

The MacKillop Institute



Schools

Professional Learning for Safety and Wellbeing

Informed by research, shaped by experience.



About Us

The MacKillop Institute partners with schools, organisations and businesses to share knowledge, research and professional learning supporting the safety and wellbeing of staff and students.

Our programs draw on 170 years of experience strengthening positive outcomes for children, young people and staff. With a team of 2,500 dedicated professionals, we walk alongside you as partners on the journey.

Our Core Programs

Sanctuary

Trauma-informed **workplace model** that builds resilience to stress and adversity.

Seasons

Supporting people and communities to **navigate change, loss and grief**.

ReLATE

Education model supporting schools to enhance engagement and wellbeing.

Power to Kids

Supporting carers and educators to respond to and **prevent child sexual harm**.



Evidence-Based

Created in practice and research, evaluated by universities.



Proven Impact

Measurable improvements in safety & wellbeing.

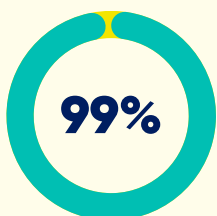


Tailored & Co-Designed

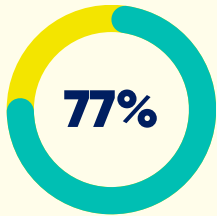
To the strengths and need of your context.

Our Impact in Schools

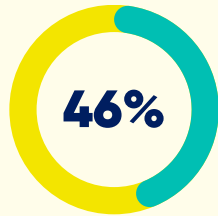
Over **1,500** schools and organisations have successfully completed our programs. Findings from **3,000** participants have demonstrated:



Increased knowledge and skills



Increase in Compassion Satisfaction



Reduction in Burnout



Reduction in Secondary Stress

Our Partners



Core School Programs

ReLATE Education Model

A school-wide learning and supported implementation program that fosters engaged learning environments, strengthens positive relationships, and supports student emotional regulation and wellbeing—while helping reduce educator stress and burnout.

Power to Kids in Schools

Our programs draw on 170 years of experience strengthening positive outcomes for children, young people and staff.

Seasons for Growth

Trains professionals to lead small group programs for children or adults, supporting people experiencing grief, loss, and other significant life challenges.

In collaboration with
MacKillop Seasons



Other Professional Learning for Schools



Staff Wellbeing and Leadership

Empowering school leaders and staff to feel safe, strong and well.

Combatting Vicarious Trauma

Promote resilience and wellbeing by managing the emotional impact of supporting students—enabling sustainable practice.

Enhancing Authentic Leadership

Explore leadership through self-awareness, relationships, and context—focusing on roles, situations, and impact.

Leading Difficult Conversations

Equip with tools and strategies to navigate challenging conversations with empathy, clarity, confidence, and emotional intelligence.

Leading Educator Wellbeing

Reduce burnout and build resilience for staff—strengthen emotional capacity, embed stress-reducing routines, and foster connected school cultures.



Student Safety and Wellbeing

Creating environments where students feel safe, protected and heard.

Building Engaged Classrooms

Understand how stress affects learning and apply strategies to build safe, inclusive classrooms that boost engagement and motivation.

Responding to Mental Health

Explore leadership through self-awareness, relationships, and context—focusing on roles, situations, and impact.

Effective Student Co-Regulation

Learn to self-regulate and co-regulate during emotional distress. Build safe environments, understand behaviour, and foster consistent responses

Child Safety eLearns for Schools

eLearning modules for school staff and school governing bodies to build knowledge and capacity to support the child safe standards.



Loss, Grief and Change

Training professionals to support people facing loss, grief and disasters.

Seasons for Life

Trains professionals in secondary schools to support students and staff after a suicide or other loss in a caring and culturally respectful way.

Seasons for Healing

Trains professionals to deliver culturally safe programs that help Aboriginal and Torres Strait Islander adults going through change, grief and loss.

Seasons Stormbirds

Trains professionals to deliver small group programs that help children and young people cope with change and loss after natural disasters.

Disaster Resilience

Trains professionals in schools and communities to support recovery after a natural disaster.

Find out more, or register your interest by contacting us.

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The MacKillop Institute

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MacKillop Family
Services