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ACHIEVING EXCELLENCE MAGAZINE

SAY HELLO TO
2025/26 CABINET



DISTRICT DIRECTOR BHEKISISA NGOMANE

District 74 Southern Africa Toastmasters

TOASTMASTERS INTERNATIONAL

District 74

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Contact the editor to feature your story

Reach us on email:
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Toastmasters District 74 Mission

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



EDITOR'S NOTE



Most of us enter the Toastmasters journey, with a desire to deliver compelling and captivating speeches or overcome the fear of public speaking in general, some however, join with the intention of improving their leadership skills. Toastmasters builds leaders by offering a variety of opportunities for personal and professional growth to all its members. Each year, members can take on different leadership roles, such as club or district officer positions, contest organizers, and mentors. These roles help members develop essential skills like public speaking, team management, and strategic planning.

By rotating through various positions, each leader gains new insights and hones different abilities annually. This continuous cycle of learning and practicing leadership ensures that Toastmasters members are well-equipped to lead in any setting, fostering a community of confident, capable leaders.

A fellow toastmaster Maud Nale, DTM (Distinguished Toastmasters), sometimes calls herself an “accidental leader”, this statement rings true for many Toastmasters, as it all starts with putting ones hand up to take on a leadership role, asking other Toastmasters for advice, immersing ourselves in the learning opportunities given to us, committing to our roles and in the end growing into “accidental leaders”. If this is your first Toastmasters leadership role, embrace it and believe in your ability to grow into the leader you were born to be.

Khethiwe Malema

CONTENTS

Page 19
Snap shot of Hall of Fame

Page 20
Induction Dinner Pictures

Page 22
Club Anniversaries



13
Bhekisisa Ngomane District 74 District Director

Get to know more about what shaped our District Directors life

3
**District Director's Note
From the Public Relations Desk**

Articles

4
Communication
The art of persuasion in everyday life

5
Profile
Administration Manager Estelle Engelbrecht

6
Profile
Program Quality Director Bryton Masiye

7
Communication
How Toastmasters improved my communication

8
Communication
Toastmasters changed my life and career

09
Profile
Club Growth Director Devin Pearson

10
Leadership
The power of volunteer leadership

11
Profile
Logistics Manager Mojabeng Tigeli

12
Profile
Finance Manager Matome Seabi

15
Profile
Public Relations Manager Leya Musunga

16
Leadership
Leaving a legacy for the next leaders
Send us your Bio

18
Communication
Eliminating Filler words
How to write a personal bio

DISTRICT DIRECTOR'S NOTE



I got started in Toastmasters hoping to become a better communicator. But what I found was a platform that called out the leader within me. Each meeting, each role, and each mentor lit a spark that brought me to this moment: serving you as a District Director.

This year, I call upon you to be a **Catalyst of Success**, because real leadership is about creating momentum for others. When we lift others, we ignite progress. When we serve with our hearts, we become the spark that fuels others to Achieve Excellence.

The return of this publication is so significant. Achieving Excellence is more than a title; it is a testament to who we are and what we strive for. Thanks to the dedication of our PR Manager, Leya Musunga, the editor in Chief and her team, this platform is back to capture our stories of growth, grit, and greatness.

As you turn these pages, remember you are a catalyst. Your voice matters. Your impact is real.

Let's lead with purpose. Let's serve with passion. Let's achieve excellence together. You are a Catalyst of Success.

Bhekisisa Ngomane,DTM

FROM THE PUBLIC RELATIONS DESK

As we step into the new Toastmasters year, District 74 is committed to upholding brand excellence while launching exciting initiatives to empower our members.

Staying Brand Right

Consistency is key to strengthening our identity. Let's ensure all communications, materials, and events reflect Toastmasters International's branding guidelines. From logos to messaging, a unified brand builds trust and professionalism.

Canva Training Coming Soon!

To help members create visually appealing, brand-compliant materials, we will soon launch a Canva training session. Whether designing social media posts or club flyers, this workshop will equip you with the tools to elevate your presentations while staying on-brand.

New Podcast Alert!

Stay tuned for the debut of District 74's podcast, featuring leadership insights, member stories, and expert tips. This platform will connect, educate, and motivate members across our region.



Our **#MYWHYD74** campaign has officially launched! Share your Toastmasters journey and inspire others by reflecting on what drives your growth. Let's celebrate the personal and professional transformations that make our community thrive.

