



SPEAK WITH CONFIDENCE, COMMUNICATE WITH IMPACT

Public Speaking to Transform your Career

by Toni Gil, PhD

Saturday, 3 May 2025



**PEAK RESILIENCE
INSTITUTE**

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

KEY LEARNING OBJECTIVES

- Master the Science of Fear
- Craft Compelling Message
- Use Body Language & Voice
- Engage through Storytelling
- Include Emotions
- Handle Stage Pressure



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 specializes in helping technical 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 key, it is the ability to communicate, 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 scientists develop their leadership and communication tools to inspire and collaborate effectively.



TONI GIL, PHD

Lead Coach, Mentor & Key Note Speaker
Founder of Peak Resilience



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Antoni Gil Pujol PhD



tonigilcoach

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 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.

IMPORTANT NOTE: Please indicate the name of the attendee, event name and invoice number when remitting the payment.

Please email or whatsapp a 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 liability or obligation, beyond the refund of the paid registration fee.

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