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ACHIEVING EXCELLENCE MAGAZINE



The Editorial Team

District 74 Southern Africa Toastmasters

District 74

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EDITOR'S NOTE



The end of the Toastmasters year is just a few days away. This gives us a few days to push even harder to finish the year strong and accomplish the goals we had set at the beginning of the year.

It also means this is my last issue as Managing Editor of this wonderful platform. It has been such an honor this past year, reading various Toastmasters stories and getting to be the first message most of you read each time you opened an issue.

This time around we not only bring you stories about fellow Toastmasters but stories about this past year's Editorial Team.

This is not the last issue for the publication and hence remember to reach out or answer when called, because your story matters too.

Khethiwe Malema

2025-2026 Toastmasters District 74 Executive Members

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Toastmasters District 74 Mission

We build new clubs and support all clubs in achieving excellence.



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DISTRICT DIRECTOR'S NOTE

As I sit down to write my final article as your District Director, I am overwhelmed with gratitude. A year ago, we embarked on a journey under a simple but but powerful theme: **Catalyst of Success**. At the time, it was an idea—a belief that ordinary actions, taken consistently and intentionally, could create extraordinary results. Today, I look across our District and I see something remarkable. For many of you, being a Catalyst of Success is no longer a theme. It has become a way of life.

I have seen leaders step forward when their clubs needed them most. I have seen members encourage one another through challenges, celebrate victories together, and create environments where growth could flourish. I have seen clubs become communities, and communities become families.

To every leader, member, and volunteer who embraced this vision—thank you. You gave life to an idea and transformed it into a movement. I would like to extend my heartfelt congratulations to every club that has achieved Distinguished status and beyond. Your achievement is evidence of what is possible when members are supported, leaders are committed, and a shared vision is pursued with purpose. Take pride in what you have accomplished.

To those clubs still working towards their goals, I want you to know this: your story is not defined by where you are today, but by your willingness to continue moving forward. Some of the greatest victories are achieved in the final moments of the journey. Keep believing. Keep building. Keep showing up.

And to those clubs that have already achieved excellence, I have one request: continue being Catalysts of Success. Reach out. Encourage. Share your experiences. Support a neighboring club. Our greatest achievements mean even more when they inspire success in others. As we approach the finish line, let us finish strong—not because the year is ending, but because every effort still matters. Every member retained.



Every guest welcomed. Every speech delivered. Every life impacted.

Leadership, at its best, is not about holding a position. It is about leaving something better than you found it. As I prepare to hand over the responsibility of leading this incredible District, I do so with confidence and excitement.

To our incoming District Director, Bryton Masiye, DTM, and his team, I wish you every success as you lead under the inspiring banner of "Ordinary People Achieving Extraordinary Things." May you find joy in the journey, wisdom in the challenges, and pride in the lives you will touch. I have no doubt that District 74's best days are still ahead.

Thank you for allowing me the privilege of serving you.

Thank you for believing in the vision. Thank you for being Catalysts of Success.

The journey may be changing, but the impact will continue for years to come.

Together, we have not only pursued excellence.

Together, we have achieved it

Bhekisisa Ngomane,DTM
District Director
2025/26

FROM THE PUBLIC RELATIONS DESK

As we reach the end of the 2025/2026 Toastmasters year, June provides an opportunity to reflect on a remarkable journey of growth, achievement, and connection across District 74.

Throughout the year, clubs and members embraced the power of communication and leadership, sharing inspiring stories, celebrating educational milestones, recognizing achievements, and showcasing the impact of Toastmasters within our communities. From club events and speech contests to membership campaigns and leadership development initiatives, our collective efforts have strengthened the Toastmasters brand and amplified the voices of our members.

Public Relations has played a vital role in telling these stories. Through social media, the district website, and Achieving Excellence Magazine, we have highlighted the successes, journeys, and accomplishments that make our district extraordinary. Thank you to every Vice President of Public Relations, content contributor, and club leader who helped share our message throughout the year.

As I conclude my term as District Public Relations Manager, I would like to express my sincere gratitude for the support, collaboration, and enthusiasm shown by members across the district. It has been an honour to serve and help tell the stories of District 74.

I am also delighted to welcome Matome Seabi as the incoming Public Relations Manager. Matome brings passion, creativity, and fresh perspectives to the role, and I have every confidence that he will continue to elevate the district's visibility and strengthen our communications. On behalf of the district, I wish him every success as he begins this exciting new chapter.



As one Toastmasters year ends and another begins, let us celebrate how far we have come and look forward to the opportunities ahead. The stories may change, but our mission remains the same: empowering individuals to become more confident communicators and leaders.

Leya Musunga,DTM
Public Relations Manager
2025/26



Matome Seabi incoming Public Relations Manager.



District 74

Southern Africa Toastmasters

BEAT THE CLOCK

Membership Drive

01 May - 30 June 2026

**ADD 5
NEW, DUAL, OR
REINSTATED MEMBERS**



Reward: R300 Voucher + ribbon from TI + up to R200 in boosted Facebook Ads.

This is Me

By Tumelo Maphalala

For the better part of a year, I have had the privilege of writing for the Achieving Excellence Magazine. When the journey began, I was asked to choose a segment to write for, and I boldly selected Leadership. Had you asked me before this journey whether I was qualified to write about leadership, I probably would have laughed.

My name is Tumelo Maphalala, columnist for the District 74 Achieving Excellence Leadership Segment. I am a Toastmaster from Botswana and a member of Gaborone Toastmasters Club, the first Smedley Distinguished Club in District 74. Professionally, I am a Biologist working for a pharmaceutical manufacturing company specializing in livestock vaccines.

I began my Toastmasters journey to improve my public speaking skills, but along the way, I discovered leadership. Before Toastmasters, leadership seemed to be about titles, authority, and perhaps a salary to match. What I did have, however, was a lifelong love for reading and writing. Choosing the Leadership segment was my way of challenging myself both as a writer and as a leader.

When I started writing, I realized something unexpected: leadership writing was not about having all the answers. It was about paying attention. I decided to be candid about my own experiences and lessons learned along the way. To my surprise, that honesty became the foundation for meaningful content.

Through writing these articles, I challenged myself to read more, reflect more, and become curious about the leadership lessons hidden in everyday experiences. I drew inspiration not only from theories but also from difficult



conversations, moments of self-doubt, small victories, and periods of uncomfortable growth.

I discovered that leadership is less about expertise and more about awareness. And perhaps that is why this experience has meant so much to me. These articles became more than content. They became a record of my own development. A space where my love for language met my journey in leadership.

I still do not claim to have all the answers, but I now know this: Leadership is not always written by those who have mastered the journey. Sometimes it is written by those willing to document it honestly.

This is me. Still learning. Still leading. Still writing.

