



# SPEECH POWER

## Better You, Better World---District 83 Toastmasters Fall Conference

By Adanna Davis

This year in Woodcliff Lake, NJ at the Woodcliff Lake Hilton, District 83 Toastmasters held the Fall Conference on November 14. Although the weather was rainy, the glow of the conference shone on the faces of those in attendance. Workshops and meeting activities were centered on the theme of "Better You, Better World" with plenty of opportunities to exemplify these attributes. As a '1<sup>st</sup> Timer', I partially attended the initial orientation to meet'n'greet fellow newcomers and some veterans as well. Since I was a bit late, I gleefully introduced myself to others while stuffing a croissant and juice in my mouth and skillfully completed a 'getting to know you' worksheet by having those I met sign diligently. I made sure I completed this task because there were prizes if you correctly finished the game and turned it in by 12 noon! (I did win a few prizes, one of special note, The 8<sup>th</sup> Habit by Stephen Covey!)

For the next couple of hours several workshops held my interest.

From 9:30-10:15 I attended, "Raise the Bar-Inspire Your Audience", given by Howard Berlinger. The key points he highlighted to peak our interest were:

- Set the Tone
- Provide and Outline
- Keep Your Message Simple
- Number of Ways to Get the Message Across
- Demonstrate Enthusiasm
- Personalize Your Presentation
- Try for an Unforgettable Moment
- Use Visuals
- Sell the Benefit.

During this session I met several other TM's from other areas and we were able to network.

From 10:30-11:15 I attended "Only as High as I can Reach Can I Grow", given by Maria Mantoudakis--- The points energetically presented in this session were to look for the good in those around you so you can grow and learn from each other. This idea was coined from Dale Carnegie. References from life coaching techniques such as Tony Robbins, Robert Proctor, Stephen Covey, and the like were

inspiring and helped the audience learn to access these resources to expand and grow.

We broke for a delicious lunch and continued to network (I definitely met interesting and exciting fellow TM's so many that I ran out of business cards!)

From 1:00-1:45 Dr. Ansley LaMar enlightened us on "How To Achieve Authentic Happiness"---We were encouraged to share our gratefulness in some way everyday. He gave us lollypops to give to complete strangers to accompany a complement---this you can do to make someone else's day! Also, write your vision down or your ideal future and 5 goals to diagram how you will achieve your happiness. Lastly, 2 key points to maintain happiness are to make happy activities a daily part of your life, and do good daily for or to someone else.

The Tall-Tales and Table Topics competition was very exciting and the best of NJ took the stage and spoke (or acted) with eloquence. We were humored by the tall tales of CIA agents and first car adventures. What an afternoon...such talent and ability. As the evening arrived representatives from each club paraded their banners and introduced their clubs. Irina and I presented Brunswick Toastmasters and I must say our banner was ordained with many ribbons which made me proud! Dinner was delectable and Dr. Dilip Abayasekara had us yearning for seconds as he excited our auditory palates with his Keynote Address entitled 'Human Transformation'. The Five key points he highlighted were the following:

- Arouse Awareness
- Model Excellence
- Applaud Effort
- Reward Performance
- Develop Leaders;

An excellent and highly motivational presentation!

Overall, the conference was wonderful. I learned so much and networked beyond measure. I'm glad that I spent my rainy Saturday amongst shiny stars so I'm definitely looking forward to next year!

# ***Brunswick Toastmasters Did It Again!***

*By Janeth Sulit*

Brunswick Toastmasters Club’s (BT) history dates back to almost 15 years ago, the year of 1995 when the club was chartered, and the person responsible behind it was Fran Okeson, DTM, Speech Coach and Trainer. Since then, the club has reached great heights. The highlight of which was the last 6 years wherein it has become a President’s Distinguished Club.

BT is based in North Brunswick, NJ and meets every 2<sup>nd</sup> and 4th Tuesday of the month at 710 Hermann Road at the North Brunswick Community Building. It has about 70 members coming from a diverse cultural, educational and professional background.

For the past years, the club had done a tremendous amount of work and has exceeded in all 10 categories that is used to rate club activities in the fiscal year making it a President’s Distinguished Club. BT did it again. It was a great accomplishment that it is extremely proud of.

BT continues its mission in fulfilling and enhancing the members’ performance in their communication and leadership skills, in attracting a diverse group of people from different background, age, and experience; in establishing a stronger community presence by participating, supporting in community activities; and creating more CLs from the members. BT has always been enthusiastic in achieving these goals.

With a club size of about 70, the commitment, dedication, loyalty and contributions of both officers and members, the fellowship and teamwork of everyone, is the strength of the club in achieving its goals. The challenges and achievements have broadened experiences and it is inspiring witnessing each others’ confidence and skills develop within and outside of Brunswick Toastmasters.

