

OVERCOME YOUR FEAR OF PUBLIC SPEAKING - SIMPLE STEPS TO PUBLIC SPEAKING CONFIDENCE



Corporate Communication Experts

Presented by: Peter Dhu

Perth Workshop - 5 March 2020

Public speaking is regarded as the number one fear of men and women around the world. Many people say they would rather die than stand up and speak. This fear causes people to avoid public speaking, miss out on promotions at work and they shy away from leadership roles. People get nervous, they panic, they get stage fright, their minds go blank and they break out into a cold sweat. Yet public speaking is such an important skill. It is part of our work, our careers and everyday life.

This workshop is ideal for anyone who doesn't normally do public speaking or who has a fear of public speaking and who wants to step up. It is ideal for anyone who:

- has recently taken on increased speaking responsibility at work
- needs to prepare a speech for a wedding or other special occasion
- needs to present a tutorial or seminar for work or university
- wants to control the nerves and reduce the fear
- wants to learn to be a better speaker
- has something to say, but holds back

LEARNING OUTCOMES - In this workshop you will learn to:

- Control nerves and reduce anxiety
- Prepare effectively
- Use a simple fail-safe speech structure
- Stay calm when your mind goes blank
- Connect with the audience even with your nerves
- Be authentic and genuine
- Understand what the audience expects from you
- Harness your nervous energy
- Use Feedback to grow and learn

After this workshop you will have a greater understanding of fear and nerves, and how to control them. You will be equipped with the skills to create and deliver a confident and effective presentation.

This workshop can be customised to meet your organizational training needs and the key learning outcomes set to match your requirements.



All the great speakers were bad speakers once.

- Ralph Waldo Emerson



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OVERCOME YOUR FEAR OF PUBLIC SPEAKING AND BEGIN SPEAKING CONFIDENTLY



Corporate Communication Experts

SIMPLE STEPS TO PUBLIC SPEAKING CONFIDENCE

Date Thursday 5 March 2020

Time 9.30 am to 4.30 pm

Venue Pilbara Room, State Library of WA, 25 Frances Street, Perth 6000

Investment \$345 + GST

What's included M/A tea, comprehensive course notes, free newsletter

BIOGRAPHY of Peter Dhu



Peter Dhu has been speaking professionally full time for 10 years. He began his working life working for the WA Health Department as a Medical Scientist. In his 30 years as a scientist, he managed various pathology labs and WA's Organ Donation Agency.

He now specialises in helping people overcome their fear and find their voice by training them in public speaking. This is a remarkable transition because Peter is a person who stutters, and chose not to speak for much of his life. He brings a real-life success story and courage to his work, where he inspires people with his own compelling story.

He is a living example that anyone can overcome their fears and unlock their hidden potential so they can have the courage to speak up and inspire the world with their stories.

He shows people how they can change the world one conversation at a time.

REGISTRATION

Name of Participant

Phone Number

Email Address

Return to: Peter Dhu at info@peterdhu.com.au
or Fax 08 6314 1620

On receipt of your registration I will send out a tax invoice for payment before the workshop. Payment can be made via cheque, money order, EFT bank transfer or via credit card using PayPal.

Thank you for your business.
Peter Dhu



**Courage is
resistance to fear,
mastery of fear —
not absence of fear.**

— Mark Twain

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