

ACHIEVING EXCELLENCE

ISSUE 6 | JANUARY 2023

EDITORIAL

*"Every moment is
a fresh beginning."*

SUCCESS
THROUGH
LEADERSHIP

LEADING WOMEN

GRANNY BE007

CONTRIBUTE,
COLLABORATE,
CELEBRATE.



16
PAGES

REDEFINING LEADERSHIP IN AFRICA





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Service
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NOTE FROM THE MANAGING EDITOR



“Every moment is a fresh beginning.”

Happy New Year. The start of a new year always fills me with so much gratitude and joy. I am grateful that I get to experience another new calendar year and am joyful at all the new prospects that I may get to experience. It is a time to say goodbye to all that I was unable to achieve and a time to say hello to new goals and challenges. It's also a chance to do anything over that I may not have achieved in the previous year.

T.S Elliot once said, “Every moment is a fresh beginning.” As we enter the next stretch in the Toastmasters year what new beginnings do you have for yourself? A lot can happen in a short space of time. I hope that you can find some inspiration and knowledge in our January issue as it is definitely packed with a lot of stories that may help you as you say goodbye and hello to fresh beginnings. Happy 2023.

Leya Musunga

FROM THE DISTRICT DIRECTOR'S DESK

This year, you and I are going to make headlines for all the right reasons! When we walk into rooms, heads will turn! The projects we get involved in will be groundbreaking – charting new opportunities for you and your circles! Oh yes, this is the mindset for the year ahead!

I wish you abundance,
I wish you breakthroughs,
I wish you consistency,
I wish you determination,
I wish you emotional intelligence (of course)
I wish you fulfilment,
I wish you grit!
I wish you (good) health,
I wish you impact,
I wish you joy,
I wish you kindness,
I wish you love,
I wish you magic,
I wish you nourishment,
I wish you opulence,
I wish you prominence,
I wish you quality,



I wish you rest,
I wish you serenity,
I wish you timelessness,
I wish you understanding,
I wish you vision,
I wish you wisdom,
I wish you x-factor experiences,
I wish you youthfulness
I wish you zest!

May your year be all you dreamed of and may you always pursue abundance with zest and inspire us. I look forward to reading about it all.

All my love and support,

Andrew Tsuro

LEADERSHIP

5 KEY LEADERSHIP LESSONS FROM THE 2022 WORLD CUP FINALS

The 2022 World Cup came to an exhilarating, nail-biting finish that had everyone sitting at the edge of their seats in nervous anticipation of what the final outcome would be. It was a thrilling match, one that will go down in history as one of the most epic World Cup finals of all time.

In the world of Toastmasters, we can learn quite a great deal from the events that unfolded at the world stage of football. Here are 5 lessons that Toastmasters can take away as we begin the new year :

1. Every minute counts.

Start now and don't wait for the year to warm up! In the second half Kylian Mbappé took to the field, as a man on a mission. In the eightieth minute he scored the first goal for his team and a minute later equalised against the stunned Argentinian team. This was an epic display of making every minute count. In the Toastmasters journey, apply yourself to score on the Pathway programmes one level at a time and make your way towards achieving higher educational goals.

2. Appreciate small victories along the journey.

As we begin the year, be ready to win some, and to lose some. Just be mindful to keep a cool head so that every outcome is honourable. At

the sound of the final whistle, Kylian Mbappé was dejected. He was so crestfallen that he was inconsolable. Soon after the match many sympathised with him, including the French President! As the official proceedings continued, he was still crestfallen about the loss and did not seem to give consideration to the excellence that had brought them thus far.

3. We don't lose, we learn.

As leaders, let's look out for the lessons in every encounter and savour them. We never lose. We learn! The invaluable experience that the young French players had at the World Cup final is unique and unprecedented. It is said that "silent seas don't make skillful sailors," and indeed the intensity of the match carried many learning opportunities. Their skills were sharpened and no doubt, they will live to tell the tale.

4. The team is greater than the individuals who make it.

Soccer is a team game that requires cooperation and strategy in order to win. While some members of the team emerge as star performers, the job is only complete when everyone is doing their part on the field. As such, leaders have a responsibility to ensure that all team members play and play to their strengths to achieve a win.