From Timid Writer to Cover Story Success

By Modieng Ramekosi

As I reflect on my 2025/2026 Toastmasters year, I can confidently say it has been one of the most challenging and rewarding experiences of my journey. My involvement with the District 74 Achieving Excellence magazine team happened unexpectedly. I had originally applied for the Video Editor role but was selected as a writer instead. Looking back, I am grateful things worked out that way. As the saying goes, everything happens for a reason.

When I joined the team, I was timid and unsure of myself. Writing articles and interviewing members was unfamiliar territory. Fortunately, I received tremendous support from my fellow team members, who guided and encouraged me throughout the year. I also had the privilege of connecting with Toastmasters from different clubs who willingly shared their stories and experiences.

One of the greatest lessons I learned through these interviews was that many Toastmasters share a common journey. We join the organisation because we recognise a gap in our communication or leadership skills and are willing to work on improving them. While many members come to Toastmasters to become better public speakers, they often discover that the programme develops much more than communication skills. It builds confidence, leadership, resilience, and the ability to inspire others.

The journey was not always easy. Coordinating interviews and meeting publication deadlines required persistence and patience. There were occasions when members agreed to be interviewed but were unable to follow through creating challenges when deadlines were approaching. These experiences taught me



adaptability and perseverance.

My proudest moment came when our editor selected one of my articles to be featured as the magazine's cover story. I was asked to expand the article, and after additional editing, it earned the cover-page position. The timing coincided with the contest season, creating significant interest among members. The edition went on to achieve the highest number of downloads, reaching 1,334 downloads to date. Seeing my work featured on the cover and knowing it resonated with so many readers was an incredible honour.

This experience reminded me that every Toastmaster has a story worth telling, and those stories have the power to inspire growth and transformation in others.

Stories That Shape Us: Reflections on Toastmasters, Teamwork and Excellence

By Khethiwe Malema

I am Bachazile Khethiwe Malema, though most know me simply as Khethiwe. As a proud member of Nedbank Allstars and Rivonia Toastmasters, this year has been filled with unforgettable moments and valuable opportunities for growth. One of the most transformative experiences was joining the Achieving Excellence team as Managing Editor.

When I first signed up, it was purely because of my love for reading. I knew the magazine required articles to be written, and I saw it as an opportunity to strengthen my communication skills. Taking on the Managing Editor role, however, became an opportunity to further develop my leadership skills and embrace a new challenge.

As Managing Editor, I guided the team, reviewed submissions, and selected cover stories. Reviewing articles was one of the most rewarding aspects of the role. Each story offered lessons, inspiration, and insights from fellow Toastmasters. Often, revisiting articles during the draft issue review process revealed new perspectives I had missed the first time. The stories themselves became a source of learning and motivation, helping me navigate challenges and even contributing to my achievement of the Magic Five Award.

Leading this team reinforced an important lesson: we are all here to learn while balancing careers, families, and other commitments. Yet through collaboration and shared purpose, we create something greater than ourselves. As John C. Maxwell said, "Teamwork makes the dream work."

This team played a key role in reviving the publication and producing the special edition



honouring our International President, Aletta Rochat, DTM, the first International President from Africa. We also celebrated the success of the March issue, which surpassed 1,000 views, and the team's recognition with the Golden Goose Award at ThriveCon.

As my role as the 2025/26 Achieving Excellence Managing Editor comes to a close, I carry with me lessons from every story shared, and the reminder that with the support of an incredible team and the guidance of visionary leaders like DTM Leya Musunga, I can stretch beyond what I thought possible.

I have truly loved this experience. And now, I look forward to watching Achieving Excellence not only survive but thrive—making waves across District 74 with stories that inspire, empower, and connect us. See you soon, when I read your story in Achieving Excellence—because all stories matter.

Learning, Growing, and Creating

By Leya Musunga

One of the things I love most about Toastmasters is that it is a learning environment. It provides a safe space where members can develop new skills, challenge themselves, and grow with the support of people who genuinely want to see them succeed. My experience as the Design and Layout Coordinator for the Achieving Excellence magazine this year was a perfect example of that.

At the beginning of the 2025-2026 Toastmasters year, I decided to take on the role, knowing it would require skills and experience that I was still developing. To prepare, I reached out to a previous team member who had been responsible for the magazine's layout. Their guidance helped me understand the structure and expectations of the publication.

Using their advice, I created a template and sought feedback before finalizing it. Their encouragement gave me the confidence to volunteer for the role. This experience reminded me that one of Toastmasters' greatest strengths is the willingness of experienced members to mentor and support others as they take on new challenges.

I used Canva, a platform I find user-friendly, to design the magazine. While the template made the process easier, producing each edition required significant time and attention to detail. It involved coordinating with writers, ensuring articles were submitted on time, reviewing content, sourcing quality photographs, and arranging everything into a visually appealing publication.

What stood out most was the teamwork involved. The magazine is the result of many people working together toward a common



goal. Writers, editors, reviewers, and designers all play an important role in bringing each issue to life. Seeing everyone's contributions come together in the final product was incredibly rewarding.

Most importantly, this experience allowed me to develop a skill I never imagined I would be learning a few years ago. Through Toastmasters, I gained confidence in design and publication layout while strengthening my project management and collaboration skills.

As the Achieving Excellence magazine was revived this year, it was exciting to contribute to its growth and development. It has been a pleasure working alongside such an amazing team. Seeing our efforts recognized with the Golden Goose Award at the May Hall of Fame was the perfect culmination of a memorable and fulfilling year.

My Toastmasters Journey: Stepping Up and Growing Every Day

By Nomthandazo Miselo

Since joining Toastmasters in 2016, my journey has been one of continuous growth, self-discovery, and meaningful connection. What initially attracted me to Toastmasters was my love for interacting with people, learning from others, and sharing knowledge. It provided the perfect platform to develop my communication and leadership skills while pursuing my passion for public speaking.

Over the years, Toastmasters has helped me become a more confident speaker and communicator. I have learned how to structure my thoughts clearly, express myself effectively, and lead with confidence. These skills have not only improved my performance in meetings but have also transformed how I engage in my personal and professional life.

Professionally, the growth in my communication abilities has created opportunities to deliver keynote speeches at various workplace functions. The confidence I gained through Toastmasters has strengthened my professional presence and ability to connect with audiences. Beyond the workplace, I have applied these skills in my church, where I have taken on leadership roles and gained the confidence to address congregations.

My Toastmasters journey has been enriched by several memorable experiences. Serving on the RoarCon 2025 Planning Team gave me the opportunity to help organize my first conference and work alongside passionate leaders. Attending ThriveCon in Lesotho was equally impactful, as it was my first trip outside South Africa and allowed me to connect with Toastmasters from diverse backgrounds while



learning valuable lessons on wellness, stress management, and leveraging Toastmasters skills. Another significant milestone was serving as Contest Chair for my area. Taking on this role pushed me beyond my comfort zone and reminded me that growth often comes from saying yes to new challenges.

