



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

COME TO ONE OR COME TO
ALL! EACH ONE A TREASURE
FULL OF PRACTICAL TOOLS

These one-day presentations offer different topics with a focus on behaviour, mental wellness and **LASTING** behaviour change, for self and all others. When it comes to living our full potential, we need a new way that includes *all of us*, from clients, parents/carers and educators to workmates and the wider community.

DATES FOR 2024 - 10am-3pm AEST on:

- 1 - Monday 11 March
- 2 - Monday 29 April
- 3 - Monday 20 May
- 4 - Friday 31 May
- 5 - Monday 10 June
- 6 - Monday 24 June
- 7 - Monday 22 July
- 8 - Monday 19 August
- 9 - Friday 06 September
- 10 - Monday 14 October
- 11 - Friday 22 November
- 12 - Monday 25 November
- 13 - Monday 09 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

See dates listed to the left
From 10am - 3pm AEST

COSTS

\$165 incl. GST per day

CONTACT US

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

1 AN INTRODUCTION TO UNDERSTANDING AND CHANGING BEHAVIOUR

In this presentation-style workshop we will bring focus to a model that supports the understanding for the reason of behaviour first and then uses it as a foundation for *lasting* behaviour change strategies that can practically be applied in everyday life.

2 EMBRACING THE CLASSROOM OF LIFE

Every behaviour is a communication from the body – we will explore what it takes to practically embrace every lesson in the classroom of life by listening to our body and what it communicates. This model, when lived in full, cannot but improve our mental wellness.

3 THE PARALYSIS OF PERFECTIONISM

There is a hidden epidemic and it is called perfectionism. It leads to increased anxiety and stagnation and means that the quality of our everyday life is affected by the need to be and do 'perfect'. We will explore how to break this cycle and approach life without the imposition of 'perfect' and the ensuing paralysis.

4 MANAGING CLASSROOM BEHAVIOUR CHALLENGES

Behaviour challenges in classrooms and school settings are on the increase! This presentation and workshop offers practical strategies by first bringing understanding to the reason/s for behaviour and then focussing on developing, implementing, reviewing and modifying effective behaviour change strategies.

5 ABOLISHING ADDICTIONS - IS IT POSSIBLE?

Addictions come in many forms, from technology, substances, shopping and food to gambling and even exercise and sleep plus other normally supportive behaviours when not used for the correct and intended purpose. We will explore the W's of addictions – the who, why, what, when, where, their impact on our quality of life and how to get rid of needing them.

6 ANXIETY AND BEHAVIOUR CHANGE - THE BODY LIFE SKILLS PROGRAM

A simple and practical evidence-based 3-step approach to understanding and changing behaviour developed by Tanya Curtis in 2006. It has supported untold many to understand the reason for their unwanted behaviours and develop the skills to choose differently, leading to positive and desired outcomes for all.

7 FROM SUPPORT WORKER TO LIFE SKILLS DEVELOPER - AN OFFERING

Whether in HR, as an educator, support worker, coach or informally as a relative, peer, colleague etc. ... when supporting others with tools for lasting behaviour change, we are in fact a life skills developer. We will discuss the essentials and practical application of one of our most important roles in life – being a forever teacher of life, aka a forever life skills developer.

8 CHANGING BEHAVIOUR - DEVELOPING EFFECTIVE SKILLS TO SUPPORT LASTING BEHAVIOUR CHANGE

This presentation-style workshop is for all those ready to embrace a simple model that, when practically applied in everyday life, offers LASTING behaviour change strategies for themselves and all others they may be supporting, whether formally or informally.

9 COMMUNICATING AND RELATING TO A PERSON WITH AN ASD

Senior Behaviour Specialist Tanya Curtis introduces a simple yet effective way of communicating that offers understanding to both parties. Implemented in daily life, it has changed many troubled relationships while laying the foundation for a new and solid way forward.

10 CHANGING THE IMPACT OF ANXIETY ON OUR QUALITY OF LIFE

Life can often present lots of new situations seemingly all at once and when we don't feel equipped to respond to them, we are likely to experience anxiety. This presentation-style workshop offers a model that allows us to approach each life lesson so that it does not leave us in overwhelm or anxiety, rather embraces a 'let's go approach' with enthusiasm and joy.

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

Following the presentation we will discuss and explore how to build a foundation that supports us and all others towards a way of life where mental wellness is the standard. And thus, anything that deviates from this foundational normal is regarded as a step into a much lesser quality of mental health, i.e. mental illness.

12 BEING YOUR PUZZLE PIECE IN RELATIONSHIPS

Together with Senior Behaviour Specialist Tanya Curtis we will explore the qualities we bring to all our relationships. When founded on bringing and accepting the unique puzzle piece and design of each person equally, we are accelerated towards enriching relationships for all.

13 LIVING WITHOUT DEPRESSION, SADNESS, GRIEF AND LOSS

This workshop-style presentation will support you to develop the understanding of your own and other people's feelings of sadness, grief, depression and experiences of loss. Participants are offered practical and easy to apply take-home strategies that, when successfully implemented and lived, can greatly reduce their impact on everyday life.

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