



EFFECTIVE COMMUNICATION ... and **HOW IT** IMPACTS OUR RELATIONSHIPS

JOIN US FOR A TRAINING WEEKEND

with Tanya R Curtis,
Senior Behaviour Specialist

DAY 1 – Saturday 18 May 2024

Developing and enhancing effective communication skills

Do you ever find that messages get muddled, confused and/or misinterpreted in the course of a communication? Yes? Well, it can happen to all of us and often leads to unnecessary and disturbing conflicts, upsets and many other negative experiences that were never intended!

Sound familiar? Well, then this weekend is for you!

DAY 1 – Evening

Networking Dinner

DAY 2 – Sunday 19 May 2024

The impact of our communication style on our relationships

We are all in relationship, whether with our family, friends, colleagues, partner, community members, neighbours, etc. Some relationships have a seeming positive outcome, while others not so much – how does our communication impact on this outcome? Let's explore.

Please turn over for brief introductions or read full details on www.fabic.events

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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 page over

COSTS

\$195 incl. GST Day 1

\$195 incl. GST Day 2

\$77 incl. GST Networking dinner at
Thai Mudgee
thaimudgeegoldcoast.com.au

CONTACT US

FABIC/FEL via **07 5530 5099**

info@fabic.com.au

fabic.education

DAY 1 – Saturday 18 May 2024

DEVELOPING AND ENHANCING EFFECTIVE COMMUNICATION SKILLS

In this presentation and workshop we will discuss:

1. How to develop and enhance effective communication skills
2. The science of the difference between the intended and interpreted message
3. The impacts of verbal, non-verbal, written and non-expressed communication
4. What happens when the intended and interpreted messages are different?
5. Clarifying whether a message sent and the message received are the same or different
6. How to modify messages and increase the likelihood of the same understanding for all

... and much much more

DAY 2 – Sunday 19 May 2024

THE IMPACT OF OUR COMMUNICATION STYLE ON ALL OUR RELATIONSHIPS

We are all in relationships, be that with our family, friends, colleagues, partner, community members, neighbours, etc. Some relationships have a seemingly positive outcome – while others do not.

Q: What makes relationships seemingly positive or not?

A: Our COMMUNICATION STYLE

The quality of how we communicate significantly impacts all our relationships and determines whether we learn, grow, contribute and maximise what is on offer. The way we communicate is fundamental to how successful our relationships are. This FABIC group training supports people to examine their communication style and develop a way of communicating that builds responsibility, connection and a shared understanding that can be clearly received by others.

In this presentation and workshop, we will discuss:

1. Different communication styles in relationships – what are some of the quality foundations?
2. We are all designed to be in relationships, but there are many blocks ... how do we overcome them?
3. The science of pictures, smashed pictures, standards and expectations
4. Communication and purpose in relationships and more

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



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

OUR SCHEDULE OVER THE TWO DAYS

DAY 1 – SATURDAY

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

SATURDAY EVENING

- 5.00pm - 7.00pm **NETWORKING DINNER**

DAY 2 – SUNDAY

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

Looking forward being with you!