One of the greatest gifts Toastmasters has given me is the community. I have been inspired by leaders such as Njabulo Thela, DTM, Zoya Mabuto, and Thandwefika Tshabalala. Within Nedbank Toastmasters, the support and encouragement of fellow members helped me step into leadership roles, including serving as Vice President Public Relations.

Reflecting on my journey, one lesson stands out: growth comes from stepping up, even when you feel unsure. Every opportunity is a chance to discover your potential. As I continue my Toastmasters journey, I look forward to learning, growing, and inspiring others along the way.

A Journey of Growth Through Stories

— By Lame Mthethwa

Title of our publication Achieving Excellence carries a message that resonates deeply with me.

The message that excellence is not perfection, excellence is the commitment to continuous improvement—to learning, growing, and becoming better than we were yesterday.

When I accepted the role of Personal Growth Editor for Achieving Excellence Magazine, I was tasked with capturing and sharing the stories of Toastmasters transforming their lives through communication and leadership. What I did not expect was how much the experience would transform me.

As someone passionate about personal development, the role felt aligned with my purpose. Looking back, I am grateful not only for the stories I had the privilege of sharing but also for the person I became in the process.

Writing became one of my greatest teachers. It became a mirror through which I could reflect on my own journey while learning from the experiences of others. Each article challenged me to listen deeply, think critically, and communicate lessons in a way that would inspire readers.

Before becoming an editor, I saw writing mainly as a means of communication. Through this role, I discovered that writing is also a powerful tool for learning, reflection, and personal transformation. It taught me to ask deeper questions and look beyond achievements to understand the lessons behind them. One of the most rewarding aspects of the role was uncovering the journeys hidden behind titles, awards, and accomplishments.



I discovered that behind every accomplished speaker, leader, and mentor is a story of courage, perseverance, and self-discovery.

As I listened to members share their experiences, common themes emerged. Many joined Toastmasters to improve their communication skills but found something much greater—confidence, leadership, resilience, and purpose. Their stories reinforced that the Toastmasters journey is not simply about speaking; it is about becoming.

What stood out most was the realization that growth often happens in uncomfortable moments. Whether overcoming a fear of public speaking, stepping into leadership, or facing personal challenges, every story confirmed a truth I hold close: growth begins where comfort ends. My journey as Personal Growth Editor taught me that every story matters and every challenge presents an opportunity for growth. More than writing articles, I was documenting transformation. More than publishing stories, I was inspiring possibility. In the process, I became the very message I sought to share that growth is possible for anyone willing to learn, reflect, and keep moving forward.

Finding My Voice Through Growth and Determination

By Phaphama Mhlekwa

From the rural township of Peddie in the Eastern Cape to becoming a confident Toastmaster, my journey has been shaped by resilience, continuous learning, and a strong belief in personal growth. Raised in a close-knit family, I am deeply grateful to my mother and five siblings, whose unwavering support helped shape my values and determination following the loss of my father.

Driven by a passion for self-development, I earned a Postgraduate Diploma in Business Administration from Milpark Business School and have built a successful career in the Information Technology sector. While thriving in a demanding technical environment, I recognized the importance of strengthening my communication and leadership abilities to complement my professional expertise.

My Toastmasters journey began through admiration for skilled speakers at seminars and conferences. A defining moment came during the 2024 Standard Bank P&C Summit, where I was inspired by a speaker's confidence, poise, and ability to connect with the audience. Motivated to develop my own voice and presence, I joined the Moving Forward Toastmasters Club in South Africa.

Public speaking was initially a daunting challenge. As English is not my first language, standing before an audience often felt intimidating. However, through consistent practice, constructive feedback, and the supportive Toastmasters environment, I gradually overcame my fears and developed confidence in my ability to communicate effectively.



During the 2025/26 Toastmasters year, I had the privilege of serving as Profile Editor for the Toastmasters International District 74 Magazine. This role strengthened my leadership skills and reinforced the value of collaboration, commitment, and service.

Balancing a demanding career, personal responsibilities, and Toastmasters activities requires discipline and intentional effort. I believe that investing in personal development is one of the most rewarding commitments we can make. Guided by the belief that “your growth is in your hands,” I strive to inspire others through authenticity, continuous self-improvement, and lifelong learning.

The Transformative Impact Of Saying 'YES'

By Khaka Gomba

When the opportunity to contribute to the D74 Achieving Excellence Magazine presented itself, I had only been a Toastmaster for two months. I was full of energy, eager to make a difference, and determined to embrace every challenge that came my way.

With enthusiasm, I raised my hand. Yet, as with many new ventures, imposter syndrome whispered doubts You've never worked on a magazine before. I chose not to listen.

I reminded myself that I joined Toastmasters to explore uncharted territory, to discover capabilities I never knew existed within me.

One day, I will be drafting legal documents this journey begins today.

Despite the demands of a busy schedule, I accepted the challenge. Being part of D74 Achieving Excellence Magazine became a turning point. It opened doors at work, where I was invited to contribute to the Rewards and Benefits newsletter. This opportunity not only broadened my professional exposure but also inspired me to read more widely, sharpening my writing skills and deepening my confidence.

Looking back, I realize that saying "yes" to Toastmasters and the magazine was more than a personal milestone it was the start of a transformative journey. It taught me that growth lies beyond comfort zones, and every challenge embraced becomes a stepping stone toward excellence.



"Toastmasters taught me that courage is not the absence of doubt; it is moving forward despite it."

Celebrating Leadership In The Year That Was

By Tumelo Maphalala

As the Toastmasters year comes to a close, there is a temptation that many leaders know too well to look back and immediately count what did not happen.

- The membership goal not reached.
- The project left unfinished.
- The meetings that could have been better attended.
- The plans that changed.
- The difficult conversations.
- The moments we felt inadequate.

Leadership has a way of making us focus on the gaps. But before we move into the next Toastmasters year with new goals and fresh ambitions, perhaps we owe ourselves something first: **Celebration.**

Not because everything went perfectly. But because leadership happened. Someone organized meetings despite a demanding schedule. Someone followed up with guests. Someone prepared agendas late into the evening. Someone chaired committees, wrote reports, mentored members, solved problems, kept clubs alive, and carried responsibilities that often went unseen. **That matters.**

Toastmasters leadership is unique because we volunteer to grow. We raise our hands not because we have mastered leadership, but because we want to learn it. And learning leadership is rarely elegant.

Some years teach us confidence. Others teach us resilience. Some years bring awards. Others bring perspective.

For many leaders, this year may not have looked the way they imagined when they accepted office. Yet that does not erase the growth that happened in the process.

