

SPEAKING & WORKSHOPS

# Speak Before You're Ready

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Talks and workshops that help professionals speak  
with clarity and confidence

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Speaker & Workshop Facilitator

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## ABOUT

# Weanne Chu

Weanne helps professionals organize their ideas and speak up with confidence, in meetings, in front of clients, and on stage. She is a PMP-certified program lead and licensed financial advisor who has designed and delivered 30+ talks and workshops for audiences as large as 500+. Her sessions turn big, scary tasks into a structure people can practice, so they leave with a method, not a temporary boost. She has spent her career explaining complex, high-stakes topics like money and risk to people who need convincing. Off the clock, she dances and trains, and brings the same lesson to every room: confidence is built through practice.

**10+**

years speaking  
professionally

**30+**

talks & workshops

**500+**

largest audience

**PMP®**

certified

## SPEAKING SINCE GRADE SCHOOL

Declamation, journalism, radio broadcasting and debate, then 10+ years of client sessions and workshops.

# Speak Before You're Ready

*Participants learn to organize their ideas, manage nerves, and contribute with more confidence.*

## THE HEELS FRAMEWORK

- H Handle**  
State your point up front, in one sentence
- E Explain**  
Say why it matters to the people in the room
- E Example**  
One concrete example, not four
- L Link**  
Bring it back to your point
- S Show up**  
Voice, body, and starting before you feel ready

## PARTICIPANTS WILL

- Structure a message on the spot
- Practice speaking live, in small groups
- Give and receive useful peer feedback
- Leave with a written commitment they can act on
- Get feedback on a scenario from their own work

# Two formats, one method

|                   | Interactive Workshop                               | Deep Dive                                                              |
|-------------------|----------------------------------------------------|------------------------------------------------------------------------|
| Length            | 90 min to 2 hrs                                    | Half-day, 3 to 4 hrs                                                   |
| Speaking turns    | Everyone speaks once, in groups of three           | At least 4 turns each, every turn building a different skill           |
| Tools taught      | HEELS, for structuring a point on the spot         | HEELS, plus language swaps, an interruption drill, and feedback skills |
| Repeat loop       | None                                               | Yes: same scenario twice, second pass after feedback                   |
| People leave with | A framework and one real rep                       | Visible improvement on a scenario from their own job                   |
| Best for          | Teams that need a shared framework and a first rep | Teams ready to change habits on their own scenarios                    |

Up to 25 participants per facilitator; larger groups run as extra cohorts or with a co-facilitator, quoted separately. Also available as a 30 to 45 minute talk (story, HEELS, one takeaway) or a full-day custom program. Workshops onsite or hybrid, in English or Taglish; talks also available virtually.

# Learn it, then use it

## PART ONE · 35 MIN

### Foundation

- Ground rules and a first exercise
- Anonymous poll: what makes people freeze
- Voice and presence warm-up

## PART TWO · 30 MIN

### The HEELS framework

- HEELS taught and demonstrated live
- Guided exercises on each part of HEELS

## PART THREE · 40 MIN

### Practice in threes

- Three turns, one speaker each
- Peer feedback after every turn
- Written commitment card

A sample two-hour run; timings flex between 90 minutes and 2 hours. Scenarios are tailored to your team. Everyone speaks once, and nobody is called on in front of the room without agreeing first. The Deep Dive builds on this with language swaps, an interruption drill and a repeat loop.

# Practice, then practice again

## ARC ONE · 75 MIN

### Foundation

- Ground rules and a first exercise
- Anonymous poll: what makes people freeze
- HEELS taught and demonstrated live
- Voice and presence warm-up
- First practice round, in threes

## ARC TWO · 65 MIN

### Holding your ground

- Small swaps that stop you shrinking a point
- Say it straight: recover, don't stop
- When someone cuts in
- The interruption drill, in threes

## ARC THREE · 80 MIN

### The repeat loop

- Cold prompts, 30 seconds each
- Your scenario, first pass
- Feedback that helps
- Same scenario, second pass
- One volunteer repeats it for the whole room
- Written commitment card

Scenarios are written for your team's own work, such as answering a challenging question or presenting an update to a skeptical audience. Plus a 15 minute break. Nobody is called on in front of the room without agreeing first. Arc One covers the same ground as the Interactive Workshop; Arcs Two and Three are what the half-day adds.

