

# OVERCOME YOUR FEAR OF PUBLIC SPEAKING

Simple Steps to Public Speaking Confidence



Public speaking is often regarded as the No. 1 fear of people around the world and many people say they would rather die than have to stand up and speak. People avoid public speaking, they get nervous, they panic, they get stage fright 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 designed to help people who don't normally do public speaking or who have a fear of public speaking or who wish to become more confident in their public speaking.

The skills learned in this workshop will help you to step up and assist you in many speaking situations.

## COURSE CONTENTS:

This workshop will teach you how to:

- Control nerves and reduce anxiety
- Prepare effectively
- Use a simple fail safe structure
- What to do if 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

## DURATION: FULL-DAY WORKSHOP

***\*\*This workshop can be delivered as an in-house corporate workshop. It will be customised to meet your organisational training needs and the key learning outcomes are set to match your requirements.***



## PETER DHU

INSPIRATIONAL KEYNOTE  
SPEAKER, PUBLIC SPEAKING  
TRAINER & COACH

### ABOUT THE FACILITATOR

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.

**DATE:** Monday, 16th November 2020

**TIME:** 9:30 AM - 4:30 PM WAST

**VENUE:** Liberty Flexible Work Spaces, Amberley Boardroom  
1060 Hay Street, West Perth, WA 6005

**WHAT'S INCLUDED:** M/A Tea, workbook, newsletter

### INVESTMENT

- Not For Profit Organisation: \$400 + GST
- Early Bird Registration: \$425 + GST **\*sale ends 2 Nov 2020**
- Full Registration: \$450 + GST

### REGISTRATION

**NAME:**

**PHONE NUMBER:**

**EMAIL ADDRESS:**

Return to: Peter Dhu at [info@peterdhu.com.au](mailto:info@peterdhu.com.au) or Fax 08 6314 1620

### CONNECT WITH PETER

- [peter@peterdhu.com.au](mailto:peter@peterdhu.com.au)
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- [Peter Dhu](https://www.linkedin.com/in/peterdhu)
- [bit.ly/PeterDhu](https://www.youtube.com/channel/UC...)

### TESTIMONIALS



*I attended several of Peter's workshops and have continued to have coaching sessions with him. **Peter challenges and inspires me to change my way of thinking, gives me practical tools to combat critical self-talk, and motivates me to take action after every encounter.** I highly recommend Peter as an engaging and inspiring facilitator and coach.*

KIRSTEN SALMON  
FINANCE MANAGER,  
AUSTRALIAN INSTITUTE OF  
COMMERCE & TECHNOLOGY

*I have engaged Peter's wonderful presentation and mentoring skills to develop staff on multiple occasions and within different organisations. **The workshops are great for enhancing the confidence of staff who are not primarily trainers but find themselves needing to deliver internal or external information or training sessions.***

MELISSA SCATES  
HR ADVISOR, JUNIPER



On receipt of your registration, we 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.

