



JOIN TANYA R CURTIS AND EXPLORE A VAST ARRAY OF 2024 **LASTING** BEHAVIOUR CHANGE EVENTS

View and book all events
online at [FABIC.events](https://www.fabic.events)

Over the years, Tanya Curtis has developed and continues to offer a rich array of events that support **LASTING** behaviour change across the board.

Attendees may be interested to support themselves to achieve **LASTING** behaviour changes in their life or work with people who seek support with their behaviour change.

The topics are many and varied, such as -

- Addiction
- Anxiety
- Autism Spectrum Disorder
- Breaking the Cycle of Abuse
- Body Life Skills Program
- Effective Communication
- Embracing the Classroom of Life
- Healing Depression, Sadness, Grief and Loss
- Life Skills Developer
- Mental Wellness/Mental Illness
- Parenting
- Perfectionism

And so much more ... see pages over

LOCATIONS

One event is online only, all others can be attended in person or online

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



CONTACT US

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[fabic.education](https://www.fabic.education)

FURTHER DETAILS

A summary of all events is available on the pages that follow. All event details are online where you can also book and will then receive further information.

Looking forward to being with you!

2024 FEL WEEKEND WORKSHOPS :: 10^{am} to 4.30^{pm} / 8.30^{am} to 3^{pm} AEST

W'END	DAY	SESSION TITLE/TOPIC	2024
1	1	The Harm of Attachment / Followed by Networking dinner (separate bookings)	16 MAR
	2	The Poison of Perception	17 MAR
2	1	Developing and Enhancing Effective Communication Skills / Followed by Networking dinner (separate bookings)	18 MAY
	2	The Impact of Our Communication Style on Our Relationships	19 MAY
3	1	Developing a Love Affair with Reactions / Followed by Networking dinner (separate bookings)	20 JUL
	2	Emotions and How They Impact the Body	21 JUL
4	1	Controlling Behaviours and Allowing Self to Be Controlled – Is There Another Way? / Followed by Networking dinner (separate bookings)	07 SEP
	2	Skills building for lasting behaviour change versus relief-based strategies	08 SEP
5	1	Understanding and Breaking the Cycle of Abuse / Followed by Networking dinner (separate bookings)	23 NOV
	2	Caring for Self while Caring for Others	24 NOV

2024 FEL 5-WEEK WORKSHOPS :: 5^{pm} to 6.15^{pm} AEST

#	WORKSHOP TITLE/TOPICS	2024
1	Anxiety and Its Impacts on Everyday Life	27.02.24 / 05.03.24 / 12.03.24 / 19.03.24 / 26.03.24
2	Preparing to Be a Leader in Life	30.04.24 / 07.05.24 / 14.05.24 / 21.05.24 / 28.05.24
3	Social Skills – Increasing Skills for Successful Interactions	04.06.24 / 11.06.24 / 18.06.24 / 25.06.24 / 09.07.24
4	Bullying – Breaking The Cycle	13.08.24 / 20.08.24 / 27.08.24 / 03.09.24 / 10.09.24
5	Anger – Finding a Different Way	19.11.24 / 26.11.24 / 03.12.24 / 10.12.24 / 17.12.24

2024 FEL ONE-DAY WORKSHOPS :: 10^{am} to 3^{pm} AEST

#	WORKSHOP TITLE/TOPICS	2024
1	An Introduction to Understanding and Changing Behaviour	11 MAR
2	Embracing the Classroom of Life	29 APR
3	Perfectionism Paralysis – A Hidden Epidemic	20 MAY
4	Managing Classroom Behaviour Challenges	31 MAY
5	Abolishing Addictions – Is It Possible?	10 JUN
6	Anxiety and Behaviour Change – The Body Life Skills Program	24 JUN
7	From Support Workers to Life Skills Developers	22 JUL
8	Changing Behaviour – Developing Effective Skills to Support LASTING Behaviour Change	19 AUG
9	Communicating Effectively and Improving Relationships with a Person with an Autism Spectrum Disorder	06 SEP
10	Anxiety – How to Change Its Impact on Our Quality of Life	14 OCT
11	Mental Health: Embracing a Spectrum of Mental Illness and Mental Wellness	22 NOV
12	Being Your Puzzle Piece in Relationships	25 NOV
13	Healing Depression, Sadness, Grief and Loss	09 DEC

2024 FEL POSTER DISCUSSION GROUPS :: 5^{am} to 5.50^{am} AEST

Maximise the FABIC Poster Collection

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

2024 FEL EVENING WORKSHOPS :: 6.30pm to 8pm AEST

#	WORKSHOP TITLE/TOPICS	2024
1	Being All of You in the World	13 FEB
2	Embracing the Classroom of Life	27 FEB
3	Being Your Puzzle Piece in Relationships	12 MAR
4	Autism Spectrum Disorder – Reducing Anxiety and Unwanted Behaviours	30 APR
5	Parenting to Raise Responsibility	21 MAY
6	What Does Loving Yourself Really Mean?	18 JUN
7	Changing the Blame and Victim Mentality to Bring Lasting Change	09 JUL
8	Mental Health: Embracing a Spectrum of Mental Illness & Mental Wellness	13 AUG
9	Behaviour Is Not WHO You Are – It Is WHAT You Do	03 SEP
10	Building Confidence as a Parent, Teacher and Student of Life	17 SEP
11	Relief Strategies vs Skills Building for Lasting Behaviour Change	15 OCT
12	Perfectionism Paralysis – A Hidden Epidemic	19 NOV
13	Attachments and Their Impact on Our Quality of Life	10 DEC



Meet Tanya R Curtis

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

Tanya Curtis loves people and because she does, her life's work is all about **LASTING** behaviour change. Why? Because non-preferred or unwanted behaviour is in the first instance felt in the person's body using the behaviour and then affects everybody around them. Enter Tanya Curtis and the fact that there is another way.

Tanya comes with a wealth of clinical experience, academic qualifications and innate wisdom in the fields of Behaviour Change, Mental Health, Disability and Education. As Founding Director of FABIC Behaviour Specialist Centre, she has pioneered an astonishing number of products. Fabic Publishing offers books for adults and children, posters, DVDs, calendars, communication cards, bookmarks and more. Fabic.TV comprises seven video series on diverse topics, Fabic.Study is rapidly growing – and all designed to support **LASTING** behaviour change.

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 at the core of each and every person is an awesome, amazing and lovable being. And thus, 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; she is the developer and author of the Body Life Skills Program and 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, contributor to different magazines on behavioural topics and given free monthly talks to the local community.

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.

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