



JOIN TANYA CURTIS FOR A SERIES OF 13 BEHAVIOUR CHANGE EVENING PRESENTATION- STYLE WORKSHOPS

On offer is a variety of topics, all with a similar focus on behaviour, mental wellness and strategies and models that support lasting behaviour change for self and all others – a much needed approach when supporting all to live and reach their full potential.

DATES FOR 2024 – 6.30pm-8pm AEST on these Tuesdays:

- 1 – Tuesday 13 February
- 2 – Tuesday 27 February
- 3 – Tuesday 12 March
- 4 – Tuesday 30 April
- 5 – Tuesday 21 May
- 6 – Tuesday 18 June
- 7 – Tuesday 09 July
- 8 – Tuesday 13 August
- 9 – Tuesday 03 September
- 10 – Tuesday 17 September
- 11 – Tuesday 15 October
- 12 – Tuesday 19 November
- 13 – Tuesday 10 December

*Looking forward
to being with you!*

Please turn over for a synopsis of each event

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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



DATE AND TIMES

Tuesdays as listed to the left
From 6.30pm to 8.00pm AEST

COSTS

\$44 incl. GST per 1.5 hour

CONTACT US

FABIC/FEL via 07 5530 5099
info@fabic.com.au
fabic.education

1 BEING ALL OF YOU IN THE WORLD

Just like a puzzle piece, only you can complete your purpose in this world. There is only one of you and YOU have a very valuable and unique part to play ... WHAT, ME? Yes you, and all of us. We will explore the practicalities of embracing your unique purpose in this large puzzle we call the world and how to live EMBRACING ALL OF YOU IN THE WORLD.

2 EMBRACING THE CLASSROOM OF LIFE

In this presentation-style workshop Tanya Curtis explains what it takes to practically embrace each and every lesson in the classroom of life while listening to our body and what it communicates via behaviours every second of every day – a model that, when embraced and lived, increases mental wellness.

3 BEING YOUR PUZZLE PIECE IN RELATIONSHIP

We will discuss the qualities we bring in relationships of all kinds. When founded on and lived in the flow of accepting and bringing the unique puzzle piece and design of each person equally, enriching relationships for all are the natural outcome and no longer the exception.

4 AUTISM SPECTRUM DISORDER – REDUCING ANXIETY AND UNWANTED BEHAVIOURS

Anxiety and unwanted behaviours can be quite frequent in those experiencing characteristics of an Autism Spectrum Disorder. In this workshop we will discuss a variety of practical strategies that, when diligently applied, result in a reduction of anxiety and the use of unwanted behaviours.

5 PARENTING TO RAISE RESPONSIBILITY

This presentation-style workshop will support all who influence a child's development into adulthood and support them to become independent, responsible and joy-full human beings. The tools offered will support you to develop the skills so you feel equipped to deal with the challenges that can arise when we parent to raise responsibility.

6 WHAT DOES LOVING SELF REALLY MEAN?

On offer are practical take-home tips to implement ways of building a self-loving foundation that, when lived, will support people to embrace not only the concept but the responsibility of the why's and how's of loving your self.

7 THE BLAME AND VICTIM MODEL – LET'S ERADICATE IT AND BRING LASTING BEHAVIOUR CHANGE

The blame and victimhood mentality keeps us captive and shackled to the past and what we perceive has been done to us. This model leads to frustration, bitterness and even rage and severely impacts our health and mental well-being. But it does not have to be like this and there is definitely another way!

8 MENTAL HEALTH: EMBRACING A SPECTRUM OF MENTAL ILLNESS & MENTAL WELLNESS

In this presentation-style workshop we will discuss how to build a foundation that supports us and all others within a framework where mental wellness is the standard. And thus, anything away from this foundational norm is regarded as a stepping stone to compromised mental health.

9 BEHAVIOUR IS NOT WHO YOU ARE, IT IS WHAT YOU DO

Sometimes what people do is thumbs up, and sometimes what people do is thumbs down.

But no matter the outward presentation, at the core of every single person is ALWAYS an awesome, amazing and lovable being. This presentation and interactive workshop covers the foundations and language to use when supporting any person with **LASTING** behaviour change.

10 BUILDING CONFIDENCE AS A TEACHER, PARENT & STUDENT OF LIFE

In this presentation-style workshop we will discuss and explore all things confidence and offer practical tools to approach the many daily situations that are perceived as difficult. Let's kick confidence erosion to the kerb and lay a foundation that leaves you feeling prepared to embrace whatever life presents next.

11 RELIEF STRATEGIES VS SKILLS BUILDING FOR LASTING BEHAVIOUR CHANGE

In this presentation and interactive workshop we will discuss the short and long-term impacts of the two different approaches to address behaviour challenges and mental health symptomatology – relief strategies and their impact vs skills building for **LASTING** behaviour change.

12 PERFECTIONISM PARALYSIS – A HIDDEN EPIDEMIC

For many, the quality of their everyday life is influenced by a strong need to be and do 'perfect'. This results in increased anxiety which impacts on the quality of life for all to varying degrees of intensity. We will look at breaking the cycle of perfectionism and explore skills to approach life without the imposition of 'perfect'.

13 ATTACHMENTS AND THEIR IMPACT ON OUR QUALITY OF LIFE

In this presentation-style workshop we will discuss our attachments to how life and other people should be and how that impacts on our quality of life. Could it be that it is not life that makes us react – but our attachments to how it should all be? And if so, what can we practically do to change that?

For full details and to book
visit www.fabic.events