



## TANYA R CURTIS PRESENTS **FIVE** **5-WEEK BEHAVIOUR** **CHANGE COURSES** **THAT COULD CHANGE** **YOUR LIFE**

**COME TO ONE 5-WEEK COURSE OR  
COME TO ALL FIVE!** EACH ONE IS A  
TREASURE CHEST FULL OF  
PRACTICAL TOOLS

Each of these courses runs for five consecutive weeks and covers a new topic to dive into, explore and enjoy.

### DATES AND TOPICS FOR 2024 ARE -

#### 1 Changing the Impact of Anxiety on Our Quality of Life

FEB 27

MAR 05 / 12 / 19 / 26

#### 2 Preparing to Be a Leader in Life

APR 30

MAY 07 / 14 / 21 / 28

#### 3 Increasing Social Skills for Successful Interactions

JUN 04 / 11 / 18 / 25

JUL 09

#### 4 Bullying - Breaking the Cycle

AUG 13 / 20 / 27

SEPT 03 / 10

#### 5 Anger - Finding an Alternative Way to Communicate

NOV 19 / 26

DEC 03 / 10 / 17

Please turn over for a synopsis of each event

### 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

From 5pm- 6.15pm AEST

Dates are on the left

### COSTS

\$385.00 incl. GST for each 5-week course

### CONTACT US

FABIC/FEL via 07 5530 5099

info@fabic.com.au

fabic.education

*Looking forward  
to being with you!*

## 1- CHANGING THE IMPACT OF ANXIETY ON OUR QUALITY OF LIFE

### DON'T LET ANXIETY REDUCE YOUR QUALITY OF LIFE!

Anxiety is debilitating for some and less impactful for others, but rest assured that anxiety impacts the quality of life for most, if not all.

Does life ever present lessons you do not feel equipped to deal with? Yes? Well, you are not alone. New situations and challenges can come thick and fast, sometimes on a minute-by-minute basis. And when we don't feel equipped to respond to what life has presented, we are likely to experience anxiety. This workshop presents a model that, when lived, allows us to approach each lesson in a manner that does not leave us in overwhelm or anxiety but embraces a 'let's go approach', filled with enthusiasm and joy.

Join Senior Behaviour Specialist Tanya Curtis for this 5-week interactive workshop and examine anxiety more closely. You will pick up practical skills for everyday life that support the reduction of anxiety and by default change behaviours, improve relationships with self and others and overall mental wellness.

### TOPICS WE WILL DISCUSS:

1. The W's of anxiety ... Who, What, Where, When, Why, How?
2. Why does anxiety occur?
3. Completing a personalised FABIC Behaviour/ Anxiety Scale for yourself or others
4. Using the same scale to effectively communicate life experiences
5. Implementing lifestyle changes and a way of living that lead to reduced anxiety and increased quality of life

### SUITABLE FOR ...

Anyone who experiences anxiety or supports a person whose anxiety impacts their quality of life. Child, teenager, adult, diagnosis or not – anxiety is experienced in varying forms of intensity by us all.

## 2- PREPARING TO BE A LEADER IN LIFE

### A LEADER'S OPPORTUNITIES TO EXPAND THEIR SKILLS NEVER CEASE ...

... whether you are a leader or role model in business, school, family, peer and community groups or any other part of life. And thus, being a leader can feel challenging at times.

Tanya Curtis, founder and director of FABIC, has embraced the leadership role since early in life. From being the team captain in sports teams, holding school leadership positions to leading FABIC as a business since 2006 through many projects and business expansions plus working at the forefront of industry change in all fields related to human behaviour, are second nature to her. Tanya will share her lived experience of leadership roles since 1985 when she was ten years of age and throughout her life.

This 5-week course will offer practical skill that support effective leadership, no matter the area that requires yours or another's full and committed leadership.

### TOPICS INCLUDE BUT ARE NOT LIMITED TO:

1. Building foundations that support a united team
2. Connecting teams via purpose
3. Communication skills to support all equally
4. Flow, order and organisation
5. Keep it simple – WHY?
6. Using a strength-based model to maximise
7. Knowing and embracing what each person brings
8. WHY –an essential question that brings understanding and purpose
9. Commitment – actions mean more than words
10. Support the team to say yes – and mean it!

### SUITABLE FOR ...

Anyone who prepares for a leadership position or is ready to advance their existing leadership skills in the areas of work, school, teams, family, community and relationships. And these are just a few examples of groups that will benefit from you 'preparing yourself to be a leader in life'.

## 3- INCREASING SOCIAL SKILLS FOR SUCCESSFUL INTERACTIONS

### HAVE YOU EVER:

- Found your social interactions end negatively when you intended to offer positive experiences for all?
- Had people stop spending time with you without you knowing why?
- Felt awkward and uncomfortable during social interactions?
- Avoided or wanted to avoid interacting with other people?
- Left an interaction feeling emotional, frustrated or drained in some way?
- Found social interactions really awkward?
- Wondered why people tend to avoid you?

### YES TO ANY OR ALL OF THE ABOVE ... WELL, YOU ARE NOT ALONE

Socialising is a skill that needs to be developed and not expected. We may be complex social beings and many people experience difficulties understanding why others say and do certain things.

Friendships and communication are important to our wellbeing, development, vitality and joy. If social interactions are not your strength, this training is designed to provide you with the tools to feel confident and more at ease in these situations.