Together, let's make this year one of growth, innovation, and brand pride!

Leya Musunga

THE ART OF PERSUASION IN EVERYDAY LIFE

By Modieng Ramekosi

Before joining Toastmasters, I felt stuck as a teacher and sought something new. Public speaking has always been my passion, and



"Toastmasters has greatly improved my personal and professional growth by boosting my confidence and clarity in communication."

I realized I could merge it with my love for education. Joining Toastmasters helped me build confidence and communication skills. Now, I motivate teachers by sharing tools to enhance education in South Africa, even with limited resources. I promote meaningful partnerships between schools and corporations to empower both teachers and students, aiming to create opportunities for learners from under-resourced schools and develop future leaders who can tackle real-life challenges.

Toastmasters has greatly improved my personal and professional growth by boosting my confidence and clarity in communication. I've learned to structure my speeches, engage the audience, and create strong openings and closings, which have enhanced my public speaking skills and benefited my work as a teacher.

My biggest fear before joining was dealing with nerves, particularly when speaking in public or during interviews. However, over time, Toastmasters helped me build my confidence. The more I spoke, the more I believed in myself. Now, I can approach those situations with a calm mind.

One of my most memorable moments during my Toastmasters journey was competing at the District level in a contest. Achieving that was one of my biggest goals when I joined—participating in every competition I could. I honestly wish contests happened twice a year! They challenge you and help you grow quickly. Being on that stage pushes me out of my comfort zone, and I learn so much each time. It's a fun, exciting, and inspiring experience all at once.

Mbongeni Simelane, is a member of Soweto Positive Speakers. VPE 2024/25, 2025 Table Topics Contest 2nd Place Winner and Magic Five Award 2024/25

ADMINISTRATION MANAGER ESTELLE ENGELBRECHT: MY JOURNEY THROUGH TOASTMASTERS AND BEYOND

By Phaphama Mhleka

I am a storyteller at heart, a bookkeeper by profession, and a lifelong learner by nature. Born in Rustenburg and raised in Brits, I now balance life as a wife to Jannie and mom to three amazing children—Tian, Theuns, and Isabelle.

My professional journey began in journalism, but life had other plans, today I work as a bookkeeper for a real estate agency, an active member of Toastmasters and the PSASA Global Women's Mastermind.

My love for public speaking started while helping children prepare for speeches, long before I knew Toastmasters existed in South Africa. Watching their joy and confidence grow made me think, "I want to do that too."

I joined Toastmasters, thinking it would be easy. It wasn't but it was worth it. I bought notebooks, showed up to every meeting and training I could find, and kept learning. I still do.

One of my proudest moments was connecting with Eric Fitzpatrick, author of *Persuade on Purpose*. His book changed my speaking journey and led to a workshop that uplifted Toastmasters across District 74. That experience reminded me how powerful gratitude and curiosity can be.



I believe in asking questions, staying curious, and helping others grow. Toastmasters has helped me discover courage I didn't know I had. It's shaped my leadership at work and introduced me to tools like CANVA, which I now use with joy and creativity.

I have served in nearly every club and district role, and as Admin Manager, my goal is simple: to help others feel Confident, in Control, and Connected.

Last words, when we grow, we don't grow alone, we lift others with us.



"I joined Toastmasters, thinking it would be easy. It wasn't, but it was worth it."

PROGRAM QUALITY DIRECTOR BRYTON MASIYE: My Journey from Mathematics to Meaningful Communication

By Phaphama Mhlekwa

I am a strategy and leadership professional with a background in mathematics, computer science, and with a passion for communication.

I was born and raised in Bulawayo, Zimbabwe where I attended St. Patrick's Christian Brothers College before earning an Honours Degree in Applied Mathematics and a Master's in Computer Science (specializing in Artificial Intelligence) from the National University of Science and Technology.

Currently, I serve as the Director of Strategy and Planning at the University of South Africa (UNISA), where I lead institutional strategy development and execution. My career spans academia, executive leadership, and strategic planning, with a strong focus on innovation in higher education.

I come from a large, close-knit family of seven siblings. My mother was an educator, and together with my father they instilled in us the values of service and lifelong learning. My father's involvement in the Matopos Rotary Club likely influenced my own journey into Toastmasters International, where I have found both purpose and community.

