turned into a positive force. It will cover the development of resilience, the promotion of mental well-being, and the power of surviving with a smile. Reflecting on personal initiatives, the session will provide practical guidance for practitioners to implement change in practice.	<ul style="list-style-type: none"> <li>• Understand that it's easier to get angry than to remain positive and explore ways to cultivate positivity.</li> <li>• Provide an insight into using personal experience to influence care delivery</li> <li>• Learn practical strategies for fostering resilience and kindness and enhancing personal well-being.</li> </ul>

<b>Oliver's Story: Avoidable deaths and the Importance of Reasonable Adjustments</b> Paula McGowan OBE 11:10 – 12:00 Wood Scawen Room (Virtual)	Explore the story of Oliver McGowan and how his preventable death led to the development of statutory training in learning disability and autism. This session highlights the clinical and legal importance of The Oliver McGowan Mandatory Training and its role in improving safety, understanding, and outcomes across healthcare.	<ul style="list-style-type: none"> <li>•Ask</li> <li>•Listen</li> <li>•Do</li> </ul>
<b>Immersive Simulation - Enhancing Perioperative Performance Workshop</b> 11:10 - 13:00 14:00 - 15:50 Studio Room	This workshop introduces how immersive simulation can be integrated into the perioperative environment to enhance staff response to human factors, emotional resilience, and time-critical emergencies. Through the use of virtual reality, spontaneous simulated scenarios and guided discussions, participants will engage in realistic experiences that challenge decision-making, teamwork, and crisis management. High fidelity manikins and immersive spaces will be deployed to enhance the experience amongst participants. The session ensures that learning outcomes are directly applicable to participants' individual departments, fostering improved preparedness and patient safety in high-pressure surgical settings.	<ul style="list-style-type: none"> <li>• Discuss the importance of simulation within the perioperative environment.</li> <li>• Explore the link between human factors in the clinical setting and simulation.</li> <li>• Identify challenges and advances within simulating perioperative scenarios.</li> </ul>
<b>The Impact of Incivility in the Perioperative Environment: A Call to Action</b> 12:10 - 13:00 Molnlycke Theatre	<p>This dynamic panel session will explore the vital role that civility and a positive workplace culture play within the perioperative environment. Panellists will share personal reflections and insights on how a poor culture and incivility can undermine staff well-being, teamwork, and ultimately compromise patient safety.</p> <p>In addition, the session will feature the launch of the AfPP Behaviour Charter, showcasing its purpose and practical application to foster respect, professionalism, and a culture of kindness in perioperative settings.</p>	
<b>Food as Fuel: Building the Foundation for Lasting Health</b> Valentina Willats 12:10 – 13:00 Helen Martin Studio	<p>Food as Fuel: Building the Foundation for Lasting Health.</p> <p>Explore how targeted nutrition supports resilience, energy, and mental clarity for healthcare professionals. This presentation offers practical, evidence-based strategies to optimise performance and well-being in high-stress environments through mindful, nourishing food choices. Fuel your body to better care for others, and yourself.</p>	<ul style="list-style-type: none"> <li>•Understand macro/micronutrients and the way they affect the body.</li> <li>•How to eat in a way that helps the body cope with high stress environments.</li> <li>•Practical ways to apply this in the real world.</li> </ul>

<b>Accreditation: A quality improvement initiative</b> Matthew Ashman 12:10 - 13:00 Wood Scawen Room	<i>Circle Health Group has been on a journey to achieve group-wide theatre accreditation across its 49 hospitals, including 150 operating theatres. The organisation engaged with the AfPP accreditation programme as part of its commitment to enhancing and standardising perioperative practice. The programme involves a series of external assessments designed to review the perioperative environment, leadership, patient experience, and safety, measured against the nationally recognised Standards and Recommendations for Safe Perioperative Practice. This session will provide practical insights into how a large, multi-site organisation approached the challenge of embedding a culture of continuous improvement and shared standards in perioperative care.</i>	<ul style="list-style-type: none"> <li>• Discuss why Circle Health Group engaged with the AfPP and the accreditation programme.</li> <li>• Outline the process of assessment and achieving accreditation.</li> <li>- Demonstrate the preparation for accreditation including audit, action plans, staff engagement and AfPP consultant engagement.</li> <li>- Discuss the on the day experience; what happened and receiving feedback.</li> <li>• What next - a quality improvement journey.</li> </ul>