## 4- BULLYING - BREAKING THE CYCLE

### HAVE YOU HAD ENOUGH OF USING BULLYING BEHAVIOURS, TRYING TO CONTROL OTHER PEOPLE AND GET THEM TO DO WHAT YOU WANT THEM TO DO?

OR, have you reached your limit on being a target of someone else's controlling and bullying behaviour? OR, do you know someone in either of these situations? This course is for anyone who is ready to break what seems like a repetitive cycle.

To continue the cycle of bullying takes two or more people and thus, it is important to address all parties, without judgment or superiority but from understanding the reason for the unwanted behaviour patterns. Understanding is the necessary ingredient for LASTING behaviour change.

Join us for this 5-week interactive workshop and come away with tools to cease the bullying cycle once and for all. We will discuss practical skills to implement in everyday life which will result in increased self-esteem, overall mental wellness and better relationships with self and all others.

Join us for this 5-week interactive workshop as we discuss, develop and advance social and interactional skills that can immediately and practically applied in everyday life.

### TOPICS WE WILL DISCUSS:

1. Building foundations that lead to solid interactions and relationships with others
2. Understanding how our own behaviour can impact positively or negatively on other people
3. 'Getting' people and why they do what they do
4. The micro movements used when interacting with others
5. Reading other people's behaviours
6. Building purpose in interactions
7. Intended vs interpreted messages
8. Using the FABIC Behaviour/Anxiety Scale to understand self and others
9. Natural consequences and behaviour choices

### SUITABLE FOR ...

Adults and teenagers who want to develop and enhance their social interactional skills and those who are supporting other people to develop them, such as teachers, parents, support workers, etc.

### TOPICS WE WILL DISCUSS:

1. The W's of bullying ... Who, What, Where, When, Why, How?
2. The game of bullying
3. It takes two to tango - what does that mean?
4. Why judgment is harmful and understanding leads to lasting change
5. Using the FABIC Behaviour/Anxiety Scale to communicate life experiences
6. How to implement lifestyle changes and a way of living that results in reduced anxiety and increased quality of life for all
7. Controlling behaviours - what are they?
8. Self-mastery patterns - what are they?
9. Steps to change the bullying cycle permanently

### SUITABLE FOR ...

Adults and teenagers who have used bullying or controlling behaviours, those who see themselves on the receiving end of these behaviours or support other people who use either.

## 5- ANGER – FINDING AN ALTERNATIVE WAY TO COMMUNICATE

### ANGER IS NOT OUR NATURAL FORM OF EXPRESSION; HOWEVER, IT DOES BECOME NORMAL FOR MANY.

Our approach at FABIC is that a person should NEVER be labelled as their behaviour; they must always be understood for WHY the anger-related behaviour is occurring.

Anger is a form of communication, and we are interested in the message communicated – the reason why rather than the actual behaviour.

When we focus on the **why of behaviour** and not the **what of behaviour**, we build foundations for *LASTING* behaviour change. Thus, the sole focus on changing what the behaviour looks like makes behaviour change hit and miss – successful sometimes but not always.

Join us for this 5-week interactive workshop to discuss anger-related behaviour and what it communicates. We will share practical skills to implement in everyday life that support the reduction of these behaviours, increase mental wellness and improve relationships with self and others.

### TOPICS WE WILL DISCUSS:

1. The W's of anger ... Who, What, Where, When, Why, How?
2. Why do anger-related behaviours occur?
3. The use of the FABIC Behaviour/Anxiety Scale to communicate experiences in life
4. How to implement lifestyle changes and introduce a way of living that results in reduced anger and increased quality of life
5. Replacing anger-related behaviours with effective and supportive communication means that all are equally supported
6. Understanding other people and why they do what they do

### SUITABLE FOR ...

Any person who uses anger-related behaviours or supports someone who does. Suitable for teenagers and adults.



### Meet Tanya R Curtis

*FABIC Founder and Managing Director (since 2006), Senior Behaviour Specialist, Presenter, Author, Course Facilitator, Products Developer*

Tanya Curtis comes with a wealth of clinical experience, academic qualifications and innate wisdom in the fields of Behaviour Change, Mental Health, Disability and Education and absolutely loves people. Her life's work is all about *LASTING* behaviour change. Tanya holds as a foundation that at the core of every person is an awesome, amazing and lovable being –without exception. And thus, behaviour is what people do, no matter what it looks like, and never is it who they are.

As Founder and Director of FABIC Behaviour Specialist Centre, she has pioneered an astonishing number of products. Tanya is the developer and author of the Body Life Skills Program and the BLS App, the founder and director of FABIC Education & Learning, FABIC Support Services and FABIC Behaviour Education Services. She has been a presenter at many conferences world wide, contributor to different magazines on behavioural topics and given free monthly talks to the local community.

FABIC Publishing is the business arm that produces books for adults and children, posters, calendars, communication cards, bookmarks and so much more. Fabic.TV presents several video series on diverse topics. Fabic.education is rapidly growing and releasing a vast array of studies and events for 2024 – all of which is designed to support *LASTING* behaviour change.

Tanya is renowned for supporting all, from individuals to businesses and organisations, in all things behaviour and has often been the last resort for people who had all but given up. Tanya connects with people for who they are and this becomes the unshakable foundation for supporting them and those who care for and about them to make the desired *LASTING* behavioural changes a reality.

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