# Are you seeking for professional and career growth opportunities? Find out some great resources to accelerate!



Dear Young and Early Career Cancer Nurses, welcome to the May ECN blog. This month we share various opportunities within EONS, if you are interested in advancing in your career and looking for opportunities to grow as a professional.

Opportunities for progression are important for so many reasons, some of them are summarized below:

- They improve your sense of well-being, self-esteem and self-confidence by actively working toward goals and expanding your abilities. In that way you grow as an individual and professional. Additionally, when you try new experiences is a great way to boost your self-confidence.
- They increase your work performance by having a wider set of skills that boost your productivity and lower your turnover rate.
- They lower your feeling of stress and anxiety because when you have room to grow, you no longer need to worry about barriers in your career.
- They increase your job satisfaction. When you can progress in your career, you tend to feel better, and this can help you continue to pursue the next step in your career.

# EONS Leadership Forum "40 years of EONS Cancer Nursing Leadership", 15 May, 2024 in Turku, Finland



EONS aims to empower nursing-driven leadership to implement multidisciplinary service across the cancer care continuum and lead efforts addressing existing disparities in cancer nursing communities at all levels by influencing policy.

EONS brings together clinicians, academics, policy makers and patient advocates to advance evidence-based cancer nursing and the care of people affected by cancer and seeks to empower and enable cancer nurses to practice safely and to the full extent of their expertise.

Find out the program here.

**Register Now** 

EONS17: "40 Years of European Cancer Nursing – Shaping the Future of Healthcare", 14-16 September 2024 in Barcelona



Personal and professional growth come to those who are stepping outside of their comfort zone and actively participating in new challenges. You, your nursing colleagues and your patients can all benefit from you attending and contributing at one of the most influential and outstanding conferences. Here are some ways how:

- Networking: Connecting with others who have experienced similar challenges and /or are experts in cancer care will provide you with latest evidence in the field, new ways of working, different techniques and tips that you can translate into your own practice. Moreover, expanding your networks will greatly benefit you when you are willing promote your work / project or to seek for collaborations.
- 2. **Continuing professional development**: International conferences act as platforms for educational opportunities.
- 3. **Position yourself as an expert:** Your participation demonstrates your commitment to advancing standards of education, research and practice, so will be reinforcing your status as an expert.
- 4. **Avoid burnout:** Our profession can be stressful and highly pressurised and it is important to take time away from the work setting to reflect on what you do and how you can improve. Your attendance at a conference provides an ideal opportunity to achieve this, whilst also having some time for relaxation with peers and new acquaintances.

The next EONS conference will take place in Barcelona in September this year and will be EONS 40<sup>th</sup> anniversary year, so you can look forward to a bumper event, featuring the usual high quality sessions and speakers, plus some great celebrations to mark this important moment in the history of EONS.

Deadline for submitting your abstract is 7 May, 2024. In addition a special registration fee for EONS Early Career Nurse (age 35 or younger) at 101€ is available.

**Register Now** 

#### **Grant to attend EONS17**



The Cancer Nursing Fund (CNF) is offering a bursary scheme for 10 cancer nurses to attend the EONS17 conference. Cancer nurses can apply for a grant of EUR 650 per applicant. The support will fund travel (airfare, train in economy class), accommodation expenses and/or registration fee for EONS17.

The aim is to give cancer nurses the opportunity to attend and participate in EONS17, increasing their involvement in the Society's work, and to benefit from a great educational opportunity.

Don't miss the opportunity to apply for the **Grant** by 28 June.

**Apply Now** 

## EONS Early Career Research Grant 2024



EONS has created a range of grants, all with the ultimate purpose of encouraging nurses to do excellent work and improve the general standard of cancer nursing in Europe. The EONS Early Career Research Grant 2024 offers Up to €2500 to early-career cancer nurses in developing or conducting a research project within their field of practice.

Closing date for applications is 31st July 2024. Find out more here.

**Apply Now** 

### 15th ESO-EONS Masterclass 2024



The Masterclass in Oncology Nursing programme is designed for European cancer nurses as a multi-professional joint event. Three-and-half intensive days of full

immersion in up-to-date oncology will create a collective spirit of teaching and learning to improving clinical skills and patient care.

The Masterclass aims to prepare cancer nurses for future senior roles and enhance their clinical knowledge in the management of the cancer patient during all phases of the cancer journey. Following completion of the course nurses will be able to use evidence-based knowledge in effective symptom management and interventions with the aim to improve patient experience, symptom management and care.

Don't miss the opportunity to apply for the Masterclass before Friday 24 May 2024. Find out more <u>here</u>.

**Apply Now**