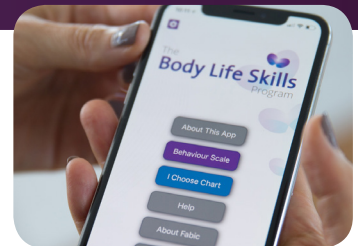


The Body Life Skills App



An app to support with effective and lasting behaviour change

Available as an iPhone app and online website (coming soon)



The app and website offer a practical application via Fabic's Body Life Skills program to bring about lasting behaviour change for people of all ages.

We all use behaviours we would prefer not to use ... and thus, we all use unwanted or non-preferred behaviours, albeit in varying forms and intensity.

The app and website are tools that allow you to:

1. Implement the Body Life Skills program in your own life supporting lasting behaviour change for yourself or any other person.
2. Learn to increase your understanding of your own behaviours, words, thoughts and or feelings.
3. Learn to increase your understanding of other people's behaviours, words, thoughts and/or feelings.
4. Learn to develop skills to respond to situations in life you may not feel completely equipped to respond to. With the new skills learnt you will be left feeling equipped to respond to these daily life challenges.
5. Learn to develop skills to respond to life bringing the opportunity for lasting behaviour change.

In utilising this app, you will have:

- ✓ Your own completed library of personalised and completed Behaviour Scales for yourself and your family (if in a home setting); your students (if in a school); your colleagues (if in a workplace); your clients (if in a clinical setting) or any other setting.
- ✓ A Fabic Library of completed Behaviour Scale examples to use as a guide when completing your own or others' Behaviour Scale.
- ✓ Your own library of completed I Choose Charts that will assist you to teach and/or learn new skills to respond to the parts of life that you have previously perceived you were not yet equipped to respond to.
- ✓ A Fabic Library of completed I Choose Charts provides a number of examples of pre-completed I Choose Charts based on commonly experienced aspects of life that many perceive they do not yet have all the required skills to respond to. The completed Fabic library also serves as a teaching tool in that it can assist when completing your own personalised I Choose Charts.

For more information about the app including download links and a detailed user guide please visit www.fabic.com.au/app