

SOUTH WEST Business



Overcoming a big fear

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PUBLIC Speaking Dynamics trainer and coach Peter Dhu is the first to admit that overcoming the fear of speaking publicly was no easy task.

But after 10 years of hard work to improve his stutter and boost his confidence, Mr Dhu is now running workshops to provide people with the tools to make powerful presentations.

"It was really hard and a lot of it was to do with my own beliefs within myself and saying that I couldn't do this or that and just avoiding it," Mr Dhu said.

"I still stutter every day but I have become more accepting of my stutter and when I present and speak I am really in the zone and a few stutters come in but that doesn't matter."

Mr Dhu said the level of fear people had for public speaking was astounding.

"It is reported as being mankind's number one fear — dying is number two and snakes and spiders are numbers three and four — so it is a genuine fear and I am seeing it all the time," he said.

Mr Dhu held workshops in Bunbury last week for people who strug-



Public Speaking Dynamics trainer and coach Peter Dhu with his book.

gle with or want to improve their public speaking ability.

His introductory workshop covered five steps to overcome fear and speak more confidently for those just starting out.

"Most people leave realising that they can do public speaking and they go away with a bit of a light bulb moment when they realise they are judging themselves worse than the audience," Mr Dhu said.

"So while they are thinking they are shaking, sweating and looking li-

ke an idiot, the audience is thinking that that person is doing ok and has interesting stuff to say."

The second workshop Mr Dhu held gave participants the tools to leave a more powerful message during a speech.

He said the biggest mistake people made when making a presentation was starting off with house-keeping because it lost their audience straight away.

"You should start off with what you are there for and capture their attention and make it relevant for everyone and then go into house-keeping," he said.

"Also when you are talking to an audience, instead of thinking of yourself as a speaker, think about what your audience wants to get out of it and then change your message so there is something in it for them."

Mr Dhu hosts workshops throughout WA, Melbourne, Adelaide and Sydney for health, disability and the not-for-profit sector.

Mr Dhu, who is set to launch his book "Seven Steps To Overcome Your Fear Of Public Speaking" early next year, will hold several more workshops in Bunbury in February.

For more information visit www.peterdhu.com.au.