If you had difficult moments this year, celebrate that you stayed. If you made mistakes, celebrate that you tried. If you faced challenges that stretched your patience, confidence, or capacity, celebrate that you now know more than you did before.

Leadership is not measured only by outcomes. Sometimes it is measured by willingness. And the beautiful thing about Toastmasters is this: the end of the year is never the end of the story. July arrives shortly after. New officers take office. New opportunities emerge. New goals are set.

And even if this year was not your strongest year, you are allowed to return wiser, lighter, and more intentional. So celebrate what was. Reflect on what could improve. Then try again. Because leadership is not built in a perfect year. It is built across many years, one meeting, one challenge, and one courageous “yes” at a time.

I Let My Work Speak For Itself

By Tumelo Maphalala

It sounds noble. Humble, even. For years, many of us have believed that if we simply work hard enough, produce excellent results, and stay focused, the right people will notice. But increasingly, I am learning that work rarely speaks. **People do.**

This is not to say substance does not matter. It matters greatly. Competence is important. Results are important. But in a world where ideas compete for attention and opportunities are often created through connection, visibility matters too.

As leaders especially, we cannot afford to believe that excellence alone guarantees influence. Public speaking and leadership are often treated as separate skills, but they are deeply connected. Leadership requires the ability to communicate ideas, inspire action, advocate for your work, and articulate value. Without communication, even excellent work can remain unseen.

Toastmasters has shown me this in practical ways. A member can deliver a brilliant project, but unless they communicate the process, lessons, and outcomes, much of its value remains hidden. Likewise, in our careers, it is not enough to quietly achieve. We must learn to present, explain, and connect.

There is also another side to this. Learning to speak about our work is not arrogance. It is stewardship. It allows our ideas to travel further and create greater impact. The goal is not to become louder. The goal is to become clearer.

Invest in your voice. Learn to communicate with confidence. Develop leadership alongside competence. Do the work, but also learn to tell the story of the work.

Work may speak for itself, however people listen to people.



Understanding the Presidential Citation: Celebrating Excellence Through Service

By Leya Musunga

Toastmasters International highest honor for exceptional service and dedication is the Presidential Citation Presented annually by the International President during the Toastmasters International Convention, this prestigious award recognizes members who have made outstanding contributions to the organization and exemplify the very best of Toastmasters' values.

Recipients of the Presidential Citation are selected solely at the discretion of the International President. The award acknowledges individuals who have demonstrated continual support, dedication, and significant service over an extended period. Among the criteria considered are contributions to organizational growth, significant long-term service at the district or international level, exemplification of Toastmasters' core values, and meaningful contributions to the broader community outside of Toastmasters. Not all nominees receive the award, and a Toastmaster may only receive the Presidential Citation once.

In 2026, District 74 proudly celebrates one of its own, Karen Levy Strauss, DTM, as a recipient of this distinguished honour. Karen's Toastmasters journey is a remarkable example of leadership, service, and commitment. Known throughout Southern Africa for her passion for excellence and her willingness to go beyond expectations, Karen has made an enduring impact on countless members and clubs. Throughout her Toastmasters career, Karen has served in numerous leadership roles and achieved several notable milestones



She was recognized as Area Governor of the Year in 2010 and received the District 74 Toastmaster of the Year Award twice, in 2005 and 2011. Her dedication to club growth is particularly noteworthy, having helped establish numerous clubs, including 16 within Standard Bank alone. She has also coached members, supported struggling clubs, and developed and facilitated training for Club and District leaders.

Beyond Toastmasters, Karen has built a successful career in the Financial Services industry, holding Learning and Development leadership roles since 1989. Her professional experience in helping individuals and teams reach their full potential mirrors the mentorship and leadership she has consistently demonstrated within Toastmasters.

Congratulations, Karen Levy Strauss, DTM, on this well-deserved recognition. Your example continues to inspire Toastmasters across District 74 and beyond.

When Everything Aligned: The Double Victory That Redefined a Toastmaster

By Modieng Ramekosi

For many Toastmasters, contests are milestones. For Dr. James Ramakau, they became a journey of alignment, service, and transformation that culminated in an extraordinary double victory in both the Table Topics and Evaluation contests. Even now, the achievement feels surreal. “Hearing my name announced as the winner still feels almost unbelievable,” he says. Winning one title would have been a proud moment, but winning both exceeded anything he had imagined.

“It felt like everything aligned perfectly—the right time, the right place, the right people, and the right topics. It was one of those rare moments where everything just worked out.” Yet behind the success lies years of preparation, consistency, and personal growth.

A Moment of Surprise

Standing among the finalists, James had already accepted what he believed would be the outcome.

“When they called the top three, I was already grateful. Standing next to someone like Keith Bowen, I thought, ‘I’ve done well just to be here.’”

When Keith’s name was announced, James assumed he had won.

“Then they turned to me and said, ‘No, you’re actually first place.’ It took a moment to sink in.” The same sense of disbelief accompanied both victories.

“It felt dreamlike, like I was standing outside of time for a moment.”

A Journey Rooted in Service

What makes the achievement even more meaningful is that it was never driven by a desire to win.



“I’m not naturally competitive,” James explains. “I joined contests to encourage others to participate and grow.”

His contest journey began unexpectedly when another contestant became unavailable at Area level and he stepped in. “That decision changed everything,” he says. “I didn’t even stay for the results because I had to attend my brother’s 40th birthday.”

Later, messages arrived informing him that he had won. The same pattern continued through Area, Division, and District levels. “At every stage, I simply showed up. I wasn’t chasing anything.” His lesson is simple: “Do not disqualify yourself before you even begin.”

The Power of Listening and Leadership

For James, success in Table Topics begins with listening. “If you truly listen, you already have half the answer.” Rather than rushing to speak, he focuses on understanding the question and responding authentically. Evaluation, however, represents something deeper. “Evaluation is an act of leadership,” he says. “You help someone see themselves more clearly.” For him, evaluation is about affirming strengths, offering constructive guidance, and helping speakers grow with confidence.

A Journey of Transformation

James’s Toastmasters journey began years before his contest success. After first encountering Toastmasters as a student, he eventually joined Victoria 2000 Toastmasters Club while living in Mpumalanga. For four years, he drove from Middelburg to Pretoria every second week, returning home late at night after meetings. “It wasn’t convenient, but every kilometer was worth it.” That commitment eventually led to helping establish a new club in the region. When asked to describe his Toastmasters journey in one word, his answer is immediate:

Transformation

Inspired by advice from his mentor, Irene Zauer —“Put yourself out there, experiment, explore, and watch yourself grow”—James embraced every opportunity to learn. His message to fellow Toastmasters is clear:

“Participation is the real victory. Everyone is capable of standing on that stage. Show up, because growth begins when you do.”