5. Remember to acknowledge the enablers behind the scenes.

Lastly, as we celebrate our milestones as teams, always remember the teams behind the scenes. Some team members are enablers and not necessarily the executors. When Argentina was declared the winner of the match, all the team members raced in celebration to embrace Gonzalo Montiel who had scored the winning penalty goal. Lionel Messi instead ran to embrace and acknowledge the goalkeeper Emiliano Martínez. This was an admirable leadership gesture in which he had the mind to acknowledge the goal keeper who all seemed to have forgotten in the midst of the celebrations.

May we continue to learn and grow as we embark on our 2023 Toastmasters journey!

Tsungie Manyeza

CONTRIBUTE, COLLABORATE, CELEBRATE

Dr Ralph C. Smedley said it best: "Ours is the only organization I know dedicated to the individual, we work together to bring out the best in each of us and then we apply these skills to help others."

The beauty of Toastmasters is reflected in the individuals that contribute, collaborate and celebrate the success of each other as we journey together transforming our lives to be better, as well as life changing for the individuals in our own sphere of influence.

How can you and I contribute so that we benefit our own and others' success?

- Consistently work on completing our educational goals.
- Participate in club meeting roles.
- Provide constructive feedback to our club and our fellow members.

- Share the value of the Toastmasters educational programme with more individuals, by inviting them to visit and start their life changing journey.
- Raise our hands to participate in Club Executive roles, to support our club to grow and prosper.
- Check-in on fellow members on how they are doing, and if you and I can avail ourselves to assisting them with anything on this journey of self-development.

Where can you and I find opportunities to collaborate on our journey of personal growth?

- Participate in the club mentorship programme and support up and coming individuals to achieve their goals.
- Create initiatives and events to foster a culture of collaboration, for example Speak-a-Thons, Membership Drives, Educational Drives (Level-Up) and so on.
- Adopt another Club in your area - share meeting roles, speaking slots and build

stronger, successful, quality clubs.

- Participate in the Club Emissary Programme.

How can we celebrate our individual and club success?

- Recognise individual member educational achievements, by handing over certificates, coverage on social media and in club newsletters.
- Create special events to come together as Toastmasters community in our clubs, areas and divisions to recognise how far we have come and the beautiful moments of learning we shared.
- Attend the District Hall of Fame events to celebrate our success and the work we have done to grow and learn together.

Together we can create the legacy story that the world will want to emulate through our ability to contribute, collaborate and celebrate our journey of self-development through the Toastmasters International Education programme.

"While most of us may have entered Toastmasters to learn to make speeches, that benefit is but the beginning of the good which may come to us and the good which we may do for mankind." Dr Ralph C. Smedley.

Angie Kivido, DTM





TAKING CHARGE: YOUR FIRST 100 DAYS ON THE JOB - PART 3

We previously started looking at what one can focus on when in a new position. We have looked at sixteen (16) out of twenty-five (25) suggestions so far, and in this edition we conclude with the final nine suggestion:

17. Learn from history. Observe and read about what others have done. One possible source is Louis V. Gerstner's book, "Who Says Elephants Can't Dance? Inside IBM's Historic Turnaround." It is a riveting, insightful, been-there-done-that account of Gerstner's nine years at IBM.

18. Spend time with your family. The place will run without you after 6 P.M. and on weekends. The average teenager today cannot remember the last time he or she had a personal, one-on-one conversation with the family breadwinner.

19. Avoid family trauma. The pressures of your new position can be a source of friction between you and your spouse. Remember that and try not to let your job be the thing that ruins your relationship. If you and your spouse do end up fighting, don't let your kids see you doing it. You may regret for the rest of your life the emotional damage it can cause them.

20. Find a friend. With the complexity of a new job and the possible loss of your usual social contacts, it may be useful to find someone you can really level with and with whom you can be mutually empathetic. It might be an old college friend or someone who left your earlier organisation at the same time as you. Many executives have a multitude of acquaintances but no friends. That can be lonely and stressful.

21. Maximize your options. Despite the current environment in which

stock options are viewed critically, secure as many as possible in your new compensation package. Realise, however, that if you are a CEO or CFO, you will be under pressure to report stock options publicly and expense them immediately. Creating equity appreciation is highly motivating. It goes without saying, however, that you shouldn't create that appreciation by cooking the books.

22. Value your health. Leadership is a demanding activity, with long hours, stressful decisions, heavy responsibilities, conflict, and wearying travel. You will be more durable if you follow some simple, basic health guidelines, especially when you're under the stress of transition. Eat and drink sensibly, watch your weight, stop smoking and exercise regularly.

