

Anxiety - does it affect us all?

Workshop - written & developed by Tanya Curtis

Is anxiety stopping you from living your life in full?

Learn to understand your anxiety and take control back of your life.

Tanya Curtis (founder and Senior Behavior Specialist at Fabic) has practised in a clinical setting supporting people with varying levels of anxiety related behaviours since 2002.

Tanya has seen that anxiety is now an epidemic.

It is a fact that we all at times have felt some degree of anxiety ... in truth most people experience at least low grade anxiety daily.

Today anxiety disorders are the most common mental illness in Australia! Why???

There is so much dedicated research – yet incidents of anxiety are getting worse!

This does not make sense!

So where do we start?

At Fabic, Tanya Curtis presents that all unwanted behaviours are preceded by feelings of anxiety. These feelings of anxiety come as a result of being presented with situations in life that for whatever reason we do not feel completely equipped to manage. Therefore, it is essential that we first understand the situations that trigger our anxiety in order to develop the tools to heal our anxiety and live our full potential.

In this workshop, Tanya will present the “Fabic 3 Step Process to Behaviour Change” which is gaining significant and long-term results with people’s experience of anxiety and unwanted behaviours. Participants will leave equipped with practical strategies to understand themselves and other people more effectively... strategies that when applied could reverse these alarming statistics!

Who is this workshop for?

This workshop provides an excellent support for any person looking to better understand and deal with feelings of anxiety, stress and any unwanted behaviour. Whether you are experiencing low-level anxiety through to high-level anxiety, this workshop provides supportive tools and simple practical strategies that can be applied to feelings of anxiety at any level.

This workshop is also aimed at those supporting another person with anxiety including clinicians, professionals and family members wanting to further develop their understanding of anxiety and anxiety related behaviours.



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"Anxiety is:

Not feeling equipped to manage what is in front of you"

Serge Benhayon

You will learn to:

1. Understand anxiety
2. Use tools that empower you to overcome your own anxiety
3. Understand and support other people who are experiencing anxiety related behaviours
4. Face the challenges that life brings with increased understanding and confidence
5. Feel more equipped to approach your future

Topics discussed:

1. What is anxiety?
2. How does anxiety work?
3. Understanding why we experience anxiety.
4. How do I identify when I'm becoming anxious?
5. What can I do when I feel the signs of anxiety encroaching?
6. What can I do when I'm highly anxious?
7. How can I prevent continued anxiety?

You will learn that you DO have a choice...

"Will I become a victim of my anxiety & remain feeling helpless"

or

"Will I choose to learn to master my life"

About Tanya Curtis:

Tanya Curtis is a renowned Behaviour Specialist and presenter on behaviour specialist topics. She is the founding director of Fabic, a Multi-disciplinary Behaviour Specialist Centre based on the Gold Coast offering local, national and international services. Tanya is an author, DVD presenter, creator of the Fabic Behaviour Change App and has also developed an array of products to support successful behaviour change in a client's natural environment.

Tanya's Body Life Skills program has been integrated to bring about successful behaviour change in the areas of education, mental health, disability, justice, government, drug and alcohol rehabilitation, businesses and organisations along with families, relationships and individuals. A simple program, yet practical and supportive for everyone!

