



A webinar from the International Thoracic Oncology Nursing Forum

# You Matter Too: Optimising Wellbeing and Self-Care for Nurses

on 27 May 2026

Toronto/NYC 0630hrs, London 1130hrs,  
CET 1230hrs, Perth 1830hrs, Tokyo 1930hrs  
Sydney/Melbourne/Brisbane 2030hrs  
Register here: [www.itonf.com](http://www.itonf.com)

*Times below in UK time – please check the start time in your region. The webinar lasts for 1.20hrs & will be available as a recording to watch on catch-up at [www.itonf.com](http://www.itonf.com)*

1130hrs	WELCOME	<b>Chair: Dianne Zawisza</b>
1135hrs	Managing High-Intensity Cancer Workloads: Strategies for Resilience and Sustainability Amanda Kluxen, USA	
1155hrs	Preventing Burnout in Nursing: Recognising Risks and Building Resilience Maria Ftanou, Australia	
1220hrs	Achieving Balance: Supporting Wellbeing in Work and Home Life Charlotte Smith, UK	
1240hrs	Panel Discussion	
1250hrs	SUMMARY & CLOSE	<b>Chair: Dianne Zawisza</b>