23. Watch your own cash flow. An anonymous wag once said, "A penny saved is ridiculous." But as Tom Wolfe described in his novel, "The Bonfire of the Vanities", hemorrhaging money, even when you have a high six-digit income, can be disastrous.

24. Perform your ceremonial duties well. There will be prizes and awards to hand out, holidays to celebrate, anniversaries and retirements to recognise and outstanding performances to be praised. These are often highly visible, symbolic episodes. Prepare for them well in advance. Consider practicing for them in front of a mirror. Follow the example of other leaders who handled their ceremonial duties with aplomb.

25. Find something to be devout about. There are larger forces than you can understand operating in the universe. Find one that can inspire you and help you through stressful times. It's your choice, and it may be your salvation.

Noma Muzunze



THE SIX-MONTH OUTLOOK

January marks the beginning of the second half of the Toastmasters year. This part of the year is usually marked by the so-called Contest season, the transition and handover of leadership and lastly, the finalisation of the District Dashboard in anticipation for the end of year handover. These major events bring about great opportunities for you.

The most significant opportunity is the opportunity to take up a leadership role at Club, Area, Division or District level. The respective leadership handbooks, freely available on the Toastmasters International website, provide further insight on the roles that are available.

If taking up a leadership role is not for you, then perhaps a Speech Contest can help improve your speaking skills by competing against the best in the International Speech Contest, Table Topics or the Evaluation Contest. There are also a number of leadership roles available surrounding the hosting of these contests.

If leadership or Speech Contests are not for you, then simply keeping track of your Toastmasters journey and cementing your place in the District 74 Hall of Fame can be something to look forward to over the next 6 months.

How are you going to be spending your last half of the year?

Wame Namponya

THE ART OF ENERGY MANAGEMENT

Here's something I know about you as a leader - you're driven and have specific things that you want to achieve and contribute. However, you often feel you lack enough time in the day. You're not alone, a lot of people can attest to this.

Last year, I had overwhelmed myself with different activities that I had to commit to and by the time we got to December, I couldn't keep up most commitments. I got exhausted and I knew I had to pull back. This affected other responsibilities and messages went unresponded to. I just couldn't control it. A sabbatical was calling.

In this first month of the year, I'd like to briefly share how we can work on managing time and activities that come with leadership responsibilities and duties. Oftentimes we rush to seek principles of time management and how best we can prioritize what is important. In all this, the intention is to try and gain control of the day but the truth is, we still find ourselves back on the crossroads of not knowing which direction to take to completely control our days. Perhaps it's not time but energy that we need to manage. We are all better at some things at some particular time of the day.

Why is it important to manage energy as a leader? Craig Groeschel says, "Leadership is the art of harnessing human energy to create change to make a difference and to get results. This means, if we're going to lead and make the necessary changes to get results... we need to learn the art of energy management.

What we should realise is that while we may not have control over time, we have control over our energy. We have to be aware of activities that drain us and activities that give us energy.

Different tasks take up different energies, if leadership is harnessing human energy, you'll need to be more mindful of the energy you should be using for your roles and responsibilities.

Dr. Clinton Kadochi



STRETCH 2023

It is 2023; half way through the Toastmasters year. We were all having fun during the festive season with friends, colleagues and much more. We may have put off doing speeches or taking up roles. As the new year starts, it is time for us to get back into the Toastmasters routine. Here are some steps to help with the transition.

Set reasonable and specific goals - for example, if you want to achieve DTM Status this year, familiarise yourself with the requirements for attaining that goal e.g. complete 2 pathways. The DTM status is a big goal and you may divide your strategy into smaller goals to achieve it.

Create a plan - Once you've set your goal(s), work backwards so that you know exactly what you need to do to get where you want to go.

List new skills you'll need - You'll likely need new skills to move ahead. Take note of what you'll need to learn this year and develop a strategy for mastering these skills.

Be sure your goals are measurable - keep track of your progress; you can do this in a journal, notebook or electronically.

Talk about your goals - Tell friends, family members and trusted colleagues about your plans so

that they can support you.

Make course corrections if necessary - If you find yourself heading in the wrong direction, don't hesitate to course correct. Goals are not carved in stone. It's okay to adjust your goals as you go.

If things aren't going according to plan, ask for help. There's no shame in admitting that you need assistance.

