



CHRISTCHURCH TOASTMASTERS' SPREAD

CLUB OFFICERS

President:

Thilina Jayasundera

VP Education:

Leonie Wilkinson

VP Membership:

Scott Simpson

VP Public Relations:

Brad Grootelaar

VP Mentorship:

Stephen Moore

Secretary:

Amy Stewart

Treasurer:

Jayson Elliott

Sergeant at Arms:

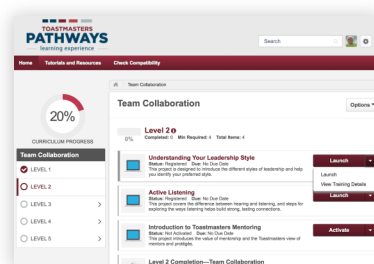
John Baigent

NOVEMBER NEWS 2019

PATHWAYS TRAINING

We will have a quick Pathways workshop on Tuesday 5 November and Tuesday 12 November at 6.45 pm before our usual meeting.

It is highly recommended that new members attend this. We will project the Pathways onto a screen and go through all its features and quirks.



QUIZ NIGHT

Bruce Milsom (Area E3 Director) is organising a Christchurch wide Christmas Quiz Night on Monday 18 November, starting at 7 pm. The venue is the Styx and Stone restaurant in Northwood.

The cover charge is \$10 per person. To find out more and confirm your attendance, send an email to axisbuildingconsultants@snap.net.nz

CHRISTMAS DINNER

Our end of year Christmas Dinner will be taking place on Tuesday 10 December. The venue is yet to be confirmed, but will be announced very soon.

This will be our last club meeting for 2019. Meetings will start up again on Tuesday 21 January 2020.

AREA CONTESTS

Our Area contests will be taking place on the following dates:

Table Topics and Humorous Speech

Tuesday 26 November
From 6.30 pm to 9 pm

Evaluation and International Speech

Tuesday 3 December
From 6.30 pm to 9 pm

Both will be held at the Cashmere Club in our usual meeting room.

Our club can send two representatives for each contest, who will compete against the three other clubs in our area. Be sure to be there to support them!

Need to get in touch? Please send all enquiries to:

christchurch@toastmasters.org.nz



EVENT SUMMARY

SPEECH CONTESTS

On Tuesday 8 October, we held our annual International Speech and Evaluation Contests.

The Evaluation Contest was a close call between the two contestants and was narrowly won by Stephen Moore. Brad Grootelaar served as the test speaker.

The International Speech contest was equally contended. The winner was Kate Brooks, who gave a powerful speech about the challenges women face in the engineering industry.

This evening concluded our club contests for the year. The winners will now progress to the next level.

Evaluation

1st: Stephen Moore

2nd: Scott Simpson

International Speech

1st: Kate Brooks

2nd: Stephen Moore

3rd: Thilina Jayasundera

SUCCESS IN THE DISTINGUISHED CLUB PROGRAMME

The Distinguished Club Programme is a set of ten goals that all clubs work towards each year. This is where most of our ribbons come from. You can learn more about these goals here:

<http://dashboards.toastmasters.org/ClubReport.aspx?id=00001866>

Within less than four months, we have already achieved 8 out of 10 goals, which means that we are leading the District. We were also the second to achieve Select Distinguished Status (7 out of 10 goals) and have a possibility of being the first to achieve President's Distinguished Status (9 out of 10 goals). This is remarkable considering that there are 124 clubs within our district.

This is a positive reflection of all the work that is going into the club at the moment. If all goes well, we should comfortably achieve all ten of the goals, which does not happen often!

SELECT DISTINGUISHED



EDUCATIONAL: CONTROLLING YOUR FEAR

Both experienced and beginning speakers can be nervous about giving a speech. The difference is that the experienced speaker knows how to control this nervousness and use it to enhance the speech. By understanding the causes and symptoms of the fear, a speaker can harness that seemingly negative energy and channel it toward a positive outcome. The experienced speaker also knows how to appear confident in front of an audience. To obtain a confident appearance, a seasoned orator applies the proper methods and techniques for relaxation.