<b>Perioperative Futures: Evolving Roles, Career Progression, and Workforce Innovation</b> Craig Griffiths, Sarah Massey, Lisa Tierney 14:00 - 14:50 Molnlycke Theatre	This panel will explore the future of the perioperative workforce, with a focus on career progression, role development, and innovative pathways that respond to evolving surgical services and workforce pressures. Bringing together voices from clinical leadership, advanced practice, and education - including representatives from Anaesthesia Associates, Surgical Care Practitioners, and AfPP trustees.	<ul style="list-style-type: none"> <li>• Examine emerging roles and their impact on perioperative care.</li> <li>• Discuss career progression opportunities.</li> <li>• Highlight the importance of educational pathways.</li> <li>• Explore how organisations can future-proof the perioperative workforce through development strategies.</li> </ul>
<b>Ultrasound Guided IV Access Workshop</b> 14:00 – 14:50 15:00 – 15:50 Ensemble Room	This dynamic workshop blends brief expert-led discussions with extensive hands-on practice, offering a comprehensive approach to mastering ultrasound-guided IV cannulation. You will learn how to use ultrasound to accurately identify suitable vessels for cannulation and refine your cannula placement technique on our specially developed models. With close supervision and expert tips and tricks from our experienced faculty, you'll gain the skills and confidence to successfully perform this advanced technique.	<ul style="list-style-type: none"> <li>• Understand the basic ultrasound anatomy relevant to peripheral IV cannulation.</li> <li>• Gain practical experience with ultrasound probe handling and image optimisation.</li> <li>• Learn ultrasound guided IV cannulation techniques through hands-on practice on specially designed models.</li> </ul>
<b>The 5-Minute Reset: EFT for Stress and Resilience Workshop</b> 14:00 – 14:50 Helen Martin Studio	Discover evidence-based EFT “Tapping” (Emotional Freedom Techniques) - a remarkable, easy-to-use stress relief tool ideal for high-pressure environments. One study showed that just 10-minute EFT sessions significantly reduced stress in paediatric emergency staff; in this experiential workshop we show how to release tension and restore calm - anytime, anywhere.	

<b>Causative Factors Leading into Perioperative Never Events</b> Paul Wheeler 14:00 – 14:50 Wood Scawen Room	<p>This interactive session will engage the audience in a rich discussion focused on the causative factors leading to perioperative never events. The session will explore three key themes: human factors and communication, the influence of department, surgery type and specialty, and compliance with policies and guidelines. Insights gathered from this discussion will be used to promote ideas of how systems could be put in place to minimise the chances of future never events occurring.</p> <p>“Prevention is better than cure”.</p>	<ul style="list-style-type: none"> <li>• Explore factors that lead to perioperative never events.</li> <li>• Compare methods of investigation to drive improvements.</li> <li>• Discuss imbedding a culture of safety within the perioperative Department.</li> </ul>
<b>Innovation in Surgery and Peri-Operative Care</b> Professor Jane Blazeby 15:00 – 15:50 Molnlycke Theatre	<p>This session will explain what innovation is in surgery and peri-operative care and consider how incremental evaluation of new procedures is needed to ensure safety and efficacy before full effectiveness studies can be completed.</p>	<ul style="list-style-type: none"> <li>• Define surgical and peri-operative care innovation and incremental evaluation.</li> <li>• Describe the purpose of the NIHR Translational Research Collaboration in Surgery and Peri-Operative Care and how to get involved.</li> <li>• Outline the governance requirements in this field.</li> </ul>
<b>Managing Workplace Stress</b> 15:00 – 15:50 Helen Martin Studio	<p><i>More information coming soon</i></p>	<p><i>More information coming soon</i></p>