Schedule time for yourself - Schedule time on your calendar where you can get away and be free from distraction.

Sarah-Jane Ip Kwong

BALANCED LEADERSHIP

Taking up a leadership role can be one of the most rewarding experiences for both the leader as well as their counterparts. Understanding your leadership style can help create an environment that fosters team growth and collaboration, unity and a sense of purpose in the team. Toastmasters Pathways allows for a chance to interrogate and better understand your leadership style through the completion of the Level 2 Project: Understanding your Leadership Style.

Wame Namponya



LEADING WOMEN SERIES

GRANNY BE007

In this series, we highlight the professional challenges and aspirations of women who serve in Toastmasters. Fearlessly and without any shred of self-doubt, our leading woman has walked the Fish River Canyon. Granny Be 007, a 3x DTM, author, TEDx and TV presenter has over 30 years experience as a conference speaker. Among other leadership milestones, she has successfully coached struggling clubs to achieve DCP status.

As a leader, how do you set the tone for your team?

There are two important things required of a leader. To accurately read a thermometer and to be a thermostat. Walking into a room where your team is, you should be able to read the thermometer and gage the temperature. What is the mood of the team? What is happening? What do they look like? Do they look happy and satisfied or the opposite? With the thermostat, decide what you feel would be the best temperature for the entire team success and reflect that. Come in with energy or begin with the energy in the room and take them to the level that you want. If there is little fluctuation, you can immediately spark in with excitement and inspiration that will make your team rise to the temperature that you want.

What is the greatest risk you have taken as a professional?

Being able to speak into difficult situations that could potentially start wars or break lifelong friendships. Many people avoid talking about them and pretend not to see the elephant in the room. I have been in difficult conversations that could have cost me a lot but taking those risks has been rewarding greatly. Finding the grace to address them and speak with love and empathy not only sets the other person free but also helps in a mutually beneficial manner to overcome these challenges.

Why is being a mentor so important?

Looking at the Fortune 500 companies in the US, there is empirical evidence that show that mentorship is among the reasons for their success. Mentorship is extremely important for any leader/person that is serious about personal

growth and ready to be intentional to make it work.

Can you name one woman who has inspired you the most?

My sister is a woman that went through many and varied difficulties in her lifetime. Two of her daughters passed away, one

she would give me the facts as they are but then qualify at the end that she was not complaining, then turn around and ramble of so many things that she was thankful for. I don't believe people understand the power of thankfulness and gratitude. I was always inspired to see such an attitude in her in the midst of so much pain and difficulties.

How do you manage self-doubt?

Unbelievably, I don't have self doubt and I fear nothing except God. It's deeply ingrained in me that I can do anything, but the danger of the I-can-do-anything person is that you don't always see the size of the task ahead of you and resultantly, I sometimes take on things that are way bigger than my capacity and ability and I have to scramble to assemble a capable team to make it work.

What is your biggest indulgence at home?

I have a quest for learning that just can't be saturated. In between doing things that don't occupy my mind, like cooking, I'll be busy on my iPad playing something that adds to my knowledge. I'm interested in people behavior, leadership, health and nutrition and other related subjects. If I stand in a queue somewhere, I am searching for knowledge, learning something new, always.

Martha Mpakula



at 16 and the other one at 21 and in the last 18 years of her life, she had brittle bone disease and bone marrow cancer. Whenever I asked her about things,

You've Got Mail - Call For Nominations For District Leaders To Serve In The 2023/2024 Toastmasters Year

District Leadership Chairperson, DTM Njabulo Thela, has issued a call for nominations for District Leaders to serve in the **2023/2024** Toastmasters year.

The qualities to be considered for nomination include :

- Commitment and willingness to dedicate oneself and one's time to the mission of Toastmasters International and the goals of District 74;
- Sound knowledge of the Toastmasters programme;
- Ability to create, motivate, and work with a team to achieve a common goal/purpose;
- Ability to communicate effectively with people from diverse cultural backgrounds;

- Ability to recognise success and mentor others;
- Ability to be an inspiring role model for others;

Should you wish to serve as a member of Cabinet or as a Division Director, you need to submit completed forms to **dlc@toastmasters74.org** on or before Friday, **10 February 2023 at 23:59 CAT**.

Area Directors will be appointed, however, nominations are still required!

