

The MacKillop Institute



Organisations

Professional Learning for Safety and Wellbeing

Building Safer, Healthier and More Resilient Workplaces



About Us

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

Our programs draw on 170 years of experience strengthening positive outcomes for children, young people and staff. Our 2400+ people walk alongside you as partners on the journey.

How we partner with you

We help organisations build cultures of care, resilience, and psychological safety. Our approach is collaborative and tailored to your values, goals, and context.

Our journey with MacKillop was both enriching and transformative. The support and guidance we received were collaborative and insightful, and the model itself has equipped our staff with invaluable knowledge, practical skills, and resources to better support both our team members and the clients we serve. The Sanctuary Model has become a cornerstone of our organisational culture, promoting safety, collaboration, and emotional intelligence across all levels.

Cheryl Barrett | Group CEO | Kanda

Our Impact in Organisations

200+

Organisations using the Sanctuary model worldwide

9,000+

Employees benefitted from Sanctuary training through our implementing organisations

36,000+

People participated in MacKillop Institute professional learning and training in the past 12 months



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.

MacKillop Institute Partners



Department for Child Protection

Sanctuary

Sanctuary is a globally recognised trauma-informed model that builds safe, resilient workplaces. For over 40 years, the model has driven culture change in high-stress sectors like health, justice, education, and community services. Sanctuary addresses trauma's impact on individuals and systems, reducing burnout and organisational fatigue. At The MacKillop Institute, we tailor Sanctuary to your values, equipping leaders and teams to embed safety, connection, and wellbeing for sustainable change. Implementation includes climate and culture analysis, vicarious trauma and burnout reports, tailored resources, and ongoing expert support.



Tailored to Your Organisation's Needs

- Tailored to your values and goals
- Delivered by expert facilitators
- Culture analysis and resources included
- Impact for staff, clients, and organisation



Whole-Organisation Model

- Shared trauma-informed knowledge and language across teams
- Implementation aligned with organisational goals
- Includes climate and culture analysis, vicarious trauma and burnout reports, plus tailored resources

Other Professional Learning for Organisations



Leadership and Growth

Emotionally Intelligent Leadership

Strategies for creating emotionally intelligent, trauma-informed leadership to navigating organisational complexity.

Transformative Leadership

Insights and practical strategies enabling leaders to lead thriving teams, through an integrated focus on the leader, followers and the situation.

Leading Functional Teams

One-day workshop offering a practical framework for enabling psychologically safe, high performing and resilient teams.

Leading Difficult Conversations

One-day workshop to equip staff with skills for navigating challenging conversations, maintaining connection, and fostering positive growth.

Managing Change

One-day workshop equipping leaders to manage change effectively, maintain engagement, and foster resilience during transitions.



Workplace Wellbeing

The Sanctuary Model

A whole-of-organisation model for building trauma-informed, psychosocially safe and resilient workplace cultures.

Combatting Vicarious Trauma

One-day workshop equipping staff with strategies to identify, prevent, and respond to vicarious trauma, fostering psychosocial safety and resilience.

Trauma-Informed & Child Safety Practice

Foundational understanding of trauma and its impact, equipping staff to create safe, supportive environments and enhance staff psychological safety.

Mental Health

One-Day training equipping carers to confidently support wellbeing and respond to rising mental health challenges among young people. This practical program provides strategies to recognise, respond to, and support young people, fostering a proactive and inclusive environment.



Other offerings

ReLATE (Reframing Learning & Teaching Environments)

Evidence-based, relational and trauma-informed whole-school model to enhance engagement and collective wellbeing; tailored implementation and independent evaluation.

Power to Kids

Whole-of-organisation model for schools and organisations, providing strategies to identify, prevent, respond to, and address harmful, exploitation, behaviour, and abuse—including child sexual exploitation, harmful sexual behaviour, and relationship abuse.

Seasons for Growth

MacKillop Seasons evidence-based programs build knowledge and capacity of professionals to provide a safe space for children, young people and adults to learn knowledge, skills and attitudes to understand and respond to experiences of change, loss and grief. We help build the wellbeing and resilience of schools and communities following adversity.

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



institute@mackillop.org.au



mackillopinstitute.org.au