

# We are lucky enough to have Peter Dhu back in Onslow from Corporate Communication Experts.

Peter Dhu is an experienced and acclaimed keynote speaker, trainer and coach in the area of presentation skills, public speaking and overcoming fear. For over 20 years Peter has helped thousands of people overcome their fear of public speaking and become more confident and effective in the delivery of their presentations. He has helped people find their voices and their passion so that they can now share these with the world with courage and conviction through their own presentations.



His style is inspirational and transformational. He uses his own story of adversity mixed with experiential learning, example and theory to create a rich learning environment. A medical scientist by profession, Peter has also studied extensively in the area of business and leadership, culminating in his Masters of Business and Administration and Diploma in Professional Coaching. Peter has extensive experience in the area of business communication, presentation skills and personal effectiveness.

Before starting his own consulting business he worked for the WA Health Department for 30 years in senior management positions. While there, Peter managed the Organ Donation Agency, one of the state wide health programs. He also represented the department and government on many state and national committees and working parties. High level business communication skills, including writing speeches for the Minister, negotiation and networking were essential in Peter's success in these roles.

**WHERE:** RM Forrest Hall

**COST:** All workshops will cost \$25 per attendee for OCCI Members and \$50 per attendee for Non OCCI Members

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## WORKSHOP 1:

# BODY LANGUAGE – THE ART AND SCIENCE OF NONVERBAL COMMUNICATION

How can I create a great first impression? What should I do with my hands? How should I stand? Should I use the lectern or walk across the stage? What does my facial expression say about me? How important is my body language?

Body language and non-verbal communication is key to effective leadership, effective communication and effective presentation skills.

The ability to understand, interpret and use effective body language is a skill that will enhance your presentation skills, public speaking and career. Body language is a form of communication, and it needs to be understood and practiced like any other communication skill. Whether in training, facilitation, key note speaking, job interviews or everyday communication, it is essential to understand exactly what your body is communicating to others and what other's nonverbal communication is saying to you.

### In this workshop you will learn to:

- Understand what your body is saying about you
- Gesture with confidence and intelligence
- Use eye contact appropriately
- Use the platform or stage effectively when presenting
- Use breathing and pause to generate suspense and create impact
- Use the frozen hand gesture
- Look after your voice and create additional vocal variety and interest
- Demonstrate credibility and approachability and when to use each
- Stand confidently and avoid distracting and overusing gestures
- Reduce the noise and distraction of unwanted nonverbal signals

**WHEN:** Monday 18th February 2019

**TIME:** 5pm to 8.30pm

*Purchase Tickets: <https://occibspbodylanguage.eventbrite.com.au>*

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