The incoming District Director will appoint Area Directors. Should you wish to nominate yourself or someone else as an Area Director, you need to submit completed forms to **dlc@toastmasters74.org** on or before Monday, 10 April 2023 at 23:59 CAT.

Who is allowed to nominate candidates?

Members of District Council (i.e. Vice President Education, Club Presidents, Area Directors, Division Directors or Cabinet Members). No one is required to second the nomination. You may nominate yourself.

Qualifying criteria and responsibilities for all roles are available at <https://www.toastmasters.org/-/>

CALL FOR DISTRICT 74 LEADERSHIP Nominations

Nominate for These Roles

AVAILABLE ELECTED ROLES:

- DISTRICT DIRECTOR
- PROGRAM QUALITY DIRECTOR 1
- PROGRAM QUALITY DIRECTOR 2
- CLUB GROWTH DIRECTOR 1
- CLUB GROWTH DIRECTOR 2
- PUBLIC RELATIONS MANAGER
- ADMINISTRATION MANAGER
- FINANCE MANAGER
- DIVISION DIRECTORS

SUBMIT NOMINATIONS TO

- **dlc@toastmasters74.org**
- **By 10 FEBRUARY 2023**

2023/2024 TOASTMASTERS YEAR

Nominate

EDUCATION

CONTEST TIPS - EVALUATIONS CONTEST

One of the greatest skills learnt through Toastmasters is the ability to give constructive feedback to speeches. The evaluation contest tests Toastmasters' abilities to listen and give critical feedback to speeches within a specified amount of time. For this contest, evaluators listen to a speech from a demo speaker and give feedback on the speech. If you are thinking of participating in this contest, here are a few steps that you can take in preparation for the evaluation contest.

1. Remember that an evaluation is still a speech. In competing in the evaluation session, don't forget the basic structure of a speech: a clear introduction, body with your most important points and a conclusion summarising the entire evaluation.

2. Understand the Evaluation Contest Criteria. All Toastmasters contest material is easily available on the Toastmasters website and should also be shared with contestants in anticipation for the competition. Have regard to the criteria so you understand exactly what the judges are looking out for.

3. Practice. Much like the Table Topics session, every traditional Toastmasters meeting has a number of prepared speeches that will require evaluators. Take up as many evaluation roles as possible. Take up evaluations on speeches at every level of the Pathways programme so that you are comfortable giving evaluations in different types of speeches and speakers.

Wame Namponya



BEYOND THE CLUB



In 2021, Verity Price made Africa proud by becoming the first African and sixth woman ever to bring home the World Champion of Public Speaking prize.

The year 2022 also saw the prestigious honour being scooped up by Zimbabwean born Cyril Junior Dim. In August of 2022, District 74, as headed by Immediate Past District Director Njabulo Thela and his team, was recognised as one of only three Districts in the world to reach the prestigious Distinguished status. These few collective victories are but a small testament to the potential that every Toastmaster has in breaking frontiers and using the tools gained from Toastmasters to rise above their origins.

