

# Fabic SoundCloud Channel

On-line audios presented by Tanya Curtis



... to support lasting behaviour change

Did you know –

- That there is an extensive resource library available to you 24/7?
- That these audios offer you a means to bring understanding and lasting change to your own and others' lives?
- That these audios are available to anyone, *anywhere* in the world (?), **for FREE!**

The Fabic SoundCloud Channel is an amazing free resource available 24/7 at <https://soundcloud.com/fabic-multidisciplinary-behaviour-specialist-centre>

Yes, that's right! This is literally a resource available to anyone, anytime, anywhere, jam-packed with snippets of gold that support us all in all walks of life, no matter who we are or what we do.

This is advice you would normally pay hundreds of dollars for and it is freely available.

Topics include:

- **Body Life Skills:** Lasting behaviour change
- **Body Life Skills:** What is the Body Life Skills program and how does it apply to me?
- **Body Life Skills:** The behaviour scale and the cycles of medication
- **Body Life Skills:** You are not your behaviours; you are an awesome, amazing, lovable being
- **Body Life Skills:** A case study on dealing with extreme behaviours
- **Bullying:** Why it occurs, and how to heal it
- **Depression and grief:** What is depression?
- **Perfectionism** and the issue with winning and losing
- **Social skills:** Building trust in relationships through consistency
- **Parenting tips:** The word 'No'
- **Tips for lasting behaviour change:** Our sensitivity to life
- **Tips for lasting behaviour change:** Control vs self-mastery
- **Tips for lasting behaviour change:** Recognising our strengths and weaknesses
- **Tips for lasting behaviour change:** Smashed pictures
- **Tips for lasting behaviour change:** Honesty without Judgment is the key to understanding unwanted behaviour
- **Tips for lasting behaviour change:** What anxiety truly is, where it comes from and how to heal it
- **Tips for lasting behaviour change:** What unwanted behaviour really is and how to change it
- **Tips for lasting behaviour change:** Difference between seeking relief and true healing
- **Tips for lasting behaviour change:** The honesty and ceaseless communication from our body
- **Tips for lasting behaviour change:** The difference between seeking relief from life and addressing the root cause
- **And many more ...**

## About the Presenter

### Tanya Curtis, Senior Behaviour Specialist

Tanya Curtis comes with a wealth of clinical experience, academic qualifications and innate wisdom in the fields of Behaviour Change, Mental Health, Disability and Education.

Tanya is a Behaviour Specialist, counsellor, author, founding director of Fabic Behaviour Specialist Centre and co-founding director of Sunlight Ink publishing where she authors and publishes children's books and books related to behaviour change.

Tanya has a Masters of Behaviour Management, a Masters of Counselling, a Bachelor of Health Science (Behaviour Management) and an Associate Diploma of Education.

Having founded Fabic, a national Behaviour Specialist multidisciplinary centre in 2006, Tanya is highly renowned for supporting individuals, families, schools, businesses and organisations dealing with and affected by behaviour to bring understanding and lasting behaviour change to their lives and others and often supporting in cases where people have all but given up.

Tanya holds as a foundation that behaviour is what people do and not who they are. Thus she knows that at the core of each and every person is an awesome, amazing, lovable being notwithstanding the fact that some behaviours may benefit from adjustment.



BEHAVIOUR SPECIALIST CENTRE

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