



Corporate Communication Experts

PETER DHU

presents



**FEEL THE FEAR AND
DO IT ANYWAY:
INSPIRING YOU WITH
CHANGES FOR LIFE**

www.peterdhu.com.au

FEEL THE FEAR AND DO IT ANYWAY: INSPIRING YOU WITH CHANGES FOR LIFE

"Ships in the harbor are safe, but that's not what ships are built for." – John Shedd

This workshop is aimed at improving your life and helping you be more courageous and deal with fears and turn self-doubt into self-confidence. Fear is still the number one emotion that holds us back. Fear of failure, fear of being judged, fear of the unknown, fear of losing money, fear of being alone and the list goes on. The Susan Jeffers international best selling self development book, *Feel the Fear and Do It Anyway* is available as a tutored workshop from Peter Dhu. Throughout the workshop attendees will learn strategies to help them overcome limiting beliefs, empower them to cope with challenges, help them to overcome fear and self doubt and to make the decision that will improve their lives – to feel the fear and do it anyway.

Course Content

This workshop will teach you how to:

- See yourself as having purpose and meaning
- Raise level of self esteem & let go of negative programming
- Be more courageous
- Understand the concept of fear and how to handle it
- Create more love, trust and satisfaction in your life
- Make dreams become reality through making decisions
- Eliminate negativity and create positivity around you
- How to change reactions to situations
- Understand that courage is not the absence of fear

After this workshop you will be well equipped to tackle the fears that you know are holding you back in your life. You will have a suite of tools and techniques that you can use, each time fear arises or holds you back.

****This workshop can be customised to meet your organizational training needs and the key learning outcomes set to match your requirements. It can be delivered in a full day or half day format. Two or more of our different workshops can be combined to form a 2-day masterclass.**

About Peter

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.



Peter 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.

CONNECT WITH PETER



peter@peterdhu.com.au



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[Peter Dhu](https://www.linkedin.com/in/PeterDhu)



0419 930 903



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