



A ONE-DAY PROFESSIONAL WORKSHOP

Working with Vulnerable Communities

Cultural safety and trauma-informed practice

WHY 'PRIORITY' NOT 'VULNERABLE'

The word vulnerable places the problem inside the person. We use priority communities instead. This term shifts the focus to the responsibility of systems and organisations to respond, and honours the strengths, resilience, and sovereignty of the communities we work alongside.

ABOUT THIS WORKSHOP

This one-day workshop builds your organisation's capacity to work in a culturally safe and trauma-informed way. You will leave with a deeper understanding of trauma, its symptoms, and the coping behaviours that can accompany it.

The training weaves together Western scientific knowledge and traditional healing principles, and prepares you to navigate lateral violence, burnout, anxiety, and secondary and vicarious trauma.

WHAT WE'LL COVER

▶ Wearing your cultural lens	▶ Wearing your trauma lens
▶ Trauma definitions & types	▶ Recognising trauma
▶ Window of Tolerance	▶ Fight, Flight, Freeze, Fawn
▶ Strategies to deal with trauma	▶ Racism & ongoing colonisation
▶ Cultural safety vs awareness	▶ SEWB Wheel (Gee et al., 2014)
▶ Indigenous knowledge sharing	▶ Self-care & making sense of it all

YOUR FACILITATORS

Kelleigh Ryan

Co-Founder, The Seedling Group · Indigenous Psychologist

Kelleigh works alongside CEOs, managers, and operational staff to build genuine capacity for working with priority communities. Her practice draws on both clinical expertise and deep cultural knowledge.

Nicole Tujague

Co-Founder, The Seedling Group · PhD (Gnibi College, SCU)

Nicole completed her doctorate through Gnibi College at Southern Cross University. Together with Kelleigh and Aboriginal consultants, she brings a rigorous and community-centred lens to organisational training.

Riley O'Connor

Speech Pathologist & Researcher, The Seedling Group

Riley contributed to Billabongs of Knowledge: Cultural Safety in Trauma-Informed Practice from a First Nations Perspective and carries out research and evaluation with First Nations communities across Australia. She brings a speech pathology perspective to trauma-informed understanding.

WORKSHOP DATES

LISMORE

Gnibi, Room H2.34

Mon 1 June · 9:30am – 4:30pm

GOLD COAST

Southern Cross University

Tue 2 June · 9:30am – 4:30pm

COFFS HARBOUR

Southern Cross University

Wed 10 June · 9:30am – 4:30pm

WHAT TO EXPECT

1. A safe, reflective space — bring your questions
2. Yarning-style discussion alongside evidence-based content
3. Practical strategies you can apply immediately
4. Culturally grounded frameworks — not just Western clinical models
5. Morning tea, lunch, and afternoon tea provided

WHO WE ARE

The Seedling Group is an Indigenous-led consultancy specialising in cultural safety, trauma-informed practice, and organisational wellbeing. We work with organisations across Australia to build the skills needed to genuinely serve priority communities.



Kelleigh Ryan & Dr Nicole Tujague

ENQUIRIES

Contact The Seedling Group to register or for further information.

theseedlinggroup.org

Working with Priority Communities: A One-Day Professional Workshop

Cultural Safety and Trauma-Informed Practice

A ONE-DAY PROFESSIONAL WORKSHOP

Working with Vulnerable Communities

Cultural safety and trauma-informed practice

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Facilitator Profiles

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