

Fabic YouTube Channel

On-line videos presented by Tanya Curtis



Videos that Support Lasting Behaviour Change

Did you know that –

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

The Fabic YouTube Channel is an amazing free resource available 24/7 at www.youtube.com/c/FabicYouTubeChannel

Yes that's right! This is literally a resource available to anyone, anytime, anywhere, jam packed with snippets of gold and supporting 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 available for free.

Topics include:

- **Body Life Skills:** Introduction
- **Body Life Skills — Step 1:** Body
- **Body Life Skills — Step 2:** Life
- **Body Life Skills — Step 2:** Pictures and smashed pictures
- **Body Life Skills — Step 3:** Skills
- **Body Life Skills:** Importance of honesty without judgement
- **Body Life Skills:** The importance of consistency
- **Body Life Skills:** Practical examples in action
- **Body Life Skills:** Controlling vs self-mastering life
- **Body Life Skills:** Its practical use in schools, homes, society and the education system
- **Body Life Skills:** What is an artificial blue and a true blue?
- **Body Life Skills:** Setting up for success
- **Body Life Skills:** What is the difference between short-term relief and lasting behaviour change?
- **Tips for lasting behaviour change:** Behaviour is not who you are, it is what you do
- **Tips for lasting behaviour change:** Can we change or control the situation?
- **Tips for lasting behaviour change:** Importance of meeting others for who they truly are
- **Tips for lasting behaviour change:** What is anxiety and how do we deal with it?
- **Tips for lasting behaviour change:** Importance of joy beyond function
- **Social skills:** Exact vs approximate
- **Social skills:** Understanding others
- **Social skills:** What is bullying?
- **Parenting tips:** The importance of living what you teach
- **Parenting tips:** The impacts of screen time on adults and children
- **Depression and grief:** How our hurts affect us today
- **Autism Spectrum Disorder:** Hypersensitivity of our senses
- *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 related to and affected by behaviour to bring understanding and lasting behaviour change to their lives and others and often supporting to bring lasting behaviour change 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.