How Poor Communication May Derails Career Growth

— By Khaka Gomba

In Toastmasters, we celebrate the art of communication but in the corporate world, poor communication can quietly sabotage even the most promising careers. You may excel in technical skills, deliver results, and show initiative, but if your message is unclear, your growth can stall.

When achievements aren't communicated effectively, managers may overlook your contributions. Misunderstandings with colleagues can erode trust, weaken collaboration, and damage your professional reputation.

Even worse, unclear communication signals to leaders that you may not be ready for greater responsibility. Promotions and career advancement often hinge not just on what you do, but on how convincingly you share it.

Strong communicators make their impact visible, build relationships, and demonstrate leadership potential. Poor communicators risk being sidelined, missing deadlines, or appearing unreliable.

Communication is not a “soft skill” it is the cornerstone of career success. Mastering clarity, listening, and presence transforms talent into influence. Neglecting it leaves even the brightest professionals in the shadows.

Your words are your currency in the workplace spend them wisely, and they will buy you trust, opportunity, and growth. Fail to invest, and your career may never leave the ground.



Small Team, Big Dreams: How **Africa Leads The Way** Became A Movement

— By International President Aletta Rochat, DTM



I am a child of Africa.

Although I haven't lived in South Africa for my entire life, most of it has been spent here. I've had the privilege of living overseas and travelling extensively, experiencing different cultures and perspectives. Yet Africa has always been home. It shaped my values, my resilience, and my understanding of leadership.

More Than a Personal Achievement

When I became the first International President of Toastmasters International from Africa, many people congratulated me on the achievement. While I deeply appreciated their kindness, I knew this milestone represented something far bigger than my own success.

For me, it was validation and celebration for an entire continent.

For too long, Africa has often been overlooked and underestimated. Yet every day I meet extraordinary African leaders—people with talent, wisdom, courage, and determination. What we sometimes lack is not ability, but belief. The belief that we belong. The belief that we are worthy. The belief that we have what it takes to stand confidently on the global stage.

I wanted my year as International President to carry that message further.

That desire became the inspiration for my Distinguished Toastmaster project: 'Africa Leads the Way'.

One of the first things I did was commission commemorative gavels for each District Director in Africa. Engraved with the words 'Africa Leads the Way', they served as a reminder that leadership begins with belief, belief in ourselves and in what is possible.

My original vision was relatively simple. I hoped to leverage my position to generate publicity for Toastmasters across Africa through media opportunities, speaking engagements, and events that would help more people discover the value of our organization.

Then I assembled a team.

When Great Ideas Meet Great People

I invited Frank Tsuru, a Past International Director with whom I had worked closely over many years. Frank has an extraordinary ability to see possibilities where others see obstacles.

I invited Maud Nale, an accomplished PR professional who has done so much to promote Toastmasters in our District. Maud had already touched my heart by creating a commemorative digital magazine for my inauguration, filled with messages and greetings from Toastmasters throughout Africa. Reading it felt a little like reading my own eulogy while I was still very much alive!



Then there was Kerri-Lea Adlam. Kerri made the fatal mistake of sitting next to me at one of our meetings at Cape Town Toastmasters. I already knew she was doing phenomenal work as Vice President Public Relations for our club. What I soon discovered was the depth of her expertise, creativity, and energy. Thankfully, she agreed to join the project.

From Simple Idea to Powerful Movement

What happened next taught me one of my greatest leadership lessons: talented people can take a simple idea and transform it into something far beyond what you imagined. We initially explored hosting a corporate summit to build relationships and charter more Toastmasters clubs. Then Frank suggested we do something around Africa Day. It was a simple idea that changed everything.





Kerri leveraged her extensive network to secure an interview for me on East Coast Radio, generating thousands of views across various platforms. She arranged newspaper articles and, together with Maud, even turned my tenth Two Oceans Half Marathon into a leadership story. Imagine my surprise when I saw the headline: "Aletta Rochat Triumphs at Two Oceans!" The truth is, the word triumph doesn't accurately describe my running style.

The Power of Pivoting

As with most worthwhile projects, our journey wasn't a straight line. The corporate summit didn't materialise.

We pivoted.

Our Africa Day recognition event evolved.

When nominations didn't come as expected, we pivoted again.

Opening New Doors Across Africa and Beyond

Through Kerri's connections, I was introduced to the South African Chamber of Commerce UK, resulting in speaking opportunities and new relationships. Frank's connections led to an invitation to speak at a Rotary Zone event in Uganda, strengthening the alliance between Rotary and Toastmasters.

Along the way, more people chose to become part of the movement. Talented volunteers stepped in to help coordinate the Zoom event, serve as Master of Ceremonies, compose a theme song, and contribute behind the scenes in ways both visible and invisible. What began as a DTM project had become something much bigger—a shared vision that inspired people to offer their time, expertise, and creativity.

The Team Behind the Dream

The success of Africa Leads the Way was powered by extraordinary teamwork. Bertus Theron led as Zoom Master with professionalism and grace, while Leya Musunga, Estelle Engelbrecht, and Shukri Wiener (stepped in last minute and showed up with a big smile and absolute professionalism) ensured smooth event flow and technical excellence.

Estelle's positive energy and admin expertise kept everything seamless, Leya amplified our reach through marketing and guidance, and Shukri's steady presence anchored the technical side. Meanwhile, Maud Nale graciously supported our French-speaking participants in the chatboxes, embodying inclusivity and care. Together, this team of brilliant cogs worked tirelessly behind the scenes to deliver an event that was polished, professional, and inspiring, proving once again that teamwork makes the dream work.





Learning to Lead Differently

One of my greatest personal challenges was learning to lead differently. Extensive travel during my year as International President meant I couldn't always contribute as much as I wanted. I often felt guilty.

Yet every time I stepped back, the team stepped forward. I learned that leadership isn't about doing everything yourself. It is about creating space for others to contribute their gifts. Small teams achieve big dreams when trust replaces control.

A Project Becomes a Movement

As I complete this Distinguished Toastmaster project, I do so with immense pride and deep satisfaction. Not because everything went according to plan—it didn't. Not because we achieved every goal we originally envisioned, we didn't.

I am proud because we started. We adapted. We persevered. And together, we created something meaningful.

Africa Belongs on the Global Stage

Most importantly, we reminded ourselves—and perhaps others—that Africa belongs on the global stage. Our voices matter. We are worthy. We belong.

The Next Chapter

The truth is, there is still more to be done. 'Africa Leads the Way' is no longer simply a project. It is a movement with the potential to continue growing through annual events, interviews, partnerships, and new ideas we haven't yet imagined.

Join the Movement

If this message resonates with you, if you believe in celebrating African leadership and creating opportunities for others, I invite you to join us. Contact me if you would like to contribute to the next chapter of this journey.

Small team. Big dreams.

Africa leads the way.

