

# SPEAK WITH CONFIDENCE, COMMUNICATE WITH IMAPCT

**Public Speaking to Transform your Career** 

by Toni Gil, PhD

Saturday, 3 May 2025





Master the art of public speaking with a proven, science-backed approach to clarity, confidence, and connection

# Why to attend?

The best ideas don't always win. The best-explained ones do. Whether you're pitching an innovation, leading a meeting, or delivering a keynote, your ability to communicate makes or breaks your impact. This 8-hours intensive training will help you conquer fear, craft compelling messages, and command any room—so your ideas don't just get heard, but acted upon.

#### Who should attend?

This training is for technical professionals, leaders, and innovators who know their subject but struggle to articulate it with confidence. If you've ever watched a less-qualified speaker win the room, if you hesitate before raising your hand, or if you want to turn your expertise into influence, this training is for you.

# **Benefits of Attending**

#### Speak with confidence

Replace nerves with poise, presence, and persuasion.

#### ✓ Make complex ideas simple

Turn data-heavy content into compelling stories.

#### Engage any audience

From boardrooms to conference stages, keep them hooked.

#### ✓ Think on your feet

Handle Q&A, objections, and unexpected challenges with ease.

## ✓ Transform your career

Great communicators rise faster. Be one of them





## **Program**

# **Understanding Public Speaking & Overcoming Fear**

- 1. Why public speaking is a crucial skill in today's world
- 2. Common fears and limiting beliefs and how to break through them
- 3. The science of stage fright: What happens to your brain & body?
- 4. Quick techniques to calm nerves before speaking
- 5. Interactive exercise: Speaking in front of a group (short intro speech)

## The Structure of a Powerful Speech

- 1. The 3 key elements of any great speech: Opening, Body, Conclusion
- 2. How to hook your audience in the first 30 seconds
- 3. Crafting a clear and persuasive message
- 4. Storytelling techniques: Making your speech memorable
- 5. Interactive exercise: Building a speech outline

# **Delivery & Connecting with Audience**

- 1. Voice modulation: Using tone, pace, and pauses for impact
- 2. Body language: Eye contact, gestures, and movement
- 3. How to adapt to different audiences
- 4. Interactive exercise: Speaking with intentional body language

# **Practical Application & Final Presentations**

- 1. Final speech preparation: Each participant refines a short speech
- 2. Practical delivery: Everyone presents their speech
- 3. Group feedback and final tips for continuous improvement
- 4. Q&A and closing remarks

# Out other Trainings On High Demand

Mental Health at office

Emotional management

Effective Communication in teams

The Art of Giving Feedback



#### **Dates**

Saturday 15 March 2025 From 9AM to 6PM (1h for lunch)

#### Venue

NEXGEN Office, 89A Amoy St Singapore - 069908 https://www.nexgenoffice.sg/



5min walking from Telok Ayer mrt 10min walking from Tanjong Pagar mrt 10min walking from Maxwell mrt

# What is included

Every attendant will receive 1 Booklet with the training slides.

Morning and Afternoon Snacks and drinks are provided (Lunch is not included)

All the attendees are invited to participate in the next Chapter meeting at Lion City Toastmasters Club to practice what they learnt in the training.





#### Who we are

At Peak Resilience Institute, we know the future of innovation hinges not just on technology, but on the power of communication and collaboration. As experts in facilitating transformative conversations, we create platforms where technical professionals, industry leaders, policymakers, and investors come together to spark ideas and drive practical solutions. Our mission is clear: to break down silos, foster strategic partnerships, and empower bold leadership that turns innovation into action. When it comes to public speaking, we don't just inform—we ignite dialogue that moves ideas from ambition to achievement, making Peak Resilience Institute the trusted partner for professionals ready to lead and make a meaningful impact today.

# Your instructor

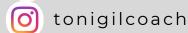
Dr. Toni Gil is an expert public speaking trainer who in helping specializes professionals, engineers, and scientists unlock their full leadership potential. With two decades of global experience, including roles at world-renowned institutions like Massachusetts Institute of Technology (MIT), CIC Energigune, Masdar Institute, and Nanyang Technological University (NTU), Dr. Toni Gil has seen firsthand the unique communication challenges faced by brilliant minds in the tech and science sectors. Through his experience, he recognized that while technical innovation is ability to communicate, key, it is the collaborate, and lead that drives real-world impact. He has transitioned from technical work to focus on coaching and mentoring, creating environments where engineers and develop their leadership communication tools to inspire and collaborate effectively.



# For doubts or Inquiries:

Wtsp +6591414135

in Antoni Gil Pujol PhD





#### **REGISTRER VIA**

Email: infopr@peakresilienceinstitute.com

#### REGISTRATION DETAILS

	Attendee 1	Attendee 2	Attendee 3 (45% Discount)
Name			
Cellphone			
Email			

Delegate Rates	Early Bird Date (06/04/25)	Normal Rate (Registration closes 27/04/25)
Full training	S\$295 (save S\$40)	S\$335

Group discount is applied if you register 3 or more attendees.

# **PAYMENT TERMS** Payment must be received in full on the discounted due date to get the discount, via Paynow or using the following QR code **PEAK RESILIENCE (PTE LTD)** For Paynow: Mobile No. +65 9141 4135

#### CANCELLATIONS

Please email infopr@peakresilienceinstitute.com request a cancellation and reimbursement Please email infopr@peakresilienceinstitute.com to request a cancellation and reimbursement. All cancellation requests must be given in writing and acknowledged by Peak Resilience Institute 5 days prior to the event, to received a refund less 10% processing fee per registration. Otherwise, we regret that no refund will be made for notifications 7 days prior to the event.

MINION NOTE: Please indicate the name of the attendee, event name and invoice number when remitting the payment.
Please email or wtsp an screen capture of the payment to infopr@peakresilienceinstitute.com or +6591414135.
Any bank charges, if any, shall be paid by the attendee.
Peak Resilience Institute reserves the right to make alterations to the event arrangements as published, either before or during the event. In the event of postponement or cancellation of the event by Peak Resilience Institute, the company assumes no further Resilience Institute, the company assumes no further liability or obligation, beyond the refund of the paid registration fee.

DATA PROTECTION. The information given to Peak Resilience Institute will be used for administration purposes and to the extent permitted by applicable Singapore data protection legislation, for marketing and promotional purposes. Peak Resilience Institute may also share this information with providers of services related to the registered business activities. If you do not wish your details to be used for this purpose, please email: infopr@peakresilienceinstitute.com