



# THINKING AND SPEAKING OFF THE CUFF PORT HEDLAND

This workshop is designed to help you think and Speak-Off-The-Cuff, in situations that may arise unexpectedly, or without notice. The ability to think and speak on your feet is a great asset to have in your professional, business, and daily life.

Speaking-Off-The-Cuff is required for meetings, impromptu presentations, unexpected project updates, supervising staff, job interviews and responding to questions.

To successfully communicate your ideas in these situations you must be able to organise your thoughts quickly and present them in a clear and logical manner and in a way that meets the audience's needs, all of this with no time to prepare.

## LEARNING OUTCOME:

This workshop will teach you how to:

- Respond to questions from your audience
- Be eloquent, and effective, and make it relevant
- Resist time pressure and think before you speak
- Structure your off the cuff response as a mini-speech structure
- Learn backup models to identify your thoughts and respond confidently and effectively
- Use the skills to speak effectively at a job interview
- Get to the point and keep your response on the topic
- End strongly and leave them with a memorable message
- Remain calm when put under pressure
- Become more aware of your nonverbal signals when put on the spot

At the end of this workshop, you will be better equipped to respond to questions, give an opinion, speak off the cuff and stay calm when put under pressure.

**DURATION: FULL-DAY WORKSHOP**

*\*This workshop is generally delivered as an in-house corporate workshop. However, it can be delivered as an online workshop, if required. All our workshops are customised to meet your organisational training needs and the learning outcomes are set to match your requirements.*



## PETER DHU

INSPIRATIONAL KEYNOTE  
SPEAKER, PUBLIC SPEAKING  
TRAINER & COACH



Corporate Communication Experts

## ABOUT THE FACILITATOR:

Peter Dhu has been speaking professionally full time for 15 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.

Peter provides individualised coaching and feedback for rapid improvement

**DATE:** Thursday, 19 March 2026

**TIME:** 9.00 AM - 4.00 PM

**VENUE:** Gateway Village Training Room, Lot 901  
Nimingarra Court, South Hedland, WA 6722

**WHAT'S INCLUDED:** M/A Tea, Lunch, Workbook,  
Newsletter

### INVESTMENT

- ☐ Not For Profit Organisation: \$400 + GST
- ☐ Full Registration: \$490 + GST



## 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



## REGISTRATION

**NAME:**

**PHONE NUMBER:**

**EMAIL ADDRESS:**

Return to: Peter Dhu at [info@peterdhu.com.au](mailto:info@peterdhu.com.au)

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.

## CONTACT US