I joined Toastmasters to overcome public speaking anxiety and refine my communication skills. Inspired by great orators like JFK and Barack Obama, I wanted to learn how to connect with audiences with clarity and confidence. Since then, I have served in various leadership roles, including Club President, Vice President Education, and Club Growth Director. I'm honoured to be stepping into the role of Program Quality Director for District 74 (Southern Africa).



**"I wanted to learn how
to connect with
audiences with clarity
and confidence."**

I believe in leading with empathy, listening first, and helping others grow by meeting them where they are. I am passionate about mentorship, purposeful practice, and the power of storytelling to inspire change.

Toastmasters has been a transformative part of my journey, building not just my confidence and communication, but also my sense of purpose and connection.

HOW TOASTMASTERS IMPROVED MY CONVERSATIONS (NOT JUST SPEECHES)

By Modieng Ramekosi

When Bonny Matlala, DTM the co-founder of Soweto Positive speakers joined Toastmasters, it was with the aim to connect with others who share his passion for public speaking and its continuous improvement. "My experience in church and high school piqued my interest in persuasion, however my audience often agreed with me and hence my desire for a greater challenge." He believed Toastmasters was the perfect place to test his skills with a more diverse audience.

Toastmasters has greatly enhanced my personal and professional growth. While I was already an effective speaker, I learned important aspects like speech pacing, purposeful movement on stage, and the use of hand gestures.

As an Area Director and founder of the Soweto Siyakha Toastmasters Club, I developed my leadership skill through managing four clubs and navigating various personalities. This experience also taught me valuable lessons in sales and how to handle setbacks as a leader. I did not have any fear of public speaking at the time of joining Toastmasters. However, I believed that I could become an even more compelling speaker after joining Toastmasters and professionally learning about public speaking.



One of my most memorable speaking experiences was delivering a speech titled "9323" at the KPMG Toastmasters club. I shared my high school memories of the Metrorail train, which arrives at Phomolong station at 7:20 AM.

Since most of the audience was unfamiliar with this affordable mode of transportation, I used humor to illustrate the activities that occurred on the train. After the speech, I received great feedback, with many expressing interests in experiencing a Metrorail ride for themselves.

Toastmasters has truly aided me in transforming and improving my conversations and hence being more impactful to the audience I engage.

Why You Should Attend ThriveCon – District 74's Annual May Conference

ThriveCon, the 2026 District 74 Annual May Conference, is a must-attend event for every Toastmasters member. Designed for all experience levels, this dynamic gathering features inspiring speakers who deliver relevant, practical content to help you identify growth areas and apply actionable tips.

Whether you're refining your leadership, communication, or personal development skills, ThriveCon will have something for you. Beyond the development sessions, you'll enjoy unparalleled networking opportunities, connection with fellow Toastmasters from across the district, and witness the best of the best compete in thrilling speech contests. Don't miss this chance to learn, grow, and thrive! Registration link available on our website.



30 April - 3 May 2026

TOASTMASTERS CHANGED MY CAREER AND LIFE

By Modieng Ramekosi

As a soccer coach, Themba Mathabatha from Soweto Positive Speakers realized that effective communication is crucial for his team's success.

"I noticed my communication skills were lacking, especially when interacting with players. I therefore joined Toastmasters to enhance my communication abilities and become a better coach" he stated.

Since joining Toastmasters, he has personally grown by forming friendships with individuals who have inspired him to become a better person. Professionally, it has helped him become the coach he aspired to be, as he is now able to communicate effectively with his players.

"Before joining Toastmasters, I feared sharing about my personal life because I believed I would be judged. However, listening to others' stories has empowered me to confidently share my experiences in my speeches" he said. He has learned the value of personal narratives, and this has decisively helped him conquer his fear of public speaking.

His icebreaker speech was one of his most challenging moments. "I confidently requested to present it at our next meeting, and DTM Bonny Matlala provided me with clear guidelines. For two weeks, I worked on my speech, grappling with the discomfort of talking about myself. On the morning of my icebreaker, I had only a title and introduction ready, and I considered canceling. However, supportive messages from fellow members motivated me to proceed" he said.



When it was his turn, he embraced the nerves as he walked to the stage. He concentrated on his introduction, determined to deliver. "I remember shaking throughout my speech, but I finished strong and felt a great sense of accomplishment and that is what Toastmasters does."

"Before joining Toastmasters, I feared sharing about my personal life because I believed I would be judged."