ANXIETY TRIGGERS

- ▶ New and unknown situations
- ▶ Risk of failure
- ▶ Potential for appearing foolish
- ▶ Possibility of boring the audience

ANXIETY SYMPTOMS

When confronted with a situation that causes anxiety, the body responds by increasing the flow of adrenaline. Adrenaline causes the heart to beat faster. Extra blood and oxygen rush to the muscles and brain. This natural rush provides extra energy that enables quick responses, but it also can have some less desirable effects such as increased heart rate, butterflies in the stomach, uncontrollable shake, light-headedness or dizziness.

MANAGING ANXIETY

Anxiety is common to all speakers who are concerned about their performance. This nervous energy is valuable if used properly. The key is learning to manage it. There are three major methods for handling anxiety:

1 - Experience

One of the best methods for reducing anxiety is practice. Repeatedly giving speeches reduces fear and helps to build confidence. After speaking a few times, you begin to put your anxiety into perspective. Try these techniques to gain experience:

- ▶ Practice in front of a mirror
- ▶ Rehearse in front of family and friends
- ▶ Deliver a speech before your Toastmasters club

2 - Visualisation

Research shows that vividly imagined events are recorded as memories. To the brain and central nervous system, these memories are indistinguishable from actual experiences. Thought processes cause physiological changes that affect performance. Mentally rehearsing employs thought processes to achieve positive results.

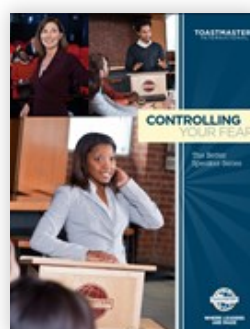
3 - Relaxation

Because the mind and body are connected, feelings often affect the body physically. As anxiety builds, so does physical stress. Relaxation and breathing techniques alleviate physical tension and calm the mind. Isometric exercises reduce stress by increasing circulation and the flow of oxygen to the brain.

CONCLUSION

Even after practicing and mentally rehearsing your speech, it's normal to feel nervous before your presentation. You want some adrenaline flowing to help you speak energetically. Keep in mind that your audience likely won't notice your nervousness. Audiences are often unaware of the signs the speaker thinks are embarrassingly obvious. If you walk and speak confidently, the audience will not know that your palms are sweaty, and your heart is pounding. The next time you are about to give a speech, as your heart pounds, you have butterflies in your stomach and your knees quiver, turn your anxiety into positive energy.

Written by Charlotte Steele



This article is based on a booklet from The Better Speaker Series

toastmasters.org/resources/the-better-speaker-club-series-set



CLUB DETAILS

Christchurch Toastmasters

Club 1866

District 72

Meeting Location:

Cashmere Club
50 Colombo Street
Christchurch

Meeting Times:

Every Tuesday at 7.30 pm

Website:

christchurchtoastmasters.co.nz

Facebook:

[facebook.com/
ChristchurchToastmasters/](https://facebook.com/ChristchurchToastmasters/)

Editor Contact Details:

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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.

WHERE OUR CLUB FITS IN

With the Area and Division Contests fast approaching, some of our newer members may be wondering how our club fits into the wider organisation.

Here is how it all works:

Club 1866

That's us! We are one of 16,000 clubs around the world. Each one has a President, a committee and 15 - 30 members.

Area D4

Our area consists of four local clubs and is lead by an Area Director. These four clubs are Spreydon Toastmasters, Christchurch Athenians Toastmasters, Leadership Academy and Christchurch Toastmasters.

Division D

There are five areas within Division D, which is lead by the Division Director. Our Division includes half of Christchurch and South Canterbury.

District 72

There are six divisions within District 72. This is lead by a District Director and District Executive team. Our district includes all of the South Island and Greater Wellington

Region 12

The world is divided into 14 geographic regions, with each one having a Region Advisor and International Director. Our Region includes all of New Zealand, Australia and Indonesia.

Toastmasters International

The International Headquarters is located in Denver, Colorado. The head of the entire organisation is the International President.