



FABIC Poster Collection Discussion Groups

LEARN THE SCIENCE BEHIND EACH OF THE 53 FABIC POSTERS

Presented by Tanya R Curtis,
Senior Behaviour Specialist

The science of the who, what, where, when, why and how of every FABIC poster is discussed, supporting successful implementation in a person's natural settings and thus maximising opportunities for LASTING behaviour change.

Each one of the 53 FABIC posters is a standalone behavioural intervention. It may look like a simple two-dimensional poster, but in reality it comes with a science founded on the FABIC principles of understanding and bringing LASTING behaviour change. To integrate them successfully it is important to understand the science.

To support the successful use and integration of these posters in a person's natural setting/s – their intended use – a client and/or their support team require an understanding of why and how to implement the posters, daily and practically.

And this requires an explanation of the science and practicalities that support successful behaviour change strategies via the introduction of the FABIC Posters.

We have put together 34 online meetings to cover every single poster that is part of the FABIC Poster Collection.

Turn over for more details please ...



FORMAT

Each meeting Tanya will present one or more posters and the science and steps for their practical and effective application, so that attendees can support the integration in a natural setting and offer understanding and behaviour change. Participants can ask

questions and offer sharings about each poster.

Each session will be recorded and made available to attendees as well as be available for purchase.

Note: While it is not essential for attendees to have a hard copy of the posters, it is recommended for maximisation. Posters can be purchased individually or as a complete collection at fabric.com.au/shop

FOR WHOM

Suitable for any person ready to use the FABIC posters to support *lasting* behaviour change, whether that be for professional and/or informal support or personal use.

WHEN AND WHERE

Online via Zoom on Thursday mornings at 5am (AEST)
See schedule on page over

COSTS

\$44 inclusive of GST for each session

TO BOOK

Please scan the QR CODE
or visit www.fabric.events

INFORMATION

For any questions, please contact us via
07 5530 5099 | info@fabric.com.au | fabric.com.au



FABIC Poster Collection Discussion Group Sessions

Poster #	Poster Title	Session #	2024
1 & 2	I'm an awesome, amazing and lovable being You and I will always be awesome, amazing and lovable beings	1	07 MAR
3	Behaviour is not who you are ... it is what you do	2	14 MAR
4, 5 & 6	Foundations of lasting behaviour change Everything we do, say, think and feel contributes to solid or rocky foundations Foundations that build our mental wellness	3	21 MAR
7	Principles for understanding and changing behaviour	4	28 MAR
8	Consistency vs non-consistency	5	04 APR
9	23 Ingredients to support lasting behaviour change	6	02 MAY
10	Blockages to change	7	09 MAY
11	Sequence of behaviour	8	16 MAY
12 & 13	The Body Life Skills Cycle & The Body Life Skills Program	9	23 MAY
14	I wonder why?	10	30 MAY
15	Control vs self-mastery	11	06 JUN
16	The classroom of life	12	13 JUN
17	From zero to self-mastery	13	20 JUN
18	Rules and pictures	14	27 JUN
19 & 20	How to identify my life lessons How we perceive life	15	04 JUL
21, 22, 23, 24 & 25	FABIC Behaviour/Anxiety Scale – with / without faces FABIC Behaviour Anxiety Scale – A visual description FABIC Behaviour/Anxiety Scale – Example 1: John / Example 2: Mary	16	11 JUL
26, 27, 28 & 29	FABIC I Choose Chart – A visual description FABIC I Choose Chart – Template FABIC I Choose Chart – When I am teaching or learning new behaviours FABIC I Choose Chart – When people say no to my request	17	18 JUL
30	Defining ASD (Autism Spectrum Disorder)	18	25 JUL
31 & 32	Common challenges for a person with an Autism Spectrum Disorder Autism Spectrum Disorder – Life lessons	19	01 AUG
33	FABIC perfectionism worksheet	20	08 AUG
34	Fingers, toes, nose, heart	21	15 AUG
35	Stop, breathe, squeeze, communicate, skills	22	22 AUG
36	Acknowledge vs ignore and bury	23	29 AUG
37	Can I change this life situation?	24	05 SEP
38 & 39	Planning and organisation Focus, commitment and organisation – Example	25	12 SEP
40 & 41	Voice volume Abstract vs concrete words	26	19 SEP
42, 43, 44 & 45	FABIC Behaviour Rating Scale – Template FABIC Behaviour Rating Scales BILL / ANDREW / AIMEE	27	10 OCT
46	Learning new skills	28	17 OCT
47	Connecting with people	29	24 OCT
48	Intended vs interpreted messages	30	31 OCT
49	Why is there bullying behaviour?	31	21 NOV
50	The game of bullying	32	28 NOV
51	Social skills 50:50	33	05 DEC
52 & 53	Social skills: When I say hello / When I say goodbye	34	12 DEC