A Journey of Growth and Confidence: Lerato Mbiko's Toastmasters Experience

By Nomthandazo Miselo

Lerato Mbiko is a motivated and growth-oriented individual with a passion for personal and professional development. Committed to improving her communication and leadership skills, she continually seeks opportunities to learn, challenge herself, and grow.

As a member of Nedbank Allstars Toastmasters, Lerato has found a supportive environment that encourages her to step outside her comfort zone and develop her potential. Her Toastmasters journey began with a desire to improve her public speaking skills and build confidence. What started as curiosity soon became a transformative experience that has significantly contributed to her growth.

Reflecting on her journey, Lerato says, "Joining Toastmasters has been one of the best decisions I've made for my personal growth. I've learned that confidence is built step by step, and every opportunity to speak is a chance to improve and believe in myself."

Since joining Toastmasters, Lerato has become more confident in expressing her ideas and speaking in front of audiences. Through regular participation, she has learned to organize her thoughts clearly and communicate them effectively. She has also developed the ability to give and receive constructive feedback, an important skill that has strengthened both her communication and self-awareness. The benefits of Toastmasters extend beyond the club environment. Professionally, the skills Lerato has gained



have helped her engage more effectively with clients, present ideas with clarity, and navigate conversations with greater confidence. These improvements have strengthened her workplace presence and enhanced her leadership potential.

Lerato also draws inspiration from leaders around her, particularly Matome, whose confidence, communication skills, and ability to motivate others have left a lasting impression. His leadership style demonstrates the impact that effective communication and guidance can have on empowering others—qualities Lerato hopes to continue developing in her own leadership journey.

Lerato's Toastmasters experience is a testament to the power of continuous learning and self-improvement. Through dedication, practice, and the support of her club, she has gained valuable confidence, communication, and leadership skills. As she continues her journey, she remains committed to growing into the best version of herself, both personally and professionally.

Triple Crown Spotlight: Anele Miya Leads Through Purpose

— By Leya Musunga

Earning the Triple Crown Award is a testament to dedication, perseverance, and a commitment to personal growth. For Anele Miya of ABSA Wakanda Toastmasters Club, this achievement represents more than completing educational milestones—it reflects her commitment to contributing to the success of her club and inspiring others along the way.

When setting her goals for the Toastmasters year, Anele ensured that her personal objectives aligned with the club's goals. She understood what the club needed to achieve and focused her efforts on helping make that vision a reality.

"My goals were in alignment with our club's goals," she says. "I knew what our club needed and by when. I had to push not only for myself but also for Wakanda." Anele's motivation came from a desire to see her club succeed. She was determined to contribute meaningfully and set an example for fellow members, particularly the many graduates and young professionals in the club who are building confidence as they enter the workplace.

"We have graduates in our club who need to build confidence. It's our duty to teach through action. When they see us taking roles and delivering speeches, it encourages them to grow personally and professionally."

She also acknowledges the support of the club's Executive Committee, whose encouragement helped keep her focused throughout her journey.



For members aspiring to earn multiple awards or achieve a Triple Crown, Anele offers straightforward advice: "Just do it! You set that goal for a reason. Put the fear aside, put the excuses aside, and go for it. You've got nothing to lose."

Through her determination, leadership, and commitment to growth, Anele Miya has shown what is possible when personal goals are aligned with a greater purpose. Her Triple Crown achievement serves as an inspiration to Toastmasters across District 74 to dream bigger, work harder, and keep progressing on their educational journey.

**"Put the fear aside,
put the excuses aside,
and go for it. You've
got nothing to lose."**

Triple Crown Spotlight: Kagelelo Mogotsi's Commitment to Excellence

By Leya Musunga

For Kagelelo Mogotsi of Gaborone Toastmasters Club, achieving the Triple Crown Award came through careful planning and an unwavering determination to follow through on goals.

Kagelelo's approach to achieving multiple educational milestones begins with understanding the requirements of each Pathway level. By reviewing the number of speeches needed and assigning specific timelines, she creates a clear roadmap for success.

"I review each level and understand how many speeches are needed to complete it," she explains. "Then I assign a time frame for each one and use the club meeting calendar to schedule when I will deliver my speeches."

Having a structured plan helped her remain consistent and monitor her progress throughout the Toastmasters year. The club meeting calendar, released at the beginning of each cycle, became an important tool in helping her stay organized and focused on her goals.

When asked what motivated her to continue pursuing multiple awards, Kagelelo points to a simple but powerful principle: commitment.

"Once I sign up for something, I like to see it through," he says. "I also want to get my money's worth. That mindset keeps me pushing to do more."



For members aspiring to earn multiple awards, Kagelelo advises taking time to review Pathway requirements and planning speeches well in advance. She also encourages members to visit other clubs, creating additional opportunities to speak and complete projects more quickly.

Her Triple Crown achievement demonstrates that with planning, commitment, and consistency, ambitious Toastmasters goals can become reality.

Triple Crown Spotlight: Yolisa N. Ndima's Formula for Success

By Leya Musunga

Achieving the Triple Crown Award is a significant milestone in any Toastmaster's journey, recognizing members who demonstrate exceptional commitment to personal and leadership development. For Yolisa N. Ndima of Pinnacle Toastmasters Club, earning the award was the result of careful planning, consistency, and a strong support system.

Yolisa describes herself as a consistent yet adaptable person. When setting goals, she relies on a strategy she calls the "Reverse Engineer" method. Rather than focusing only on the end result, she starts with the deadline and works backward, creating a clear roadmap for completing each level of her Pathway.

"I set myself a deadline and work backward from there," she explains. "I believe I cannot achieve a target or goal that I have not defined. Once the goal is clear, I can map out how I will complete each level."

While planning is important, Yolisa believes that staying motivated requires a deeper connection to purpose. Throughout her journey, she remained focused on her "why"—the reason she began pursuing her goals in the first place. This helped her stay committed even when progress felt slow or challenges arose.

She also makes a point of celebrating achievements along the way. "I reward myself after reaching a goal or milestone," she says. "It reinforces positive habits and keeps me motivated." Yolisa credits much of her success to the supportive environment at Pinnacle Toastmasters Club.



She expresses gratitude to the club's Vice President Education, past President, and current President, who provided encouragement, accountability, and guidance throughout her journey.

For members hoping to achieve multiple awards before the deadline, Yolisa encourages them to focus less on the award itself and more on the habits that lead to success.

"Results-based goals can be overwhelming," she says. "Focus on the daily, weekly, and monthly behaviours that produce excellence." She also recommends breaking pathways into smaller, manageable milestones, seeking support from club leaders, and celebrating progress along the way.

Yolisa's Triple Crown achievement demonstrates that success is built through intentional planning, consistent action, and the support of a strong Toastmasters community.