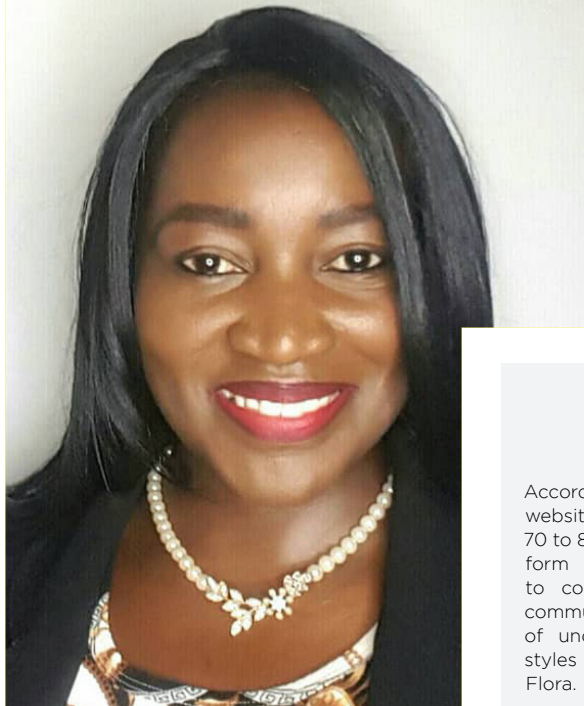
Wame Namponya

SUCCESS THROUGH COMMUNITY

Mwiche Namukulwa - a determined Toastmaster from Zambezi Toastmasters in Zambia - had been terrified of public speaking for as long as she could remember. She believes that success is impacted by your community. She knew that she needed a nurturing environment to develop her public speaking skill which was key for her professional development. As a small business owner, she hopes to take on more capacity building opportunities to expand her knowledge and skills to be a successful business owner and leader. When asked who her hero is, she did not hesitate to mention the 7th Zambian President, Hakainde Hichilema, who contested for presidency five times before finally winning the 2021 election. "He went through oppression, opposition, betrayal and other challenges but he did not give up on the vision to become our President. That focus, determination and diligence is very inspiring to me," she concluded.

Leya Musunga





EDUCATION SEGMENT

WIRED DIFFERENTLY

According to the University of Missouri website, studies show that many of us spend 70 to 80 percent of our waking hours in some form of communication. When it comes to communication, we all have different communication styles. I learnt the importance of understanding different communication styles when I had a business meeting with Flora.

My meeting with Flora was supposed to be no longer than 30 minutes but it ended up taking two whole hours! Flora would go through each item on the agenda with a fine-tooth comb, clarifying and re-clarifying every point. Mind you, there were only 3 items on the agenda. She was not in a rush but was slow and cautious. Her level of organisation was very impressive, but I was quickly losing patience as I felt there really was no need to be dissecting and bisecting points that were so clear already.

After having completed the Communication Style module on Pathways, I learnt that Flora's communication style is Analytical. People with this communication style like structure, order and certainty, which is not always in tandem with the spontaneous and enthusiastic nature of my Initiating Communication style. Now that I understand Flora's communication style, I ensure that I plan for an additional hour whenever I have a meeting with her as she likes to be very thorough.

The beauty about communication is that there is no right or wrong or better communication style than the other - we are all wired differently. Each communication style has its time and place. What is important is to be understanding and accommodating of the different communication styles because there is great strength in our diversified communication styles.

Rudo Masango

“The beauty about communication is that there is no right or wrong or better communication style than the other...”

SPEECH 101

Lucky Dijo, 2022 Division O International Speech Winner, recently shared some steps in speech writing and delivery that he learnt in his International Speech Contest run.

Step #1 Why are you on stage?

Reflect, identify and write down the desired result. What do you want your audience to think, feel and do after listening to you.

Step #2 The content.

This is a process. You are taking your audience on a journey from their current position, to where they think, feel and do as you intend. From the current position, to your desired results.

#2.1- The body. Reflect on stories from your life, and the lives of those around you that led you to think, feel and do and you desire your audience to. We humans are simple creatures, if it's a story, we'll listen.

#2.2- The conclusion. This is the final stop of your journey. This is where everything comes to a spectacular and impactful end.

#2.3 - Now comes the introduction. Yep, it comes

last. The goal here is to get your audience to come with you on this journey. If you lose them here, then truly, there is no coming back.

Step #3 The title.

Though most don't consider it part of the speech, I have learnt that it is actually one of the most important. It's like the introduction before the introduction.

Step #4 The delivery.

Just the basic nitty gritty of public speaking. Are you audible? Are you making efficient use of your speaking area? Do you gesture in a way that adds to your talk? These things on their own are nothing. The real value is what they convey. They convey confidence, assurance and authority. Just like that, your audience has essentially convinced itself that this is the most valuable thing they have heard in their entire lives.

Step #5 Calming the nerves.

Let's all just admit it. Public speaking is REALLY scary. And that's ok. It starts with acknowledging the nerves, and acknowledging that this is a perfectly normal reaction. But also acknowledging

that you will still be alive at the end of this seven-minute talk with 100 pairs of eyes all looking your way. Which is why reflecting on step no 1 is very important.

When I competed at the first International stage, I was freaking out! "You mean people from three different countries (at least) would be listening to my talk?" But I rephrased the situation to; "You mean I get to share my story, and potentially impact people from three different countries?" What an honor. What a privilege. What an opportunity!

Leya Musunga



HOW YOU CAN HELP
YOUR CLUB TO SUCCEED

There are more than 14,700 Toastmasters Clubs spread over 144 countries. These Clubs all have one aim in mind: the creation of a conducive environment for the personal growth of their members. However, each of these Clubs is dependent on the actions of each individual member to help propel it to Distinguished or better status. Here is how small key steps can be taken by you, our members, to help maintain the health of our Clubs.

