



## THE HARM OF ATTACHMENT ... and THE POISON OF PERCEPTION

### JOIN US FOR A TRAINING WEEKEND

with Tanya R Curtis,  
Senior Behaviour Specialist

#### A weekend of work-shopping, presentations and networking for all those who implement behaviour change strategies.

This will support professionals who work with behaviour change in **formal support** such as allied health and people providing **informal support**, such as family or an adult themselves who is ready for **lasting** change and wants to build quality wellbeing.

Participants may choose to attend one or two days, with or without the networking dinner or just the dinner. Live streaming from home is also available.

Day events are limited to 35 people for in-person attendance, live streaming has no limit.

**DAY 1** – Saturday 16 March 2024

#### THE HARM OF ATTACHMENT

**DAY 1** – Evening

#### NETWORKING DINNER

**DAY 2** – Sunday 17 March 2024

#### THE POISON OF PERCEPTION

Please turn over for brief introductions or read full details on [www.fabic.events](http://www.fabic.events)

#### LOCATIONS

##### IN PERSON ATTENDANCE

HQ Building  
Suite 52, 1 Laver Drive  
Robina QLD 4226

##### ONLINE ATTENDANCE

Available worldwide

#### TO BOOK

Please scan the QR CODE  
or visit [www.fabic.events](http://www.fabic.events)



#### DATE AND TIMES

See page over

#### COSTS

\$195 incl. GST Day 1

\$195 incl. GST Day 2

\$77 incl. GST Networking dinner at  
Thai Mudgee  
[thaimudgeegoldcoast.com.au](http://thaimudgeegoldcoast.com.au)

#### CONTACT US

FABIC/FEL via 07 5530 5099  
[info@fabic.com.au](mailto:info@fabic.com.au)  
[fabic.education](http://fabic.education)

**Day 1** – Saturday 16 March 2024

## THE HARM OF ATTACHMENT

Ever wondered why one person reacts to a certain life situation but another person does not ... or why a seemingly small life trigger can cause a massive volcanic reaction while bigger triggers have minimal impact on whether we react or not?

Be that with family, in relationships, at work, school or when completing tasks – in our forever expanding **CLASSROOM OF LIFE** we are constantly presented with life lessons, one after the other. But is it the life lesson that causes reactions – or could it be our **ATTACHMENTS** to life being a certain way?

In this one-day presentation and workshop we will explore together the harming impacts that attachments have on our and other people's mental wellbeing, behaviours, interactions and overall quality of life – and likewise explore the possibility of life without attachments and what that practically looks like.

**Day 2** – Sunday 17 March 2024

## THE POISON OF PERCEPTION

The experience of perception is discussed frequently in our clinical practice and boy oh boy, does it have an impact on people's mental wellbeing and reduced quality of life! All too frequently we observe that a person's perception of their experience of life holds them back from living their true and full potential.

For example, if offered a task to complete, a conversation to engage with, a place to visit, a new endeavour to approach, in fact any lesson in the classroom of life ... is it really difficult or is it a **PERCEPTION** that it is difficult? Why does one task or experience of life appear simple for some, yet overwhelmingly difficult for others? Is it the actual degree of difficulty or **THE PERCEPTION OF DIFFICULTY** that is the poison?

This is just one example of many that we will examine and workshop during this one-day presentation as we unpack the poison called perception together.

**DAY 1** – 5.00pm to 7.00pm

### NETWORKING DINNER

We will come together at the nearby restaurant *Thai Mudgee* for an opportunity to meet and greet those with similar interests for personal and or professional development in the fields of mental wellness, understanding and changing behaviour.

Enjoy the banquet menu and fill your plate or graze as you mingle and move from table to table and connect with many different people.

Meal, water and mineral water are included in the price, all additional drinks can be purchased on-site.

Thai Mudgee (5 minutes from FABIC)  
69 Railway St, Mudgeeraba QLD 4213  
[thaimudgeegoldcoast.com.au](http://thaimudgeegoldcoast.com.au)



### Meet Tanya R Curtis

Tanya is renowned for supporting all, from individuals to businesses and organisations, in all things behaviour.

She brings understanding and **LASTING** behaviour change and has often been the last resort when people had all but given up. Tanya holds as a foundation that behaviour is what people do, no matter what it looks like, and never is it who they are

Tanya presents behaviour specialist workshops locally, nationally and internationally and brings a wealth of clinical experience, academic qualifications and innate wisdom in the fields of Behaviour Change, Mental Health, Disability and Education.

Read more on Tanya at [www.tanyacurtis.com.au](http://www.tanyacurtis.com.au)

## OUR SCHEDULE OVER THE TWO DAYS

### DAY 1 – SATURDAY

9.30am	- 10.00am	Registration, refreshments
10.00am	- 12.00pm	<b>SESSION 1</b>
12.00pm	- 1.00pm	Lunch break
1.00pm	- 2.00pm	<b>SESSION 2</b>
2.00pm	- 2.30pm	Afternoon refreshments
2.30pm	- 4.30pm	<b>SESSION 3</b>
4.30pm	- 4.50pm	Debrief, completing the day

### SATURDAY EVENING

5.00pm	- 7.00pm	<b>NETWORKING DINNER</b>
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### DAY 2 – SUNDAY

8.00am	- 8.30am	Registration, refreshments
8.30am	- 10.30am	<b>SESSION 1</b>
10.30am	- 11.00am	Walk and refreshments
11.00am	- 12.30pm	<b>SESSION 2</b>
12.30pm	- 1.30pm	Lunch break
1.30pm	- 3.00pm	<b>SESSION 3</b>
3.00pm	- 3.30pm	Debrief, completing the day

*Looking forward being with you!*