## **Congratulations Brunswick Toastmasters**

**Membership Base: 62    Membership to Date: 33**

### **Distinguished Club Program (DCP)**

Every strong Toastmasters Club is expected to focus on its DCP. DCP Stresses out that there are three aspects that every Toastmasters Club should try to achieve: First, the education aspect, which covers the club’s ability in developing more Competent Communicators; Advance Communicators; Competent Leaders; Advanced Leaders; and Distinguished Toastmasters. Second, the membership aspect, which covers the club’s ability in attracting new members and retaining current ones. Third, the club’s administration aspect, which is its ability in renewing memberships on time and sending club’s officers for training. Those aspects are condensed in ten goals that each club should achieve by the end of the Fiscal year (from July 1<sup>st</sup> of any given year to June 30 of the following year). If a club achieves 5 goals, it will be acknowledged as a Distinguished Club (D). If a club achieves 7, it will be acknowledged as a Select Distinguished Club (S) and if a club achieves 9, it will be acknowledged as a President Distinguished Club (P).

Brunswick Toastmasters has achieved 7 goals and it is currently a Select distinguished Club. It is definitely aiming for 10!

		GOAL	ACTUAL	ACHIEVED
1	CCs	2	1	
2	Additional CCs	2	0	
3	ACs	1	1	*
4	Additional ACs	1	1	*
5	CL, AL, or DTM	1	1	*
6	Additional CLs, ALs, or DTMs	1	3	*
7	New Members	4	4	*
8]	Additional New Members	4	8	*
9	Officers Trained (both required)			
	June-August	4	7	
	and December-February	4	0	
10	Submitted on time (both required)			
	October or April Renewal	1	1	
	and Officer List	1	1	*
<b>Total Goals Achieved To-Date:</b>				<b>7</b>

## What Professional Wrestling Can Teach Us About Public Speaking

**W**hen most people think of professional wrestling, the mind begins to conjure up many and various images. Many of us see huge hulking people throwing themselves around in a square elevated cage; but we do not typically think of public speaking. We might imagine great hair, greasy hair, wet hair, dreadlocked hair—and no hair; but we do not typically imagine public speaking. We might even visualize these gigantic athletes in spandex that is, at minimum, three sizes too small (I shudder at the thought); but we do not typically visualize public speaking.

Oddly enough it was from watching professional wrestling that I began to develop sense of awareness about public speaking as well. The connection was not immediately clear since I watched professional wrestling as a child. Now that I am older I can see a direct correlation.

I was uncharacteristically intrigued by the dichotomy that existed between a wrestler's public personality and his private persona. On camera they were oozing with machismo and bravado. I would then pick up a wrestling magazine and read the articles and find these men to be mostly humble and down to earth. One of my favorite wrestlers was Brett "The Hitman" Hart. During his numerous public interviews Brett would typically leave his fans with the following: *"I am the best there was, the best there is and the best there ever will be."* Talk about self-confidence!

*I am the best there was, the best there is and the best there ever will be.*

~Brett "The Hitman" Hart  
Former Professional Wrestler

Now at this point you may be wondering, "What is the connection between professional wrestling and public speaking?!" Before we explore this link let us take a look at the 3 main types of communication.

The first type of communication is "Interpersonal Communication." Interpersonal communication is our daily conversations. Perhaps we chat with our spouse; maybe we have a short talk with our co-workers; how about the witty banter we have with our close friends; conceivably you may have to do a presentation to one of your favorite organizations that focuses on self-development via public speaking (TI anyone?). It is our interpersonal communication skills that we are honing at Toastmasters.

Do you ever talk to animals? No, not the way Dr. Dolittle does! Have you ever had a conversation with any of your plants? I cannot speak for you, but on more than one occasion I have had to have a heartfelt tête-à-tête with my car. Most of these one sided tirades take place when the temperature is well below zero degrees and I am running late for work. "Please just start this one time. I promise, next time, I will fill you up with the premium gasoline." Surely I am the only one that has gone through this! All of that is an example of our second type of communication "Extrapersonal Communication." Simply put, it is communication with inanimate objects (teenagers not excluded). Our final type of communication is "Intrapersonal Communication." This is how we communicate with ourselves. These are the thoughts that permeate our

minds when all around us is still. An unknown author once said:

*Watch your thoughts, for they become words.  
Watch your words, for they become actions.  
Watch your actions, for they become habits.  
Watch your habits, for they become character.  
Watch your character, for it becomes your destiny.*

~Author Unknown

How powerful then are our own thoughts? If you believe that you are going to fail—then guess what, you are probably right. If you think that when you have to get behind the podium and speak to your fellow Toastmasters that you are going to stumble and sprinkle superfluous “ahs” and “ums” throughout your speech like confetti at a Yankees ticker tape parade—then guess what, you will.