1. Complete your Pathways speeches. Pathways speeches form an integral part of the Toastmasters programme and the completion of speeches results not only in personal growth but also every level completed directly impacts your Club's standing on the Dashboard and meeting its goals towards reaching Distinguished or better status.

2. Update your Pathways projects. Once you have completed a project, make sure that you take the extra step of completing your project completion on basecamp. If you have difficulties navigating Pathways, speak to your Vice President Education or any member of the Executive Committee to assist.



3. Take up meeting roles. A Toastmasters meeting is a culmination of various role players who each have an impact on the success of a meeting. The Toastmasters agenda is structured in such a way that there is always something to be learnt whilst also creating a fun environment for learning: if you are looking to improve your vocabulary and listening skills, take up the role of the grammarian; if you are looking to gain hosting experience and to learn how to manage an audience, take up the role of Toastmaster of the Day.

Our individual progress as members has a great impact on the overall progress of the Clubs. Taking the small steps outlined above will ensure a healthy Club all round.

Wame Namponya

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REVOLVED HER LIFE AT 180
DEGREES

As a teacher and success mindset coach, Therese Ndjeh (a member of Mbabane Toastmasters Club from Eswatini), came to realise that there is a disconnect in the educational system, which limits people from realising their full potential. "I have all these ideas and information backed by research to help people find their voice and live a purpose-filled life," but "one thing always held me back, whenever I got an opportunity to share my passion, I was speechless, tongue-tied and had nothing to say," she stated. She realised that even though she could speak English and French fluently, she struggled to communicate her deepest thoughts eloquently.

Therese always felt inferior and frustrated in a group, and would beat herself up and spend sleepless nights wondering if her dream to be able to communicate effectively would ever materialise. She had long recognized that her lack of confidence was communicated in her body language as well. "The way I dressed, my facial expression, even my walk all conveyed the image of someone with low self-worth."

Joining Toastmasters and taking up various speaking opportunities with the support of her mentors has revolved her life at 180 degrees. "I speak up now in meetings with confidence, I ask questions and people are noticing," she said.



Therese sees herself being a visionary leader in the next year. "I see my company, Diamond Minds, taking shape. I see us organising webinars, using podcasts to give Africans tools to explore their minds. We see people taking action to lead themselves instead of waiting for employers, donors and funding from the West."

Seeing a bright future of Africa is what keeps Therese motivated. "I am happy that the level of conscious awareness is growing and I believe that with the right support and mentorship, Africans can use education to become the captains of their ship."

Leya Musunga



BE PERSISTENT

"Super friendly" are two words friends would use to describe Thandeka Dlamini-Klua, but only a few people know that Thandeka is afraid of addressing large crowds. She says that she tends to stutter a lot when she has to speak in front of an audience. A member of Mbabane Toastmasters Club in Eswatini, she joined Toastmasters in January 2022 as she wanted to improve her presentation skills. She knows that Toastmasters is the environment that will help her to reach that goal. Being able to complete at least two Pathways in the next twelve months is another goal that she hopes to achieve. Her favourite book is the Alchemist by Paul Coelho. Regarding the book, she said, "It taught me to be persistent in pursuing my dreams. Anything is attainable if you set your mind and heart to it."

Leya Musunga

EVENTS AND ENTERTAINMENT

REIGNITE CON – INNOVATIVE LEADERSHIP TRAINING BY DIVISION Z

This January, Division Z is hosting the first in-person Club Officer Training (COT) since the pandemic lockdown, which is aptly dubbed RelgniteCon.

As we begin the year, many are recalibrating their Toastmasters goals and these include leadership participation goals. The core aim of the training is to empower members with the necessary readiness to take on leadership and is not limited to Club officers only – all members are invited. The programme serves to equip current and would-be leaders with the vast knowledge related to Club officer roles and is also designed to catalyse networking and give those members who joined during the COVID-19 era, when all meetings were online, an experience of a large Toastmasters gathering.

Club officer training is a highly valuable skills enhancement exercise that helps Club members to discharge Club officer duties well. Understanding the roles and requirements for each office by all Club members helps with easy coordination of Club roles as well as a smooth transition when succession is due. These skills are also transferable into other leadership contexts and go

a long way towards developing some of the core leadership competencies required in other business and social contexts.