<b>The Education Café: Innovating Specialist Perioperative CPD</b> Jasper Ballecer 15:00 – 15:50 Wood Scawen Room	<p>Discover a fresh, cost-effective way to empower perioperative practitioners with CPD tailored to their needs - without stretching budgets. This session introduces an innovative “CPD café menu” concept: a carefully curated selection of free, high-quality online CPD programmes offered to theatre staff during quieter times, such as industrial action days.</p> <p>Jasper, a key team member and proud winner of the AfPP Perioperative Care Team of the Year 2024 Award, will share the inspiring story behind this initiative, detailing how it was brought to life and the positive ripple effects on staff engagement, learning, and professional growth. Jasper will discuss how this flexible, staff-centered approach can adapt to evolving clinical demands while delivering meaningful development opportunities and strengthening your team - without extra cost.</p>	<ul style="list-style-type: none"> <li>• Discuss a proposed way of in-budget in-service support for theatre practitioners to access relevant CPD.</li> <li>• Describe an initiative which entails a flexible approach in supporting professional development for staff, while responding to the dynamic staffing and skill-mix needs of the clinical service.</li> <li>• Outline the financial and staff engagement impact of the initiative.</li> </ul>
<b>Perioperative International Recruitment Panel</b> Pete Chell, Mike Donnellon, Christine Elliot, Maricar Gaspar Chair - Oliver Tierney 16:10 - 17:10	<p>This panel discussion will explore the challenges, opportunities, and responsibilities surrounding international recruitment in the perioperative setting. With a focus on Operating Department Practitioners (ODPs) and perioperative nurses, the session will examine how professional bodies, regulators, and frontline practitioners can ensure ethical recruitment, effective onboarding, and sustained support for international recruits.</p>	

SATURDAY 9 AUGUST		
Session details:	Overview	Learning Objectives
<b>Beth's Story: The Importance of Speaking Up and Challenging in Teams</b> Clare Bowen 08:40 - 09:30 Molnlycke Theatre	Clare will share the story of what she and a surgeon experienced as the worst day of their lives. Clare will discuss how we health care professionals can work together to ensure that no one else has to face such a situation.	<ul style="list-style-type: none"> <li>• Reflect on a situation similar to Beth's and consider how your response would differ now after hearing her story.</li> <li>• Identify ways to support colleagues in learning about Human Factors and its importance in clinical practice.</li> <li>• Explore how you can further your own understanding of Human Factors to improve patient safety and care.</li> </ul>
<b>Daisy Ayris Lecture: Fixing Theatre Culture and Behaviours</b> Scarlett McNally 9:30 - 10:20 Molnlycke Theatre	This session will explore how behaviours impact theatre culture, staff wellbeing, and patient outcomes. Negative behaviours contribute to poor patient care and staff distress, while positive teamwork is life-enhancing. We will discuss the reasons behind different behaviours and how change can occur - both at the institutional and individual levels. Practical tips will be provided for perpetrators, managers, policy-makers, allies, patients, bystanders, and more.	<ul style="list-style-type: none"> <li>• Understand why it is crucial to stop poor behaviours and foster good behaviours, considering their impact on both the team and patient outcomes.</li> <li>• Gain confidence in how to change behaviours, both as individuals and within organisations.</li> <li>• Gain practical tips and suggestions, such as "cup of coffee" conversations, the "Declare, Distract, Delegate or Delay" strategy, team briefs, promoting positive behaviours, and acknowledging diversity.</li> </ul>
<b>Sustainability in Practice – Greener Theatres</b> 10:50 - 11:40 Molnlycke Theatre	A thought-provoking and practical panel discussion exploring how we can deliver safe surgery while reducing our environmental impact. With the NHS committed to becoming the world's first net-zero health system, theatres, known for high energy use and waste generation, has a critical role to play. Whether you're already involved in green initiatives or just starting to think about sustainability in your practice, this session will offer inspiration, practical ideas, and honest insights into what it takes to build a greener future in perioperative care.	<ul style="list-style-type: none"> <li>• Practical strategies for sustainable change without compromising patient safety or clinical standards.</li> <li>• Inspiration from peers leading change on the ground.</li> <li>• Ideas for getting involved and influencing change in your own department.</li> </ul>

