

Tanya Curtis - Behaviour Specialist and Counsellor
*Offering one to one, family & workplace consultations in
 Brisbane in 2016*



Tanya Curtis brings a practical, simple and very effective approach to behaviour change based on supporting people to develop concrete, successful skills to deal with the day-to-day challenges of life.

Many people describe Tanya’s work to be ‘completely life changing’

Tanya is the Director of Fabic, a Behaviour Specialist Centre on the Gold Coast which she founded in 2006.

The overriding purpose of Fabic is to support people to understand and change unwanted behaviours while simultaneously valuing each person for the awesome, amazing and loveable being that they naturally are. This approach is based on supporting people to live their full potential.

Tanya knows without any doubt that all behaviour is happening for a reason and we must take an approach that is free of judgement yet full of understanding if we are going to have any success with behaviour change.

In her work as a Behaviour Specialist and Counsellor, Tanya has become renowned for gaining results with behaviour change in the tough cases that others had all but given up on – cases including but not limited to life-long depression, anxiety attacks, extreme behaviours in children, marriages on the brink of divorce, workplaces overwhelmed with staff dynamics, intense family environments and people who have been institutionalised with eating disorders or drug and alcohol addiction.

Tanya is often given the cases that have been everywhere else ... the last resort!

Tanya has developed an empirical reputation locally, nationally and internationally in supporting people of all ages to affect lasting behaviour change in all environments.

About Tanya's Approach:

Tanya's approach is firstly founded on this guiding principle ...

"Behaviour is not who a person is... it is what a person does."

From time to time we all use behaviours in our lives that we would prefer not to be using. Tanya knows that behaviour change is not limited to those who have high intensity unwanted behaviours. The behaviours we use are either ones we want to use or ones we don't want to use – these are our unwanted behaviours!

Tanya Curtis' unique approach focuses on first supporting people to identify and understand the reasons behind their unwanted behaviours, and then assisting them to develop the tools and life skills to be free to make different choices in the future and live their full potential.

Tanya can support with

Any unwanted behaviour including but not limited to:

- Anxiety
- Control issues
- Relationship challenges
- Business, staff, team support
- Workplace politics and dynamics
- Parenting
- Depression, grief and loss
- Finding your purpose in life/living to your full potential
- Bullying
- Autism Spectrum Disorder and other disabilities
- Understanding behaviour
- Drug and alcohol use
- Changing unwanted behaviours
- Social skills
- Sibling rivalry
- Family support
- Perfectionism

Tanya looks forward to sharing her wisdom and very practical methodology with a wider group of people in 2016 by offering her services in Brisbane. The following dates and times will be available:

Times:	Monday 29th February	Monday 15th August
7:30am – 5:30pm	Monday 21st March	Monday 29th August
Funding Options:	Monday 4th April	Monday 12th September
HCWA	Monday 11th April	Monday 26th September
BSCD	Monday 9th May	Monday 10th October
Self-funding	Monday 23rd May	Monday 24th October
Dates:	Monday 6th June	Monday 7th November
Wednesday 6th January	Monday 20th June	Monday 21st November
Monday 18th January	Monday 4th July	Monday 5th December
Monday 1st February	Monday 18th July	
Monday 15th February	Monday 1st August	

Location: 135 Brougham Street, Fairfield QLD 4103

To book an appointment please call Fabic on 07 5530 5099 or email info@fabic.com.au

Bookings are essential