



DEVELOP A LOVE AFFAIR WITH REACTIONS ... and HOW EMOTIONS IMPACT OUR BODY

JOIN US FOR A TRAINING WEEKEND

with Tanya R Curtis,
Senior Behaviour Specialist

DAY 1 – Saturday 20 July 2024

Developing a love affair with reactions

In this presentation and workshop we will explore the science of reactions and how to embrace the communication they offer. What do we need to do with reactions so that LASTING behaviour change can become a reality? In conjunction we will then explore what impact emotions have on our body and how we can support the body to be fully at ease and settled again.

DAY 1 – Evening

Networking Dinner

DAY 2 – Sunday 21 July 2024

Emotions – how they impact our body

In this presentation and workshop we will discuss the science of emotions and reactions and the relationship between them. Emotions are often used as a form of communication and we will explore what their short- and long-term impacts are on our body and the quality of our life every day.

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

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fabic.education

DAY 1 – Saturday 20 July 2024

DEVELOPING A LOVE AFFAIR WITH REACTIONS

Reactions are often portrayed as negative. All too frequently we hear and likewise utter comments such as, “You need to stop reacting’, ‘I’m trying not to react anymore’, ‘That’s a reaction and it has to stop’. The message clearly is that reactions are wrong and that they need to stop.

Reactions are simply any movement in a person’s body away from their natural state of settlement, such as tightening of the jaw, tense muscles, negative thoughts, needing things and people to be different, butterflies in the stomach, anger, sadness, frustration, withdrawal, self-harm, harm of others verbal attack, etc. etc.

But what if reactions are not wrong? What if they communicate an important message about how we are experiencing life – and hence the love affair! Do we really want to stop the reaction before we have addressed what the reaction is telling us about how we live life?

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



DAY 2 – Sunday 21 July 2024

EMOTIONS – HOW THEY IMPACT OUR BODY

It is quite common but not entirely accurate that the words ‘emotions’ and ‘feelings’ are used interchangeably. Feelings are associated with our senses and emotions with our reactions. And while we might all experience emotions and feelings daily, the question is: **WHAT IMPACT DO EMOTIONS HAVE ON OUR BODY?**

Whether it be sadness, anger, frustration, withdrawal, grief, bitterness, embarrassment, disgust, fear, stress, resentment, judgment, regret, shame etc., these are not innocent momentary experiences. Every single one leaves a lasting impact on the body, sometimes clocked instantly and other times not for years to come.

In this presentation and workshop, we will discuss:

1. The science of emotions
2. Emotions and reactions – how are they related?
3. Emotions are a form of communication
4. The short- and long-term impacts of emotions on our body
5. How to live life differently i.e., without emotions running riot in our body



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!