

Anxiety and Behaviour Change Body Life Skills Program



Workshop - written & developed by Tanya Curtis

Introducing a simple, practical and life changing 3-step approach to understanding and changing behaviour, developed and presented by behaviour specialist Tanya Curtis.

Have you ever tried to change your own or another person's behaviour but have not been completely successful in doing so? If yes ... you are not alone as we all fall into this category.

At Fabic Multi-disciplinary Behaviour Specialist Centre we support people to understand and change unwanted behaviours.

An unwanted behaviour can simply be described as any behaviour that we use in life that we would prefer not to be using. Whether they are lower intensity or higher intensity behaviours, if we are honest, we all at times resort to behaviours that we would prefer not to be using.

It is the reality of life that our unwanted behaviours will often lead to unwanted consequences - situations in life that we would prefer not to be in.

This one-day course will present a simple and practical 3-step process that has been used since 2006 to support people to first **understand the reason** behind their unwanted behaviours, and then **develop the skills and tools** to choose new behaviours that will lead to positive, desired outcomes in all aspects of life.

This course will be supportive if you, or someone that you know is experiencing any of the following challenges:

- Anxiety
- Challenging or unwanted behaviours
- ADHD
- Depression
- Anger outbursts
- Autism Spectrum Disorder
- Reduced psychological well-being
- Classroom or workplace challenges
- Communication mishaps or discomfort in social situations
- Family or relationships issues
- Parenting
- Mental health concerns



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fabic
understanding and changing behaviour



Body Life Skills

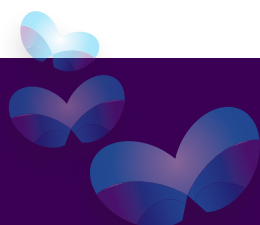
Who should attend?

Suitable for teachers, medical or allied health professionals, the justice department, the disability sector, speech pathologists, psychologists, psychiatrists, occupational therapists, social workers, mental health professionals, parents, family members, friends or any member of the community... simply put, **this course will support any person ready to understand and influence behaviour change in themselves or other people!**

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!



BEHAVIOUR SPECIALIST CENTRE

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