

Feel the Fear and do it anyway ® Inspiring you with changes for life Saturday 21 August, Alexander Library, Perth

Find
enthusiasm,
direction and
purpose in life

These
workshops
use tried and
tested
strategies that
have helped
over 12
million people
worldwide

Feel the Fear and Do it Anyway is a registered trademark of Susan Jeffers PhD and is being used with her express permission. This course is licensed and based on the teaching of Susan Jeffers PhD as contained in her international bestseller – Feel the Fear and Do It Anyway. More information at www.susanjeffers.com

Workshops aimed at improving your life

For the first time in 20 years, 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

You'll Learn How To

- See yourself as having purpose and meaning
- Raise level of self esteem & let go of negative programming
- Understand the concept of fear and how to handle it
- Create more love, trust and satisfaction in your life
- Create a balanced more enjoyable life
- Make dreams become reality through making decisions
- Eliminate negativity and create positivity around you
- How to change reactions to situations

What Other People Say

- This workshop can be life changing if you use the tools you are given
- This is the workshop that helped me to change the way that I am feeling when I felt negative
- Learn in a friendly atmosphere and a safe environment
- This workshop helped me to understand that I can change & that I should not fear it

Who We Are

I am an experienced presenter embracing a number of disciplines including professional coaching, experiential learning, teaching confidence, self help and public speaking training.

Peter Dhu is a university trained health professional with additional qualifications in business, management, professional coaching and training and assessment.

If you Would Like To Find Out More

Contact:

Peter Dhu, Trainer, Coach and Facilitator

peterdhu@bigpond.net.au

www.peterdhu.com.au

Mobile 0419 930 903

Fax 08 6314620



 susanJeffers ®

 PD
Public Speaking Dynamics Peter Dhu