

Seasons for Life



Change, Loss and Grief – Staff Professional Learning Session

The Seasons for Life Staff Professional Learning Session is essential for schools looking for a consistent approach to support students affected by change, loss and grief.

This free-of-charge, 90-minute professional development session is run by Seasons for Life State Coordinators at a time that works for your school and your staff. There are no minimum or maximum numbers required to run a session, and Coordinators will travel to your school to run these face-to-face sessions.

The session provides an invaluable tool for staff who may be at a loss about how to support students in difficult circumstances. No prior knowledge is required to attend, so all staff can benefit, and support each other in the process.

Key benefits

- Empowers staff to recognise how students may be impacted by change and loss
- Explains what helps and what doesn't
- Improves grief literacy of all staff
- Upskilling – supports staff to feel more comfortable and confident with sensitive conversations
- Explores what staff can do to look after themselves in difficult situations, with an emphasis on self-care
- Certificate of participation to record personal development (upon request).

Seasons for Life: Five components, one wraparound initiative

Schools can choose to benefit from one, more, or all five components.



Find out more

If you would like to find out more about the program and how your school can benefit, please contact your Seasons for Life State Coordinator:

Seasons for Life

Contact your Coordinator

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