

The HKIE Toastmasters Club

HKIE Toastmasters Club Regular Meeting held on 2 November 2023

By Mr Peter Wong

The theme of this meeting was Stress Management and both members and participants shared their experiences of the topic. Participants in the meeting gained insight through a collaborative and interactive discussion of stress management in their daily work.

We were grateful to have Mr Charles Lee and Mr Peter Wong as the Toastmaster of the Evening and the Table Topics Master respectively. Mr Wong initiated an interactive Table Topics Session and invited the audience to share their ideas and experiences of stress management.

The topic also covered releasing stress and giving stress to motivate others. Participants in the Table Topic were encouraged to deliver speeches on stage to practice their public speaking skills.

Prepared speeches were delivered by Ms Janet Ho - Pathway Level 1 Project Title: Humour and Stress; Mr Raymond Lee - Pathway Level 1 Project Title: Conflict Negotiation; Mr Leo Lee - Pathway Level 1 Project Title: Dealing with Change; and Ms Josie Wong - Pathway Level 1 Project Title: Josie's Journey.



Attendees at the meeting

The speeches were evaluated based on their strengths and areas for improvement in public speaking.

Finally, the best speakers and evaluators were selected:

The best Table Topics speaker: Ms Janet Ho
The best prepared speech: Mr Leo Lee
The best evaluator: Mr Tom Wong

TMC meetings provide a learn-by-doing platform where participants can hone their speaking and leadership skills in a relaxed atmosphere.

They offer a wonderful opportunity to not only strengthen your public speaking skills, but also expand your engineering network. If you are interested in joining us, please contact our Vice President of Public Relations, Miss Jessie Ng, by email at jessy.cs.ng@clp.com.