Mpho Kabelo's Journey to Distinguished Toastmaster

By Leya Musunga

The Distinguished Toastmaster (DTM) award is the highest educational achievement in Toastmasters, recognizing dedication to communication, leadership, and service. For Mpho Kabelo of Eloquent Toastmasters Club, earning the DTM represents six years of growth, learning, and giving back to others.

Beyond Toastmasters, Mpho is a teacher, mentor, and advocate for youth development. She runs a public speaking program for children, volunteers in youth entrepreneurship mentorship initiatives, and regularly visits schools to motivate students. In her spare time, she enjoys reading, running marathons, and going to the gym.

Unlike many members who set specific deadlines for achieving their DTM, Mpho chose to focus on the journey rather than the destination. "I didn't set a timeline. I was enjoying my journey in Toastmasters, knowing that when the time was right, I would have covered all the requirements."

Throughout her Toastmasters journey, Mpho has held several leadership roles, including Sergeant at Arms, Vice President Membership, Vice President Public Relations, Area Director, Division Director, and Club Coach Coordinator. These positions gave her opportunities to serve members, strengthen clubs, and contribute to the district's success. Mpho credits much of her achievement to the support of fellow Toastmasters. By seeking guidance from experienced members, she gained valuable insight into the DTM requirements and the different project options available.



She also benefited from the District 74 "Road to DTM" WhatsApp group, which provides encouragement and support to members pursuing the award. Another source of inspiration was the DTM interview podcast hosted by Leya Musunga.

"All those resources gave me ideas and direction," she says. Interestingly, many of the DTM requirements were completed naturally through her years of leadership and service. The only significant delay came during her term as Division Director, when district responsibilities required much of her focus.

One of the greatest lessons she learned is the importance of taking action.

"Fear causes inaction that hinders progress."

From Silence to Confidence: Sethunya Matsie

By Modieng Ramekosi

For years, I wanted to become a better communicator but fear often held me back. Speaking up in meetings felt intimidating, and whenever I had an opinion to share, anxiety would creep in. Often, I would convince myself that my perspective was not valuable enough and choose to remain silent. While that felt safer in the moment, it never felt right.

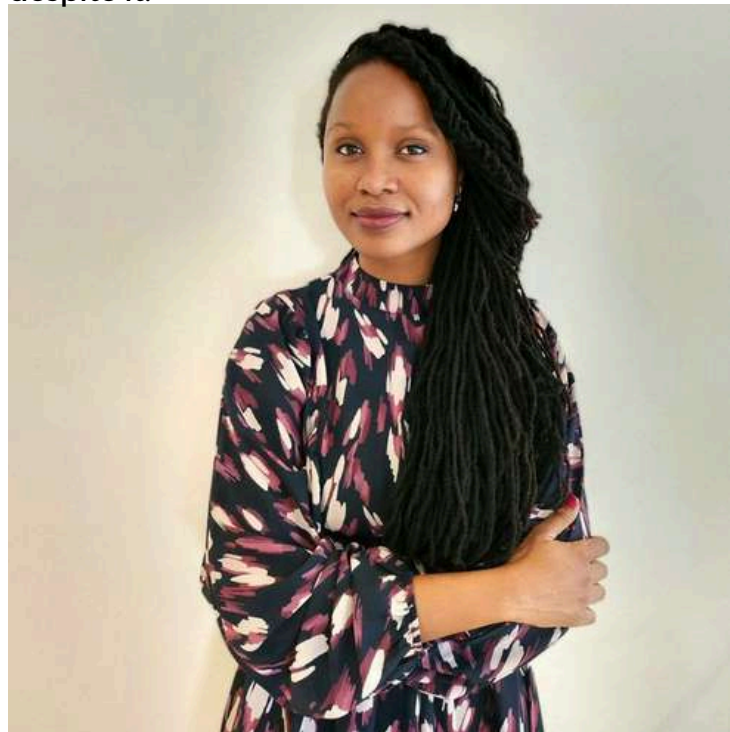
Eventually, I grew tired of allowing fear to decide when I could speak. Determined to change, I searched for Toastmasters clubs in my area and attended a meeting at Bacon and Egg Toastmasters. After that first visit, I knew I had found the right place.

Toastmasters became much more than a platform to improve my speaking skills. It gave me a supportive environment where I could learn, grow, and most importantly, be myself. The encouragement I received from fellow members helped me build confidence, not only as a speaker but also as a person. I learned that growth does not have to be intimidating, it can be enjoyable and shared with incredible people who genuinely want to see you succeed.

One of the biggest lessons I learned was to trust my own voice. Before joining Toastmasters, I often believed that my ideas did not add value to discussions. Over time, through speeches, evaluations, and Table Topics, I realized that every perspective matters. Speaking up became less about being perfect and more about contributing authentically.

A memorable milestone in my journey was competing in the Area Contest after only seven months in Toastmasters. Preparing for the contest challenged me to step outside my comfort zone. Initially, I worried that learning competition techniques would take away from my authenticity. However, I soon discovered that I could remain true to myself while developing new skills and becoming a more effective communicator.

Looking back, Toastmasters has transformed both my personal and professional life. It has helped me manage speaking nerves, trust my perspective, and embrace opportunities that once felt overwhelming. Most importantly, it has taught me that confidence is not about eliminating fear, it is about speaking and showing up as yourself despite it.



President Elect 2026/27
Bacon and Egg Toastmasters

Finding Courage in the Deep End

By Lame Mthethwa

For many people, joining Toastmasters begins with a simple goal: becoming a better speaker. For Happiness Mlambo-Mokgwabona, from Universal Speakers however, the journey became much more than mastering presentations—it became a journey of personal transformation.

“What began as a journey to learn how to speak with confidence became a journey to lead with purpose,” she reflects. “It pushed me beyond my comfort zone, strengthened my courage, resurrected my passion for mentoring others, and awakened the leader within me.”

Growing Through Challenges

One of Happiness’s defining moments came when she accepted the role of Vice President Education (VPE) for the first time. Stepping into the position felt overwhelming. “I honestly thought I would drown,” she recalls. Yet what initially felt intimidating became one of the greatest opportunities for her growth. The experience taught her resilience, stretched her abilities, and revealed strengths she never knew she possessed it taught her that transformation rarely happens in comfort.

Public Speaking as a Journey of Self-Discovery

“Public speaking is where I find my courage,” she says. “Each story I share pushes me to grow, to rise, and to become the best version of myself.”

For Happiness, public speaking is more than delivering speeches—it is a space where she continually discovers herself. Every speech becomes an opportunity not only to communicate with others but also to understand herself more deeply.

A Message to Her Younger Self

Looking back on her journey, there is one lesson Happiness wishes she had known from the beginning:

Not to fear the deep end. It is a message that resonates far beyond Toastmasters. Sometimes, the moments that seem most frightening are the very moments that reveal who we are capable of becoming.