CLUB GROWTH DIRECTOR DEVIN PEARSON: From Fear to Empowerment

By Khethiwe Malema

I grew up in the west of Johannesburg with my brother and sister and currently live with my fiancé. In my early Toastmasters days, I spoke at conferences in Las Vegas and New York, and these were my most challenging experiences, however practicing various speeches at my club made me more confident in dealing with such situations.

As a software engineer and consultant with a deep interest in problem-solving and personal growth, I've always been passionate about developing not just solutions, but people too.

Despite years of knowing about Toastmasters, I was once too afraid to attend a meeting. My fear of public speaking was so severe, I struggled to even introduce myself in small groups. It was only with the encouragement of a life coach that I found the courage to step into that first meeting, an experience that changed everything.

Six years later, Toastmasters has helped me build a professional presence, earn my DTM, and take on leadership roles including Area Director, and now Club Growth Director. Consistency, celebrating small wins and a sense of humor have carried me through technical hiccups, forgotten words, and self-doubt. I believe growth isn't about perfect speeches, but about showing up, applying feedback, and making small, intentional gains over time.

I draw inspiration from communicators like Vinh Giang and Simon Sinek—leaders who model resilience, clarity, and purpose. Like them, I hope to share stories that empower others to grow and speak boldly. My vision as Club Growth Director, is to make Toastmasters the first-choice platform



"I believe growth isn't about perfect speeches, but about showing up, applying feedback, and making small, intentional gains over time."

through empowering every member and club to achieve excellence. This will require building a strong Club Growth Team, develop a Targeted Marketing Plan, launching awareness initiatives and strengthening member engagement and retention.

The power to bringing in new members lies in listening to prospective members' stories and what's challenging them, relate it to how Toastmasters has helped people with similar stories with great success and then support them through their Toastmasters journey by reminding them of their story when they first joined.

THE POWER OF VOLUNTEER LEADERSHIP

By Tumelo Maphalala

Toastmasters International's slogan is "Where leaders are made", have you ever given it a real thought about what this truly means?

Well... Toastmasters International offers the opportunity to volunteer for leadership roles in an effort to cultivate your innate leadership skills. Ample leadership opportunities exist at Club, Area, Division and District levels which teach a myriad of things. Even so, in what ways does this volunteerism end up translating to real life leadership you may wonder?

At Toastmasters, you lead volunteers and not paid staff. You learn how to inspire, and mobilize people who are choosing to follow your lead. From club meetings to area contests and district conferences, you learn how to plan, delegate, troubleshoot, and deliver results. These are transferable skills that employers and organizations deeply value in the form of on-time delivery, stakeholder management, and budgeting.

"You learn to collaborate across cultures, languages, and generations."



Toastmasters leaders constantly speak in front of groups by way of sharing visions, handling Q&As and even giving feedback. Whether you're giving a boardroom presentation or speaking at a community event, you show up with confidence and clarity. In Toastmasters you also learn how to navigate disagreements and listen actively. Workplace teams face similar challenges, and your experience helps you build harmonious, high-performing teams.

The Distinguished Club Program, Club Success Plans, and District alignment strategies push you to think beyond day-to-day tasks. You end up developing a strategic mindset, that is, setting SMART goals; measuring progress; and aligning efforts toward a vision. Toastmasters fosters servant leadership by encouraging putting others first, enabling their growth, and leading with humility. In communities, families, and professional life, this mindset creates trust, loyalty, and lasting impact.

Lastly, Toastmasters is global and deeply diverse. You learn to collaborate across cultures, languages, and generations. This prepares you for inclusive leadership in today's interconnected world, something every leader needs. Reflect on this collective value of taking up volunteer leadership roles today and leverage them for your advantage.

LOGISTICS MANAGER MOJABENG TIGELI: MY JOURNEY FROM ENGINEERING TO AUTHENTIC EXPRESSION

By Phaphama Mhlele

I grew up in Maseru, Lesotho, in a large and loving family with both my parents, two brothers, and four sisters. I hold both a BSc and MSc in Civil Engineering from the University of Cape Town (UCT). While my career is rooted in technical expertise, my personal growth has been shaped by a deep curiosity about human connection and communication.

I am inspired by thought leaders like Michael Singer, whose teachings on life's deeper truths have been spiritually enlightening and transformative for me.

