

In-person
or Online



JOIN TANYA R CURTIS FOR FIVE BEHAVIOUR CHANGE TRAINING WEEKENDS PLANNED FOR 2024

COME TO ONE OR COME TO
ALL! EACH DAY A TREASURE
FULL OF PRACTICAL TOOLS

These weekends are filled with work-shopping presentations and networking for all who implement behaviour change strategies.

This will support professionals who work with behaviour change in **formal support** such as allied health and people providing **informal support**, such as family or an adult themselves who is ready for **lasting** change and wants to build quality wellbeing.

Participants may choose to attend one or two days, with or without the networking dinner or just the dinner. Live streaming worldwide is also available.

Day events are limited to 35 people for in-person attendance, live streaming has no limit.

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.

Read more at www.tanyacurtis.com.au

Please turn over for more details or visit our booking page at www.fabic.events

IN-PERSON OR ONLINE

Suite 52, 1 Laver Drive, Robina QLD 4226

The name of the building is HQ
Take the lift to Level 5 and #52 is straight ahead
when exiting the lift

PARKING

Visitor parking is available for all HQ customers at the building entrance (1 Laver Drive, Robina)

Additional parking spots marked and allocated to FABIC are available in the undercover parking area (58 Riverwalk Avenue, Robina)

COSTS

\$195 incl. GST Day 1

\$195 incl. GST Day 2

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

TO BOOK

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



INFORMATION

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

TOPICS WE WILL EXPLORE

SATURDAY 16 MARCH 2024

THE HARM OF ATTACHMENT

Ever wondered why one person reacts to a certain life situation but another person does not ... or why a seemingly small life trigger can cause a massive volcanic reaction while bigger triggers have minimal impact on whether we react or not?

SUNDAY 17 MARCH 2024

THE POISON OF PERCEPTION

The experience of perception is discussed frequently in our clinical practice and boy oh boy, does it have an impact on people's mental wellbeing and reduced quality of life! All too frequently we observe that a person's perception of their experience of life holds them back from living their true and full potential.

SATURDAY 18 MAY 2024

DEVELOPING AND ENHANCING EFFECTIVE COMMUNICATION SKILLS

Verbal, non-verbal, written and non-expressed communication affects us all. Learn how to develop and enhance effective communication skills and explore the science of intended and interpreted messages.

SUNDAY 19 MAY 2024

THE IMPACT OF OUR COMMUNICATION STYLE ON ALL OUR RELATIONSHIPS

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

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' or 'I'm trying not to react anymore'. The message clearly is that reactions are wrong and that they need to stop. But how? There is another way.

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?**

SATURDAY 7 SEPTEMBER 2024

CONTROLLING BEHAVIOURS AND ALLOWING SELF TO BE CONTROLLED

Have you ever wanted another person to change their behaviour, possibly even tried hard to make it happen ... OR ... have you changed your own behaviour to get somebody off your case and off your back?

See full details on
www.fabic.events

SUNDAY 8 SEPTEMBER 2024

SKILLS BUILDING FOR LASTING BEHAVIOUR CHANGE VS RELIEF STRATEGIES

Behaviour challenges and mental health symptomatology were once considered a rarity, but those days are long gone. And although we have an endless supply of strategies, including formal and informal support, the number and intensity of incidents are on the rise. But WHY?

SATURDAY 23 NOVEMBER 2024

UNDERSTANDING AND BREAKING THE CYCLE OF ABUSE

Abuse is frequently cyclic and people can find themselves in abusive situations time and time again. I wonder why?

SUNDAY 24 NOVEMBER 2024

CARING FOR SELF WHILE CARING FOR OTHERS

It is commonly believed that caring for ourselves first is selfish; yet, when done in truth, caring for self is one of the most selfless acts there is. Self-care is an essential ingredient in the caring process and greatly enriches the quality of care we can then offer others.

AFTER SATURDAY EVENTS – 5.00PM TO 7.00PM NETWORKING DINNER

We will come together at a nearby restaurant 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.

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
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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!