

Caring for Self while Caring for Others

Caring for Ourselves Allows Us to Truly Support Other People

brought to you by

Tanya Curtis

Senior Behaviour Specialist and Fabric Director

About This Workshop

A common statement offered at Fabric is – ‘our number 1 job is to take care of ourselves’.

Why? When our everyday life includes caring for others, why is it that our number 1 job is to first care for ourselves? Is it possible that caring for ourselves then allows us to truly care for and support others?

It is our experience that introducing self-care to our life daily supports people on all levels, offering not only our own physical, social and psychological wellbeing to meet its full potential but also to deepen the quality of support we offer to others.

When we are living our full potential, we can truly support others to meet their full potential.

It is a common belief that caring for ourselves and putting ourselves first is selfish; yet, when done in truth, caring for self is one of the most selfless acts one can engage in. Self-care is an essential ingredient in the caring process and greatly enriches the quality of care you offer to another.

This workshop will support participants to develop true care and support for themselves while being able to support others in a way that is less taxing on their own body and overall well-being. This leads to the ability to offer true support to both you and the person you are supporting.

Suitable for all people supporting patients, clients, students, employees, colleagues, family, friends, partners ... in fact any person supporting any other person!

Topics Covered:

This course offers participants practical and instantly useable means of supporting themselves and thus equally supporting others.

Together we will explore:

1. What is caring for ourselves?
2. Why is caring for ourselves so important?
3. Quality care vs functional care
4. Myths and truths about caring for self
5. Sympathy and empathy vs understanding
6. Observing life vs absorbing life
7. Body Life Skills Program leading to lasting behaviour change
8. The importance of independence and responsibility
9. Supporting others through how we live
10. How we treat our body and the effects this can have (positive and negative)
11. The roles we play in life and how they impact on us
12. Self-harm/self-abuse vs self-care, self-love and self-nurturing
13. Redefining my role as a carer ... a true life teacher



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Who is the Workshop For?

Any person who cares for another ... whether nurses, doctors, support workers, carers, parents, teachers, bosses, relatives, employers; suitable for teenagers to adults.

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's 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 people are. Thus she knows that at the core of each and every person is an awesome, amazing, loveable being notwithstanding the fact that some behaviours may benefit from adjustment.



More Info and Links

More about Fabic: www.fabic.com.au

The Body Life Skills Program: www.bodylifefskills.com

Tanya Curtis: www.tanyacurtis.com.au

Sunlight Ink Publishing: www.sunlightink.com

Tanya Curtis can present this workshop on request.
For more information please contact Fabic at
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