The Power of Showing Up

The place that scares you most is where your strength will be born. Just show up, keep learning, and let every challenge grow you.”

Happiness’s story reminds us that personal development is not about perfection—it is about progress. Growth happens when we choose courage over comfort, learning over fear, and purpose over limitation.

And perhaps the greatest lesson of all is this:

Sometimes the deep end is not where we drown, it is where we discover how strong we truly are.



Engineer, Leader, Communicator: Kabelo Molaodi Toastmasters Journey

By Modieng Ramekosi

For many professionals, technical expertise alone is not enough to thrive in today's workplace. Strong communication and leadership skills are equally important. For Kabelo, a member of Honeydew Toastmasters Club, this realization led to a journey of remarkable personal and professional growth.

As an engineer, she understood that effective collaboration involves much more than technical analysis. Meetings, presentations, training sessions, and team discussions all require confidence and clear communication. However, a fear of public speaking often prevented her from fully participating and sharing her ideas.

After hearing colleagues speak about Toastmasters, she decided to join Honeydew Toastmasters Club to improve her communication skills. What started as an effort to overcome stage fright soon became a transformative experience.

"Toastmasters gave me a safe environment to practice speaking and receive constructive feedback," she says. "Over time, I became more confident in presenting my ideas and engaging with others." The impact extended beyond public speaking. Through regular participation, she improved her networking and conversational skills and learned how to structure technical discussions more effectively. The discipline of preparing speeches, managing time, and focusing on audience engagement became valuable skills that she now applies in both her professional and personal life.

Her growth also included leadership development. During her first year as a member, she joined the club's Executive Committee, where she gained experience in serving others, working as part of a team, and contributing to the success of the club. She continues to serve in leadership roles, strengthening her ability to lead and inspire others.



One of her greatest fears before joining Toastmasters was freezing in front of an audience or forgetting his words. Through consistent preparation and practice, she learned how to remain calm, recover gracefully, and respond confidently to questions.

One particularly memorable Toastmasters experience involved delivering a speech about a major career decision: whether to remain on a technical engineering path or pursue management. The speech sparked meaningful conversations among club members, who generously shared advice, personal experiences, and helpful resources.

"The support I received reminded me that Toastmasters is more than a public speaking organization," she reflects. "It's a community of people who genuinely care about helping each other grow." Today, she credits Toastmasters for helping her become a more confident communicator, a stronger leader, and a more engaged professional.

Empowering Leaders Through Communication: Rocky Phasha

— By Modieng Ramekosi

Joining Toastmasters has been a defining step in my personal and leadership development journey. I joined to improve my communication skills, strengthen my leadership abilities, and build confidence in public speaking. What I discovered was far more than a speaking club—it was a platform that empowers individuals to become better leaders through effective communication.

From my first meeting, I was welcomed into an environment of encouragement, learning, and growth. The supportive atmosphere made it easier to step outside my comfort zone and embrace opportunities to speak. With every meeting, I gained confidence, developed new skills, and became more comfortable expressing my ideas.

One of the greatest lessons I learned is that leadership begins with communication. In the beginning, speaking in front of an audience was intimidating. I feared making mistakes and being judged by others. However, Toastmasters provided a safe space to practice, receive constructive feedback, and improve consistently.

Over time, I realized that mistakes are not failures but opportunities to learn. This shift in mindset helped me focus less on perfection and more on progress. As my confidence grew, I became more intentional about using my voice to inform, inspire, and connect with others.

The impact of Toastmasters extends far beyond club meetings. Personally, it has helped me communicate more effectively and engage with greater confidence.

Professionally, it has strengthened my leadership, presentation, and feedback skills, enabling me to contribute more meaningfully in team and organizational environments.

A highlight of my journey was attending ThriveCon in Lesotho. The experience brought together Toastmasters from diverse backgrounds, united by a shared commitment to growth and leadership. Listening to inspiring speeches and connecting with fellow members reinforced the power of communication to influence lives and build stronger communities.

ThriveCon reminded me that leadership is a continuous journey of learning, sharing, and serving. It challenged me to keep growing, keep speaking, and keep leading with purpose.

Today, I am more confident, intentional, and empowered than when I first joined. Toastmasters has given me the skills and confidence to use my voice effectively—and to lead through communication.



Rocky Phasha

Vice President Public Relations

Gauteng Department of e-government Toastmasters

The Journey from Observer to Speaker: Naledi Manthoko

By Modieng Ramekosi

When I first attended meetings at Sandton Toastmasters, I was immediately inspired by the confidence and presence of the speakers. Watching members deliver speeches with conviction made me realize that I wanted to develop those same skills while discovering my own unique speaking style. That inspiration led me to join Toastmasters and begin my communication journey.

One of the things I value most about Toastmasters is the supportive environment it provides. It is a place where members can learn, make mistakes, and grow without fear of judgment. Every meeting offers an opportunity to improve, while constructive feedback helps transform challenges into learning experiences.

Through this process, I have become more confident in my speech-writing abilities and have learned how to organize and express my ideas more effectively. Although I am still working on delivering speeches with greater confidence, I am encouraged by the progress I continue to make.

Like many people, public speaking has presented challenges. One of my greatest fears has been standing in front of a room full of strangers and worrying that I might not sound polished enough. Toastmasters has helped me change that perspective. I have learned that growth comes from taking opportunities and that every speaking experience contributes to improvement. Rather than striving for perfection, I now focus on progress.

One of my most memorable experiences was serving as a demonstration speaker for Moving Forward Toastmasters.



Although I had delivered the speech before, the boardroom setting—with its large oval table and formal atmosphere—felt intimidating. I remember feeling nervous before I began. However, once I started speaking, I gradually relaxed and found my rhythm.

That experience taught me an important lesson: confidence is built by taking action, even when you feel uncomfortable. The courage to begin often creates the confidence needed to continue.

My Toastmasters journey is still unfolding, but every speech, evaluation, and meeting continues to shape me into a stronger communicator. I look forward to embracing new challenges, refining my delivery skills, and continuing to grow both personally and professionally through Toastmasters.

District 74

SOUTHERN AFRICA TOASTMASTERS

CLUB ANNIVERSARIES

June 2026

Division

A

Absalute Toastmasters Club - 4 Years

WBS Toastmasters Club - 10 Years

Absa Toastmasters Breakfast Club - 15 Years

Gold Reef Toastmasters Club - 34 Years

Standard Bank Operations Club - 36 Years

Division

B

Sanlam Toastmasters Club - 1 Year

Komani Toastmasters Club - 6 Years

Table View Toastmasters Club - 17 Years

Division

C

Nedbank Cape - 2 Years

Walvis Bay Toastmasters - 7 Years

The Breakfast Club Toastmasters - 14 Years

Talking Heads Club - 31 Years

Cape Town Club - 41 Years

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