



WHERE LEADERS
ARE MADE

SPEAK UP

July / August 2018



An Intrepid Traveller...at Machu Pichu

By Trina Snaidero

Miranda Club President John Paterson and his lovely wife are away travelling again! John is well known for his engaging and interesting speeches, which sometimes recount his travelling experiences. In the photo below, John is at Machu Pichu, in Peru, South America. We look forward to hearing about your latest trip John!





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www.miranda-toastmasters.org.au

...Active listening, positive support and feedback

Why these are important to what Toastmasters do?

By Trina Snaidero

Attentive or active listening, positive support and feedback are three important ingredients for helping

Toastmasters on their journey. Arguably, they are also interdependent. Without active listening, it would be difficult to provide positive support and useful

constructive feedback, to help a speaker on their improvement journey.



What is active listening? Does everyone know how to do it, or do we need to learn how to do it effectively?

Like any skill, some are more naturally better than others. However, active listening can be learnt and improved via practice.

Active listening involves being attentive to the whole message the person is communicating, not just the words – and hearing and understanding what they are communicating, without thinking ahead as to what they might say next.

Body language also has a role to play in active listening – and this plays into providing positive support to the speaker.

What might this body language be? In the case of a Toastmasters meeting, where the audience is seated– it

could involve, sitting with your body slightly oriented towards the speaker, perhaps even leaning forward a little. Your eyes focused on the speaker, hands resting on your lap, or the table – but not distracted by checking your mobile phone. Sometimes you might acknowledge you're listening by a small nod, a smile or laugh – dependent on what the speaker is saying.

Showing an interest through acknowledgement and listening actively means several things to the speaker, including: the audience supports them by being courteous enough to listen attentively; or a small smile or attentive nod might be that small piece of courage that helps sustain the nervous speaker through their speech; and the audience of fellow Toastmasters respects the speaker and the effort they're making.

Active listening is indeed an important part of a Toastmasters responsibility.



Meet the members

Gina Jingying



Q. How long have you been a Toastmaster?

Tuesday September 4, 2018 was my first meeting as a Toastmaster. So I guess I am quite green and I am excited for what is going on next.

Q. Why did you join Toastmasters?

There are so many reasons why I joined Toastmaster. For one, it enables me to have more opportunities to speak English; Besides, I believe I could make some friends here, as the first time when I came to Toastmaster meeting as a guest, George said I could sit next to him. I felt so welcomed and immediately I decided to join it.

Q. What do you hope to achieve through Toastmasters?

I always have courage to speak up publicly. However, to be able to do it well requires more than just courage. And the "more" part is what I hope to achieve through Toastmaster.

Q. What are your personal goals for the next 12 months?

For the next 12 months I am aiming at completing 12 speeches (one per each month). Now that this goal has been spoken out, I reckon I should really put some effort on it.

Q. Do you recommend the Speechcraft course?

I would highly recommend Speechcraft to anyone I know. I am so grateful that I participated in the course. Everyone was nice and helpful. Plenty of opportunities were there for us to express ourselves and present a speech without feeling judged or diminished. Constructive comments were provided that enabled us to reflect and improve ourselves. I have confidence now when speaking publicly and I knew how to do it naturally and effectively.

Q. Any other comments?

Action is what enables me to move on whereas mere consideration hinders my movement. I feel happy that I took action to join Toastmaster.



District 70 news!

District 70 Toastmasters has almost 200 clubs in a geographical region that covers the southern half of Sydney, the lower third of NSW and the ACT...

District 70 Public Relations Event team is working to organise a young professional and scholar workshop in the city in September. For Toastmasters seeking to complete your High Performance Leadership or interested to work with District PR team in connecting with this segment (18 to 25 y.o), please contact prm@d70toastmasters.org.au.

View upcoming District 70 events, on their website calendar at:

<https://www.d70toastmasters.org.au/calender/>

Toastmaster Magazine



The July and August editions of the *Toastmaster* magazine have lots of interesting articles.

Login to the Toastmasters International website (<https://www.toastmasters.org>) and then you can access the electronic copies by selecting the 'Magazine' heading.



Other news

Class of Speechcraft 73

Congratulations to the graduating class of Miranda Toastmasters' 73rd Speechcraft course

At graduation, the smiles and confidence showing on their faces reflect the hard work and fun they had when challenging and stretching themselves during the course. Their dedication to succeed was evident in the tremendous graduation speeches they delivered in front of family and friends.



The graduates of Speechcraft 73

Many Miranda Toastmasters helped out during Speechcraft 73

Thanks to all the members who helped out and special thanks to Coordinator Mike and also to Aurelien.



LtoR: Mike Smith Speechcraft Coordinator, Jenny, the graduates, John Paterson Miranda Club President

The Speechcraft 73 course, saw a change of venue from Club on East, to the Miranda RSL Diggers Club. The venue suited the course context. The graduation dinner was delicious!



Speechcraft always delivers

This latest group of graduates are testament to how the tried and tested formula of Speechcraft really does work. From night one, when there is much shaking, sweaty palms and nausea to graduation night when students have the confidence to speak in front a crowd, Speechcraft always delivers.

The next Speechcraft course starts in October.





What's on

September

18 September Meeting at Sutherland

Theme: Time Travel Word of the day: Synchronous

October

9 October Meeting at Sutherland

23 October Meeting at Sutherland

Visit: www.miranda-toastmasters.org.au/whats-on/

Next Speechcraft Course

Next 8 week public speaking course starts Wednesday, 3 October 2018

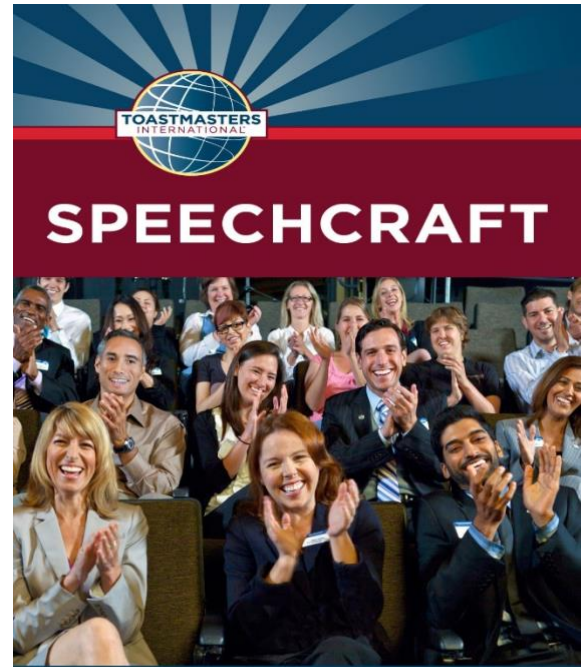
To register contact:

Contact Mike Smith

M: 0411 173 290

E: <mailto:speechcraft@miranda-toastmasters.org.au>

To register: [Download Rego form](#)



SPEECHCRAFT

- Build confidence
- Grow as a leader
- Improve communication & public speaking skills
- Overcome fears
- Improve career potential
- Think on your feet

In 8 weeks become a confident public speaker in a friendly, supportive atmosphere

CLUB MISSION

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Find us

Web: www.miranda-toastmasters.org.au/

Facebook: Search for Miranda Toastmasters Club
www.facebook.com/Miranda-Toastmasters-Club-113871933658

Calendar: www.miranda-toastmasters.org.au/whats-on

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