



## UNDERSTANDING AND BREAKING THE CYCLE OF ABUSE ... and CARING FOR SELF WHILE CARING FOR OTHERS

### JOIN US FOR A TRAINING WEEKEND

with Tanya R Curtis,  
Senior Behaviour Specialist

**DAY 1** – Saturday 23 November 2024

### Understanding and Breaking the Cycle of Abuse

Many people are exposed to abuse and some on a regular and even repetitive basis. This can present as abuse from others, abuse towards and of others and abuse of self.

**DAY 1** – Evening

### Networking Dinner

**DAY 2** – Sunday 24 November 2024

### Caring for Self while Caring for Others

When our everyday life includes caring for others, why is it that we tend to put our own needs to one side? And what impact does that have on us and equally all others? Furthermore, what then is the quality of care we are able to provide?

Please turn over for brief introductions or read full details on [www.fabic.events](http://www.fabic.events)

### 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](http://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](http://thaimudgeegoldcoast.com.au)

### CONTACT US

FABIC/FEL via 07 5530 5099  
[info@fabic.com.au](mailto:info@fabic.com.au)  
[fabic.education](http://fabic.education)

**DAY 1** – 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?

- What is the cycle of abuse?
- Why does this cyclic pattern of abuse occur?
- Why does abuse seem to happen to some people and not others? Is it bad luck, unfortunate timing or is there something else at play?
- How come we live in a world where abuse is so common that we have come to accept it as normal?
- Why do some people say 'no' to abuse while others continue to accept it?
- How abuse of self leads to abuse towards and from others; the difference between love, harm and abuse
- How healing our own hurts breaks the cycle of abuse
- Bringing you in full to the world – without compromise or turning a blind eye to abuse

These questions and much more will be examined and discussed in this presentation and interactive workshop.

**DAY 1** – 5.00pm to 7.00pm

## NETWORKING DINNER

We will come together at the nearby restaurant *Thai Mudjee* 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 Mudjee (5 minutes from FABIC)  
69 Railway St, Mudgeeraba QLD 4213  
[thaimudjeegoldcoast.com.au](http://thaimudjeegoldcoast.com.au)



**DAY 2** – Sunday 24 November 2024

## CARING FOR SELF WHILE CARING FOR OTHERS

Q – Is it possible that our Number 1 job is to take care of ourselves?

A – YES ... but we don't always do this.

Q – Why?

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.

We will explore the WHY, the purpose and practical application of caring for self while increasing our capacity to truly support all others, regardless of their needs.

Suitable for all people supporting clients, patients, students, employees, colleagues, family, friends, partners ... in fact, any person who supports any other person!



## 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](http://www.tanyacurtis.com.au)

## OUR SCHEDULE OVER THE TWO DAYS

### DAY 1 – SATURDAY

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

### SATURDAY EVENING

5.00pm	- 7.00pm	<b>NETWORKING DINNER</b>
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### DAY 2 – SUNDAY

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

*Looking forward being with you!*