

## **Conference feedback from Louise Stayt: Regional Committee Member of the Year - 2016**

I recently had the honour of being awarded the regional committee member of the year at the National BACCN conference in Glasgow. I was extremely touched and grateful, however I truly feel that I am just one individual within a fantastic team. I thought I would therefore reflect on what belonging to the Central South Regional T.E.A.M means to me:

**Terrific fun:** Being a member of a regional committee although hard work is terrific fun. Our meetings are never short of laughs

**Education:** Organising and contributing to educational events for the critical care nursing community is a tremendous opportunity for networking, raising the profile of critical care nursing and personal professional development

**Amazing friendships:** Being in the committee enables great and long lasting friendships to develop with like-minded individuals committed to critical care nursing

**Motivation:** Being part of a talented, dedicated community of critical care nurses is both motivating and inspirational

So what have you got lose? Join a T.E.A.M today!