“The buzzword is Reignite - we are taking our Toastmasters journey to another level after the COVID years where we’ve been online for both trainings and meetings. We are encouraging all members to join the in-person training as

it will enhance not only networking opportunities but create a camaraderie that online meetings, a great alternative though they were and served a purpose during the lockdowns; could not achieve,” says Toastmaster Phillipa Chengeta, the RelgniteCon convenor.

Tsungai Manyeza



The poster features a dark blue background with a faint image of a person speaking into a microphone. At the top left is the Toastmasters International logo. In the center, a lit torch with bright orange and yellow flames is positioned behind the text 'RE-IGNITECON'. Below this, 'DIVISION Z' is written in large white letters, followed by 'Club Officer Training ii' in white letters on a dark red rectangular background. The venue information 'Venue: Sabre Business World' and '146 Enterprise Road, Highlands, Harare, Zimbabwe' is listed in white. Contact details for Phillipa Chengeta and Simiso Sibanda are provided. A calendar icon indicates the date '21 January 2023' and the time '08.30am - 12.30pm'.

TOASTMASTERS INTERNATIONAL

RE-IGNITECON

DIVISION Z

Club Officer Training ii

Venue: Sabre Business World
146 Enterprise Road, Highlands, Harare, Zimbabwe

For more information contact:
Phillipa Chengeta +263772282794
Simiso Sibanda +263772490101

08.30am - 12.30pm
21 January
2023



EVENTS AND ENTERTAINMENT SEGMENT

Maybe you could be the next international Toastmasters public speaking champion! Don't think twice, book your spot today! Due to popular demand the Early Bird Special has been extended until 31 January 2023.

Maycon will this year - for the first time - be held outside the borders of South Africa. #Thundercon2023, will be taking place in the home of the mighty Victoria Falls, the amazing 7th wonder of the world, bordering the beautiful terrains of Zambia and Zimbabwe.

Get ready to be blown away by the thunder of the falls and the excitement of Maycon!

The thunder of the mighty Victoria Falls will wait, but the early bird fee won't. This is your last chance to get to be part of the face-to-face experience at the best conference and accommodation rate.

Note the ZAR to Dollar exchange. Upon registration, an email will be sent with the fixed Rand to Dollar application for payment purposes.

Register now at: www.maycon.co.za

TOASTMASTERS SOUTHERN AFRICA
THUNDERCON 2023
ELEPHANT HILLS HOTEL
FROM THE 4TH TO 6TH MAY

EARLY BIRD SPECIAL PACKAGES

Full Conference + Gala Dinner - \$167 (Note - This Package Does not include Accommodation)

Full Conference + Gala Dinner + None Sharing Accommodation - \$497

Full-Day Conference + Gala Dinner + Sharing Accommodation - \$377

Day Tickets Conference - \$67

Gala Dinner - \$40 (RSVP Required)

REGISTER
www.maycon.co.za

BOOK YOUR SEAT BY 31st OF DECEMBER



District 74 | Southern Africa

January Club Anniversaries

A

- Open Society Toastmasters (12)
- ProRelations Toastmaster (2)
- Strelitzia Toastmasters Club (30)

B

- Accenture Toastmasters (3)

D

- Table Bay Club (55)

E

- Algoa Club (63)
- KWASAA Toastmasters (2)

I

- Timbila Toastmasters (2)

O

- Capricorn Voices Toastmasters Club (1)

S

- Soweto Siyakha (2)

P

- Umlazi Toastmasters Club (1)

Z

- CBZ Holdings (7)
- Chartered Accountants Academy (6)
- Evolving Ladies Toastmasters Club (5)



District 74 | Southern Africa

Upcoming District Meeting Dates

JAN / FEB

Wednesday, January 25, 2023 | 17:15 to 18:00

Guests to Members Conversion - Sell the Sizzle

Wednesday, January 25, 2023 | 17:15 to 18:00

Speech Contests Workshops- The contest Script

Wednesday, February 01, 2023 | 17:15 to 18:00

**Speech Contests Workshops - International
Speech contest**

New Clubs

Young Challengers Toastmasters Club

Charter Date 30 November 2022
Division B

The Incredibles

Charter Date 04 November 2022
Division M

Mzuzu Toastmasters Club

Charter Date 05 January 2023
Division M

OUT AND ABOUT DISTRICT 74

Over Christmas Holiday

