



**CONTROLLING BEHAVIOURS
AND ALLOWING SELF TO BE
CONTROLLED** – it takes two to
tango ... and
**SKILLS BUILDING FOR
LASTING BEHAVIOUR
CHANGE** vs Relief-based
Strategies

JOIN US FOR A TRAINING WEEKEND

with Tanya R Curtis,
Senior Behaviour Specialist

DAY 1 – Saturday 7 September 2024

Controlling Behaviours and Allowing Self to be Controlled – is there another way?

These two patterns of (1) attempting to control others and (2) allowing ourselves to be controlled have a significant impact on the quality of life, not just for us but all we share our life with.

DAY 1 – Evening

Networking Dinner

DAY 2 – Sunday 8 September 2024

Skills building for lasting behaviour change versus relief- based strategies

We will explore the short and long-term impacts of two different approaches when it comes to addressing behaviour challenges and mental health symptomatology.

Please turn over for brief introductions or read full details on 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



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 7 September 2024

CONTROLLING BEHAVIOURS AND ALLOWING SELF TO BE CONTROLLED – IT TAKES TWO TO TANGO

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?

These two patterns, attempting to control others and allowing ourselves to be controlled, have a significant impact on our quality of life, for us and all around us:

- The quality of our relationships with partners, colleagues, friends, family, clients, students, neighbours and others
- The quality of our interactions with all people
- Our capacity to complete work and other functional tasks
- Our capacity to engage in everyday life without reaction by simply responding to what life presents
- Our mental wellness

This presentation and interactive workshop will support those who have experienced controlling behaviour patterns from others, been using controlling behaviours themselves or are supporting others to break this cycle, either way.

DAY 2 – Sunday 8 September 2024

SKILLS BUILDING FOR LASTING BEHAVIOUR CHANGE VS RELIEF STRATEGIES THERE IS ANOTHER WAY!

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? Is it possible that commonly accepted methods provide a relief from current life challenges at best but do not offer skills building tools for LASTING BEHAVIOUR CHANGE?

Relief strategies come in many forms and offer a person a reprieve from feeling what they would prefer not to feel in their body. These strategies definitely have their place. In the behaviour change and mental health industry they are generally regarded as successful but offer mainly short-term results and rarely LASTING behaviour change.

We will discuss and workshop the short- and long-term impacts of these two different approaches, i.e. relief strategies and skills building for LASTING behaviour change, on individuals, their families and carers and society at large. And that, after all, is all of us.

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
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!