<p><b>AfPP Surgical Fires &amp; Skin Prep Workshop: Best Practices for Perioperative Safety</b>  10:50 - 11:40  11.50 – 12:40  Ensemble Room</p>	<p>Discover essential strategies to prevent surgical fires and gain the skills to respond effectively if one occurs</p> <p>Surgical fires, while rare, pose significant risks to patient safety and require a proactive approach to prevention. Proper skin preparation plays a critical role in reducing the risk by ensuring the safe use of alcohol-based skin antiseptics, by managing ignition sources, and adhering to best practices in perioperative environments. This hands-on workshop will equip perioperative practitioners with practical strategies for minimising fire hazards associated with alcohol-based skin preparation and associated ignition sources. Through interactive scenarios, participants will explore real-world challenges, applying evidence-based techniques to reduce risks while ensuring safe and effective surgical skin prep techniques, risk assessment, and adherence to AfPP best practices.</p>	<ul style="list-style-type: none"> <li>• Recognise and Identify key Risk Factors: Understand the fire triangle, recognise the key elements contributing to surgical fires, including ignition sources, fuel agents, oxidisers within the perioperative environment and your role in a surgical fire incident.</li> <li>• Implement Best Practices: Apply safe skin prep techniques to minimise fire risks, focusing on product selection, drying times, patient positioning to mitigate fire hazards and proper handling of flammable antiseptics.</li> <li>• Enhance Team Communication: Implement structured communication and emergency protocols to improve team coordination in fire prevention and response. Mandatory annual education, including ion induction is key here.</li> <li>• Develop Emergency Response Strategies: By engaging in simulated scenarios to refine communication, teamwork and rapid response protocols in the event of a fire-related incident for fire prevention, emphasising the role of preoperative briefings, teamwork, and compliance with AfPP guidelines.</li> </ul>
<p><b>Preventing Burnout and Promoting Wellbeing</b>  Danielle Grant  10:50 - 11:40  Helen Martin Studio</p>	<p>This session will provide valuable information on identifying the symptoms of burnout, understanding the common contributors to burnout, and exploring effective strategies for prevention. Danielle will discuss practical ways to reduce or eliminate burnout triggers and share simple yet impactful ideas for promoting overall wellbeing.</p>	<ul style="list-style-type: none"> <li>• Recognise the signs and symptoms of burnout.</li> <li>• Identify the main contributors to burnout.</li> <li>• Learn strategies to reduce burnout and promote wellbeing.</li> </ul>
<p><b>Practical Steps To Strengthen Patient Safety</b>  Catherine Okonkwo  10:50 - 11:40  Wood Scawen Room</p>	<p>Explore actionable strategies to enhance patient safety in perioperative settings. Drawing from experience as an NHS NEL Patient Safety Partner, former CQC inspector, and Director at COMI, this session offers practical tools to foster safety culture, implement effective interventions, and drive continuous improvement towards outstanding care.</p>	<ul style="list-style-type: none"> <li>• Recognise key components of a strong patient safety culture and how leadership and team behaviours directly impact outcomes in perioperative care.</li> <li>• Apply practical tools and frameworks, including learning from incidents and proactive risk identification, to enhance safety and compliance in everyday practice.</li> <li>• Understand the evolving regulatory and improvement landscape (e.g. PSIRF, CQC expectations) and how to embed sustainable change across healthcare settings.</li> </ul>

<b>Learning Surgical Safety with the Virtual Operating Theatre: The NatSSIPs 2 Workshop</b> 10:50 - 11:40 11.50 – 12:40 13.45 – 14:35 Studio Room	Experience an immersive and interactive learning experience using the Virtual Reality Operating Theatre (VOT) to enhance your understanding of the National Safety Standards for Invasive Procedures (NatSSIPs2). During this fun and engaging VOT workshop, participants will watch, interact, and then take turns to use the VR simulator. Learning Objectives:	<ul style="list-style-type: none"> <li>• Gain a better understanding of NatSSIPs 2 and how it helps to promote safe practice.</li> <li>• Enumerate and explain each of the sequential steps of NatSSIPs 2.</li> <li>• Demonstrate and self-evaluate the application of NatSSIPs 2 within the Virtual Reality Operating Theatre.</li> </ul>
