Learning modules

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Module 1

Laying the foundations for an inclusive professional learning community

Key learning topics
- Safe space
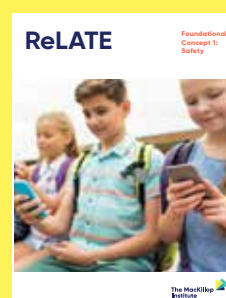- Relational trust
- Courage & vulnerability

ReLATE
Laying the foundations for an inclusive professional learning community

The MacKillop Institute

Module 2

Safety

Key learning topics
- Concept of safety
- Internal and external resources
- Self-regulation

ReLATE
Foundational Concept 1: Safety
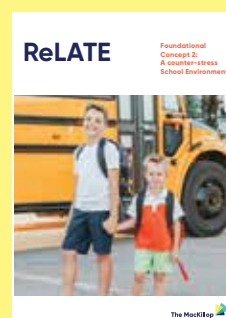
The MacKillop Institute

Module 3

A counter-stress school environment

Key learning topics
- Staff and student wellbeing
- Brain development
- Trauma theory (chronic stress responses)
- Secure attachment
- Positive behaviour support

ReLATE
Foundational Concept 2: A counter-stress School Environment

The MacKillop Institute

Module 4

Enhanced teaching and learning

Key learning topics
- Neuroscience
- Impact of toxic stress on learning
- Internal working model
- Teacher-led relationships

ReLATE
Foundational Concept 3: Enhanced Teaching and Learning

The MacKillop Institute
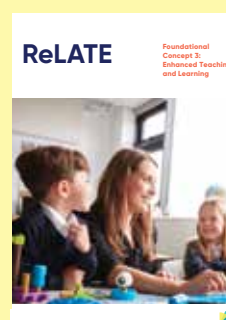
Module 5

Sustainable culture change

Key learning topics
- Organisational change
- Cultural safety and culturally appropriate responses
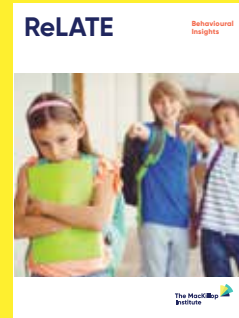- Resilience and adversity
- Inclusion, gender and disability

ReLATE
Foundational Concept 4: Sustainable Culture Change

The MacKillop Institute

Module 6

Behavioural insights

Key learning topics
- Function, triggers and our response
- Responding to challenging behaviours
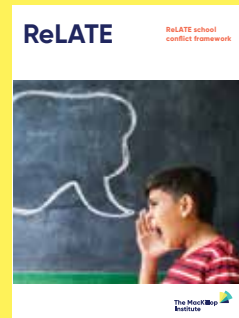- De-escalation
- Social and emotional code of conduct

Module 7

School conflict framework

Key learning topics
- Perspectives and trauma re-enactment
- Current vs future state
- Recognition of loss
- Presenting barriers to change for staff, student and parents

Module 8

Policy, procedures and practice

Key learning topics
- Shared language
- Policy implementation for sustained practice
- Behaviour change

Module 9

Student perceptions of teacher feedback

Key learning topics
- Traditional vs contemporary perspectives
- Influence on achievement
- Influences on emotions
- Strategies to support teachers and students

Module 10

Mindset and collective efficacy
Key learning topics
- Personal values and work-life integration
- Growth and adaptability
- Cognitive distortions
- Reframing our negative thoughts

Module 11

Digital wellbeing

Key learning topics
- Technological stress and changes to the brain
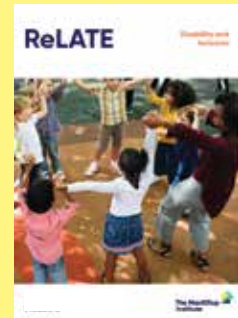- Positive technology
- Health promoting strategies

Module 12

Disability and inclusion

Key learning topics
- Legislation and definitions
- Mental health and disability
- Prevention vs intervention
- Inclusive cultures

Module 13

Positive education

Key learning topics
- Why we all benefit from positive psychology
- The science of lasting and sustainable happiness in schools
- Practical strategies in the classroom and daily work

School level feedback

Our kids' emotional literacy has gone through the roof.

The amount of time we are spending in punitive behaviour control has dropped significantly. Also, my staff are taking care of themselves better.

The model works so well with all our existing and new initiatives and is flexible and adaptable to our schools specific needs

This professional learning was validating for me as I value the ability to discuss emotions and self-regulation highly in my learning community. It has given me further insight and strategies to scaffold into my current practice.