

An orange rectangular banner at the top of the page features a white ECG (heart rate) line that starts on the left, rises to a peak, falls to a trough, rises to a higher peak, falls to a lower trough, and then rises to a final peak before ending on the right. The text 'ICD Group' is written in white, bold, sans-serif font across the top of the banner, with a white underline beneath it.

ICD Group

Meeting:

# Zoom Meeting

WEDNESDAY 24TH NOVEMBER  
12.30PM TO 1.30PM

## Program:

**Presentation:** Building Resilience and Thriving in Life  
*(Please login 5-10 minutes prior to the session)*

**Speaker:** Tracy Busse  
*(Survivor of a Sudden Cardiac Arrest & ICD Recipient)*

**RSVP:** Ann Kirkness for zoom link

**Phone:** 9463 1701

**E -Mail:** [ann.kirkness@health.nsw.gov.au](mailto:ann.kirkness@health.nsw.gov.au)



# Tracy Busse

(B.Soc.Sc., BA Hons. & Masters of Management- HRM)

Tracy Busse runs Waveform Consulting to assist people to be the best they can be and live a creative and fulfilled life through online programs, workshops, one-on-one coaching sessions and resources for building resilience, wellbeing and thriving in life. Tracy is the author of 'Calm Through Chaos': How to build resilience and thrive in life. Her memoir, published at the end of 2019, is about her emotional and spiritual recovery after SCA in 2010, she now has an ICD in place.

Her qualifications include coaching & organisational psychology/HR (B.Soc.Sc., BA Hons. & Masters of Management- HRM). Tracy has over 20 years' HR experience, including managing a corporate health program. She is a passionate advocate for cardiac patient support services and is currently a community advisory group member for cardiac research and hosts an online community for SCA survivors, their family and first responders. She enjoys daily walks with her dog and practices reiki, yoga and meditation.