How about, for a change, before we go to deliver our next speech or table topic, instead of thinking of all of the ‘bad’ things that can happen we focus on all the good that will come from it? Focus on being able to clearly convey your point about leading an overscheduled life. Focus on sharing your message on how small financial changes can have a great impact during this recession. Focus on the fact that your



Interpersonal  
Communication



Extrapersonal  
Communication



Intrapersonal  
Communication

funny, lighthearted speech will bring a smile to someone that had a rough day at work.

All of this begins with how we talk to ourselves—our intrapersonal communication. Personally, I do not use this exclusively at Toastmasters; this is a part of my daily being. I wake up and begin thinking powerful thoughts, giving myself positive reinforcement.

Sometimes we may have to step outside of ourselves much like professional wrestlers do. Wrestlers have their private personalities and their public personas; who they are and the character the television wants them to be. Periodically, we have to separate who we are from who we want to be.

Before I get up to speak I like to remind myself, “I am the best there is, the best there was, the best there ever will be.” That statement is as powerful as being hit by a headbutt and not nearly as embarrassing as being hit by a butthead!

Therefore, when it comes to the three types of communication interpersonal, extrapersonal and intrapersonal we have to continue to perfect our interpersonal and extrapersonal communication skills. I also believe that our intrapersonal communication skills are as important as the others.



This newsletter is published every two months and edited by yours truly. The goal of our newsletter is to provide you with relevant information and interesting stories.

Like any good Toastmaster, I want your feedbacks, ideas, articles, and contributions on ways to improve our newsletter. You can send your

comments to [janeth.sulit@comcast.net](mailto:janeth.sulit@comcast.net). The articles should be of content relevant to toastmasters' self-development. It can include information on public speaking, leadership, and self improvement. The content can include information on public speaking, leadership and self improvement. If you are in doubt, email me your article, idea, and I will get back to you. You can also send in your speech drafts, which won contests or are otherwise helpful. Contest preparation tips, educational articles on toastmasters, and events that are interesting are also welcome. Original articles are preferred. If you send in an article found in the internet, please cite the source. The next edition of the newsletter will be published on February 15.

For more information about Brunswick Toastmasters, talk to any club officers. We are here to help and share the love of toastmasters.

**To all club members:**

Please remember to bring your "Competent Leader" manual with you to each meeting – it is full of juicy nuggets about Toastmasters. Whenever you perform a functionary role, get someone to evaluate you. This fulfills a requirement in the CL manual so that you can progress toward Competent Leader and it helps you perform that role better next time. As we become better speakers we also become better leaders.

**To all club officers:**

Winter Officers Training is going on. Check the website for training schedules. This is another great learning opportunity, so don't miss it.

<http://toastmasters83.org/officer-training/club-officer-training.html>

***Would you like to ...***

- ★ Speak with poise and confidence?
- ★ Develop leadership skills?
- ★ Communicate more effectively?

**Then we can help you!** Toastmasters is a voluntary organization, devoted to helping people overcome their fear of speaking in public by practicing in a supportive environment with the help of experienced, supportive speakers.

**We invite you to visit our club.** We meet at 710 Hermann Road, North Brunswick Municipal Building, North Brunswick every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 7 pm to 9 pm.

**Check us out.** But it's more exciting and interesting to come along and see us in action.



## A Toast to the Holidays!

*By Janeth Sulit*

The good news: It is the holiday season and you're off to a party, or dinner for a celebration.

The bad news: When you arrive, they ask you to give the toast.

Giving a toast is an honored tradition at weddings, dinners, parties, or any special occasions. But when asked to give a toast, many people hesitate. Public speaking is one of the most common phobias, and toasts put the speaker unquestionably in the center of public attention.

As a Toastmaster, how you deliver your toast will be determined by your spirit. Here are some tips in proposing a toast and get you through it while all eyes are on you for that brief moment.

- When in a group, stand so everyone can see you. In small settings, it is optional.
- Pronounce your words clearly without rushing.
- Limit the length of time. There might still be others making a toast.
- Do not read from a note card.
- Maintain eye contact. The first and the last person you should look at is the individual you are addressing, but also look at the rest of the audience. This will connect you to them.
- Hold your glass at waist height throughout the toast. (Do not gesture with your glass or this might create spillage).
- Raise your glass to eye level towards the direction of the person you are addressing. Avoid phrases like, 'Here's to you', or 'Let's raise our glasses'.
- Give a sincere, relevant, positive and brief message.
- Take a sip of your wine after the toast.

Following these guidelines, your toast will be sophisticatedly and memorably delivered.



**Cheers  
and  
Happy Holidays!**