<b>The Evolution of Robotic Surgery: Past, Present and Future</b> Linda Taylor 11.50 – 12:40 Molnlycke Theatre	Robotic surgery has become one of the most significant developments in modern surgical practice. This session offers an overview of how robotic surgery has evolved across the UK. We'll explore what was initially planned, where we are today, and what the future may hold for robotic-assisted procedures. Alongside the technical and clinical progress, we'll also consider how the introduction of robotic systems has influenced the day-to-day workings of the operating theatre. From team dynamics and workflow to training and communication, this session will provide practical insights into how new technologies reshape surgical environments.	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the evolution of robotic surgery.</li> <li>• Outline the challenges of introducing new technology in the operating theatre.</li> <li>• Identify the changes in theatre dynamics caused by the introduction of robotic surgery.</li> </ul>
<b>Let's Start a Conversation...</b> Oliver Tierney 11.50 – 12:40 Helen Martin Studio	In this presentation Oliver will discuss the impact and prevalence of mental health in the workplace and our wider lives. The presentation will look to start a conversation to help demonstrate that it is "Ok to not be Ok" and how if we tell our own personal stories around mental health, we can help to remove the stigma and enact positive change in our departments. This session will also demonstrate how to set up a Health and Wellbeing Team within your department and the positive impact it can have.	<ul style="list-style-type: none"> <li>• Gain an understanding of the impact and prevalence of Mental health</li> <li>• Understand how Stigma can effect people suffering from mental health issues and prevent them seeking help</li> <li>• Demonstrate the important of Mental Health First Aiders and Health and Wellbeing team in the Theatre Department</li> <li>• Discuss the launch of the AfPP Behavioural Charter and "Sign-up to Civility"</li> </ul>
<b>NatSSIPs: Practical Approaches to Implementing National Safety Standards for Invasive Procedures</b> Scarlett McNally 11.50 – 12:40 Wood Scawen Room	This session will discuss how to improve processes to ensure that NatSSIPs (National Safety Standards for Invasive Procedures) are used for all invasive procedures. This includes how organisations can embed NatSSIPs and how each step should work for every patient. The session will also offer practical suggestions on encouraging colleagues to use NatSSIPs efficiently and effectively, promoting a culture of safety in healthcare settings.	<ul style="list-style-type: none"> <li>• Outline of NatSSIPs – including what the safety standards are for organisations and for each patient.</li> <li>• Provide suggestions on how to implement NatSSIPs in practice.</li> <li>• Provide practicalities to encourage co-workers to use NatSSIPs efficiently and effectively.</li> </ul>

<p><b>Theatres of the Future: AI in Perioperative Care</b> Kevin Cairns 13.45 – 14:35 Molnlycke Theatre</p>	<p>Understanding the Promise, Pitfalls, and Purpose of Artificial Intelligence in Theatre Practice.</p> <p>Artificial Intelligence (AI) is no longer science fiction - it's already reshaping perioperative care. From predicting which patients are at risk of cancellation to alerting surgeons to intraoperative bleeding in real time, AI has growing potential to improve safety, efficiency, and decision-making in theatre. This session is designed specifically for perioperative professionals - including ODPs, anaesthetists, surgical nurses, and digital health champions - who want to understand how AI models work, how their outputs are evaluated, and where they can add value in real-world practice. Using real use cases and current NHS challenges, we'll demystify machine learning, large language models, and the metrics that determine whether an AI system is safe or biased. Attendees will leave with a clearer understanding of how to evaluate AI tools, ask critical questions about fairness and risk, and confidently engage in the future of digital surgery.</p>	<ul style="list-style-type: none"> <li>•Describe key artificial intelligence models and their potential role in perioperative settings.</li> <li>•Discuss current perioperative challenges that AI tools can help address, including list optimization and stock management.</li> <li>•Identify legal, ethical, and safety considerations for implementing AI in surgical environments.</li> </ul>
