



PEI Nurses' Union Professional Development Day

"Surrounded by Support"

Tuesday November 3rd, 2026 | Glasgow Hills Golf Club

AGENDA

Registration
Opening Remarks Kim Sears, PEINU President
Surrounding & Supporting Each Other Heart Culture Catalyst <i>An interactive session designed to help provide practical wellbeing tools and a stronger connection with colleagues.</i>
Break – refreshments provided
Collective Agreement 101 Rubylyn Tabangin & Andrea Bird <i>Learn everything you need to know about the PEINU Collective Agreement. Labour Relations Officer Rubylyn Tabangin and Executive Director Andrea Bird will guide you through the essentials on your rights as PEINU members.</i>
Lunch
Burnout: Self Care in the Workplace The Canadian Mental Health Association, PEI Division <i>A workshop focused on creating a balanced and supportive work environment. Learn how to deal with burnout, boundaries, and mental health in the workplace.</i>
PEINU 2026-2029 Strategic Plan Launch Stiff <i>Alex Marinelli and James Hanington from Stiff will present your first look at our new 2026-2029 Strategic Plan.</i>
Break – refreshments provided
Ask Kim Anything (AKA) Q&A Session <i>Have a question that you have been curious to ask the PEI Nurses' Union? Submit it for our first live Q&A session with PEINU President Kim Sears.</i> <u>Click here to submit a question.</u>

About Our Speakers



Shiham Mahroof, HeartCulture Catalyst

Shiham Mahroof is the founder of HeartCulture Catalyst, a People and Culture Consultancy focused on helping individuals and teams build healthier, more connected workplaces. Drawing on more than 15 years of mindfulness practice and study, along with experience in leadership, facilitation, emotional wellbeing, and brain-based coaching, Shiham brings a practical and human approach to his work.

He has facilitated learning experiences for leaders, teams, healthcare professionals, nonprofits, and community organizations, with a focus on self-awareness, communication, wellbeing, and meaningful human connection. His sessions are known for being interactive, reflective, and grounded in practical tools people can carry into their everyday lives.



Canadian Mental Health Association PEI

The Canadian Mental Health Association will be presenting the session “Burnout: Self Care in the Workplace.”

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. The Prince Edward Island Division joined in 1959 and their goal is to be THE key partner in strengthening and enhancing Islanders’ ability to achieve and maintain positive mental health.



Alex Marinelli and James Hanington, Stiff

Stiff is a strategic communications agency that PEINU has been working with for over a year to develop our new Brand and Strategic Plan. Stiff has worked with a number of nursing unions across Canada including recently both New Brunswick Nurses Union (NBNU) and the Ontario Nurses Association (ONA) and they bring that experience to their work with PEINU.

At PD Day 2026 they will be presenting the official launch of PEINU’s 2026-2029 Strategic Plan.