## Selected engagements

| Engagement                                                                             | Role                          | When      | Audience                                                 |
|----------------------------------------------------------------------------------------|-------------------------------|-----------|----------------------------------------------------------|
| Confidence workshop, WE Initiative women's empowerment series at Isla LPG (Solane)     | Facilitator, hybrid           | Sept 2026 | 30+ participants                                         |
| Nationwide income protection webinar, government-agency partner                        | Speaker, online               | Jul 2026  | 100+ live on Zoom + livestreamed on Facebook and YouTube |
| Strategic planning workshop, Bristlecone Branch, Sun Life                              | Lead facilitator              | Aug 2025  | About 20 participants                                    |
| Sun Life Live Brighter Forum: Tacloban, Zamboanga, Iloilo (twice), Nationwide (online) | Guest speaker, panel and solo | 2023–2025 | 150–200+ per event                                       |
| Financial planning sessions, government-agency worksite partner                        | Speaker                       | 2022–2025 | Up to 500+                                               |
| Virtual wellness talks                                                                 | Speaker, online               | 2020      | About 50 each                                            |
| Coca-Cola Foundation health and environment event                                      | Paid speaker                  | 2011      | 300+                                                     |

FROM THE STAGE

# In the room



**Live Brighter Forum, Iloilo**

Mar 2025 · 200+ attendees



**Live Brighter Forum, Zamboanga**

Aug 2023 · 150+ attendees



**Panel speaker, Sun Life**

May 2024 · The Next Big Gig · 200+ attendees

LARGE ROOMS

# Large rooms, plain language



## Financial planning session

Worksite partner · up to 500+ attendees



## Financial wellness talk

Sun Life, community and worksite audiences



## Explaining in plain language

Four Pillars of Financial Security, in Taglish

# Learning by doing



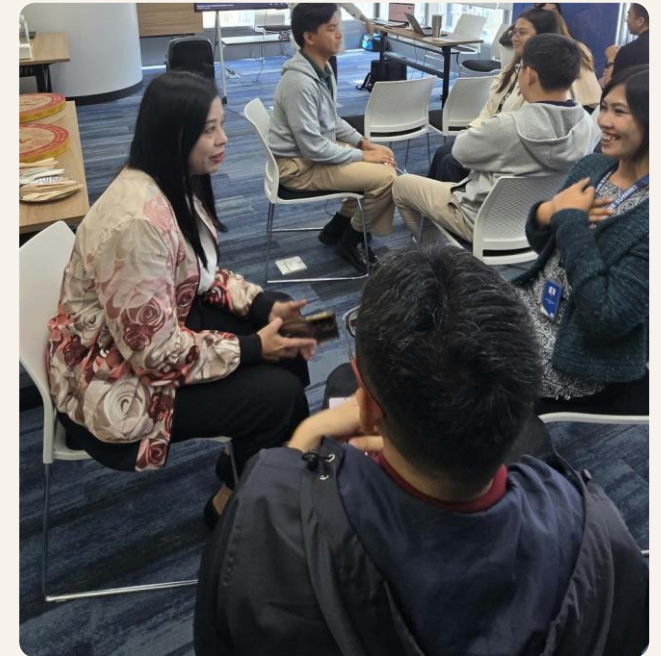
## Confidence workshop

WE Initiative, Isla LPG (Solane)



## Facilitating hybrid

In the room and on Teams, Sept 2026



## Peer practice

Small-group prompts and feedback

# Facilitating a team strategy session



STRATEGIC PLANNING WORKSHOP

Bristlecone Branch, Sun Life

Aug 2025

Lead facilitator

About 20 participants

Sticky-note board and small-group work, in the room.

# What changed, in their words

9.5 / 10

average likelihood to recommend

2.8 ➤ 4.8

confidence speaking up at work, out of 5

6 of 6

respondents rated their confidence higher after the session

*“Relatively exposed to public speaking already, but glad to be able to learn significant tips and guidance still in doing it better. Appreciate the guidance on getting to know your target audience thoughts as well to ensure effective point.”*

JOHN GABRIEL TAN, INNOVATIONS DELIVERY  
EXECUTIVE

*“I appreciate Ms Weanne for sharing all her own effective techniques to us. Before, I tend to over-explain myself, but through her HEEL+S framework, I was able to slowly improve my presentation and conversation skills.”*

WORKSHOP PARTICIPANT

Based on post-session feedback from 6 of 30+ attendees.

BOOK A SESSION

# Shaped for your room

## CLIENT-FACING AND SENIOR ROLES

Answering challenging questions, presenting to skeptical audiences, keeping updates concise

## TEAMS AND EMPLOYEES

Speaking up in meetings, reporting clearly, practicing in a safe peer group

## HOW IT WORKS

01

Alignment call

02

Customized outline

03

Delivery

04

Short feedback form

Fees per engagement · Groups over 25 quoted separately

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