<p><b>Leadership: from Aspiring to Inspiring</b> Maxine Page, Lisa Tierney 13.45 – 14:35 Ensemble Room</p>	<p>This interactive workshop is designed to enhance leadership behaviours among operating theatre teams. Through practical activities, participants will explore leadership styles, communication techniques, and decision-making in challenging situations. Using real-world scenarios and guided reflection, the session promotes shared leadership, psychological safety, and effective teamwork.</p>	<ul style="list-style-type: none"> <li>•Identify and apply effective leadership styles relevant to operating theatre environments, adapting approaches to suit clinical situations.</li> <li>•Demonstrate communication techniques that enhance clarity, promote psychological safety, and support team cohesion.</li> <li>•Develop decision-making strategies through real-world simulations that encourage shared leadership, situational awareness, and collaborative problem-solving.</li> </ul>
<p><b>Schwartz Rounds</b> Jane Murdoch 13.45 – 14:35 Helen Martin Studio</p>	<p>Schwartz Rounds are regular meetings where staff come together to discuss the emotional and social challenges they encounter in their work. This session offers an introduction to what Schwartz Rounds are and how they work. It explores why they are effective in practice, highlighting their benefits and impact on staff wellbeing and team culture. Real-life case examples will be discussed, and the session will provide practical guidance on setting up Schwartz Rounds.</p>	<ul style="list-style-type: none"> <li>• Describe the purpose and core principles of Schwartz Rounds, including how they differ from clinical debriefs or problem-solving forums.</li> <li>• Explain the benefits of Schwartz Rounds for staff wellbeing, team cohesion, and psychological safety in health settings.</li> <li>• Outline key steps and considerations for implementing Schwartz Rounds in their own organisations or educational environments.</li> </ul>



<p><b>International Voices: Shaping NHS Recruitment and Retention</b> Mayflor Bernal 13.45 – 14:35 Wood Scawen Room</p>	<p>This session offers valuable insights into the journey and lived experiences of Mayflor, an internationally educated nurse working within the NHS and social care. The session highlights the challenges faced as an international recruit, particularly those affecting workforce retention and the delivery of safe, effective patient care in both acute and community settings.</p>	<ul style="list-style-type: none"> <li>• To raise awareness of the challenges that internationally educated nurses encounter when working abroad, and to emphasise the importance of comprehensive pastoral support.</li> <li>• To strengthen the support systems that enable internationally educated nurses to thrive personally and professionally as they navigate their chosen career paths.</li> <li>• To identify and promote opportunities that empower staff from the global majority to confidently advocate for themselves and their peers.</li> </ul>
<p><b>Cadence: the Key to High Performance</b> Leanne Spencer 14.50 - 15:50 Molnlycke Theatre</p>	<p>Leanne will equip you with the skills to minimise risk of burnout, manage your energy and have more fun by following a four-step process. This interactive, fun keynote is brought to life by Leanne through the power of storytelling.</p> <p>This interactive session brings the Cadence Approach to life. A method that helps professionals align effort with recovery to enhance performance, sustain wellbeing, and build long-term resilience.</p>	<ul style="list-style-type: none"> <li>• Understand the Cadence Approach and Its Relevance to Theatre Practitioners. Discover how aligning effort with recovery supports optimal performance, reduces fatigue, and promotes wellbeing in demanding clinical settings.</li> <li>• Develop Strategies to Sustain Energy and Focus. Learn practical tools to manage workload, shifts, and emotional demands using cadence principles to maintain resilience and effectiveness.</li> <li>• Recognise and Respond to Signs of Overload. Identify early warning signs of stress and imbalance, and implement proactive strategies to restore rhythm and prevent burnout.</li> </ul>