I joined Toastmasters after realizing that, like many in technical fields, I lacked the soft skills needed to truly connect and communicate effectively. I was never afraid of speaking, however I struggled with structure, clarity, and delivery. Toastmasters gave me the tools to build logical, impactful presentations and the space to grow. I still consider myself a work in progress because growth is a journey, not a destination.

My advice to new members? Be yourself. Acknowledge where you are without judgment. Stay curious, ask for help, and enjoy the process. Read your project materials, watch others, visit other clubs and use tools like breathwork to manage nerves. Most importantly smile.

"I was never afraid of speaking, however I struggled with structure, clarity, and delivery."



Toastmasters has taught me to plan, prioritize, and set healthy boundaries. It's helped me understand my communication style and how it impacts others.

I have served in various leadership roles, including Vice President Education; President; Area Director; and Division Director. Leadership has taught me that people are motivated differently, and that communication, empathy, and integrity are key.



FINANCE MANAGER MATOME SEABI: A JOURNEY OF FAITH, FAMILY, AND LEADERSHIP

By Khethiwe Malema

Matome Seabi, our Finance Manager for 2025/26, has a story deeply rooted in faith and family. Raised in a strong Christian environment, Matome and his wife have continued this tradition with their four children. The couple tied the knot during South Africa's celebrations of the Soccer World Cup.

From a young age, he was nicknamed "Matome Mmoledi" or "Mat the Speaker," with his passion for speaking evident from the age of five. His talent was nurtured by his father and teachers, leading him to become a prominent member of his school's debate team. In the 1990s, Matome made history by being the first student to speak at his school's podium, a privilege previously reserved for teachers and guest speakers, paving the way for other students.

Matome draws inspiration from Dr. John MacArthur's ability to captivate large audiences with the Christian message, even 40 years plus into his pastoral leadership. Through his channel, Truth-Pillar (<https://youtube.com/@truth-pillar>), Matome shares his faith and teachings, emphasizing that church is about community and connection. Additionally, he finds a kindred spirit in Vusi Thembekwayo, whose journey from school debater to successful speaker mirrors Matome's own.

His involvement with Toastmasters began with a humorous misunderstanding, thinking it was related to baking. Despite this initial embarrassment, he has journeyed from being VP Public Relations to the President of Nedbank Allstars, Area Director and Division Director, all since joining Toastmasters in 2021.



Toastmasters has taught him skills he applies in both his professional and personal life such as Timeboxing, introduced to him by one of his many Toastmaster mentors Maud Nale, DTM.

One of Matome's focus areas as D74 Finance Manager 2025/26, will be educating District and Club leaders on when and how to claim from the District responsibly. Emphasizing the importance of ensuring that claims are submitted only when eligible and that not all claims can be approved. Matome would like to also support Club Treasurers and help make leadership within Toastmasters fashionable while promoting accountable and responsible leadership.

His leadership journey continues to inspire others, demonstrating the importance of mentorship and empowering future leaders.

"His involvement with Toastmasters began with a humorous misunderstanding, thinking it was related to baking"



DISTRICT DIRECTOR **BHEKISISA NGOMANE**

— By Phaphama Mhleka

I was raised in Mamelodi, Pretoria, in a caring family led primarily by my single mother. I am a proud parent of three wonderful children: an 18 year old son, 11 year old son and a 16 year old daughter.

I also have a younger brother and sister. Although my father is still alive, it was my mother's strength and resilience that shaped much of my upbringing.

Professionally, I hold an N5 qualification in Mechanical Engineering. I began my career as an Air Conditioning maintenance apprentice, qualified as a trade technician, and eventually became an Aircraft Maintenance Engineer, rated on the Boeing 737NG.

My passion for personal development led me to Toastmasters. I drew considerable inspiration from renowned figures such as Tony Robbins, and have been deeply moved by Mohammed Qahtani's 2015 World Championship speech, "The Power of Words.". I joined Toastmasters to build my personal brand and grow into a professional speaker.

Before joining, my biggest fear about public speaking was and still is wondering whether I have truly made an impact. One of my most memorable speaking experiences was during a business pitch event. I had prepared a slide deck, but on the day, the projector failed and so did I. I couldn't say a word. That humbling moment led a friend to invite me to Toastmasters, and I've never looked back.

One of my favourite ways to break the ice in a speech is by asking a relatable question to help one engage the audience right from the beginning.

Before joining, my biggest fear about public speaking was and still is wondering whether I have truly made an impact.

For new members, my top tips are:

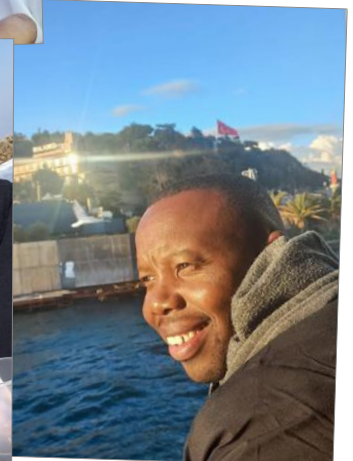
- Focus on one core message in your speech and let this be your anchor.
- Prepare and practice—nerves don't disappear, but you can learn to channel them.
- Explore materials on Toastmasters website, YouTube channels, and attend the District 74 onboarding sessions.

I have competed in speech contests and would recommend to anyone wanting to compete, to prepare well in advance and this may require delivering your speech to as many clubs as possible or as many times as possible, applying feedback received each time, and getting a coach early in the process.

Toastmasters requires commitment, and I manage my commitments by using techniques such as time blocks and scheduling everything in my calendar.

I have also found great value in aligning my Toastmasters projects with my professional goals, this has helped me to not only land an executive role, but to build my brand, and even become an author.

I've served in various leadership roles including Vice President Membership, Club President, Area Director, Division Director, Public Relations Manager, Club Growth Director, and Program Quality Director.



PUBLIC RELATIONS MANAGER LEYA MUSUNGA: A TOASTMASTER'S PATH TO CONFIDENCE AND CREATIVITY

By Khethiwe Malema

Leya Musunga's journey began in Kitwe, a vibrant mining town in Zambia, where she grew up with her four siblings—three brothers and one sister. Her family has since expanded to also include three nephews and three nieces.

Professionally, Leya is a Chartered Accountant and a proud member of the Association of Certified Chartered Accountants (ACCA). Her interests are diverse: she loves reading; baking; watching anime and old sci-fi shows like Star Trek; and sewing. She designs clothes for others and dreams of launching her own clothing brand.

Leya draws inspiration from faith-based speakers such as John MacArthur and John C. Maxwell. Initially, her role as Treasurer at her local church filled her with fear when presenting to the congregation. However, joining Toastmasters, thanks to a friend's invitation, helped her overcome this fear.

Through practice and participation, she improved significantly, even managing to give a Table Topic speech with very few "um's."

Balancing her commitments to Toastmasters, Sunday School Ministry, and work requires a well-organized calendar, enabling Leya to enjoy a social life, including attending book club events. Networking through Toastmasters has been a highlight, allowing her to travel and connect with members worldwide.

Professionally, Leya has mastered Canva, assisting friends and enhancing her workplace's social media presence. This experience has fueled her passion for design, and she hopes to pursue it more regularly. She aims to navigate social media platforms effectively to manage and market her future clothing brand.



Starting as a "Covid-Toastmasters baby," she has visited various clubs online, learned from them, and brought those lessons to her home club. She leads by example, achieving the Triple Crown award every year, and encourages fellow club members to do the same.

As Public Relations Manager and as a member of District, Leya hopes to receive support from District 74 members through members being more responsiveness when called upon for information or participation.



LEADERSHIP IS ABOUT LEAVING A LEGACY FOR THE NEXT LEADER

By Brigitte Ryder

Leadership in any role is an absolute privilege. This past year holding the role of Club President for the Nedbank Executive Toastmasters Club has been one of my leadership highlights as I was supported by a team of wonderful, energized and professional Toastmasters who aspired to achieve excellence in everything they did whilst having fun.

Stepping into a leadership role within the Nedbank Executive Toastmasters Club wasn't simply a decision it was a commitment to continuity, growth, and service. I was inspired by the solid foundation laid by those who came before me. Their dedication gave this club its heartbeat, and I believe it's our shared responsibility to keep that pulse strong.

Every thriving organization reflects the strength of its people. That strength lies in our willingness to step up, take action, and get things done not for recognition, but for progress. The Nedbank Executive Toastmasters Club has had an exceptional year precisely because its members chose to lead, to support one another, and to take ownership of the club's success.

"Everyone wins when the leader gets better" Craig Groeschel

SEND US YOUR BIO

By Tumelo Maphalala

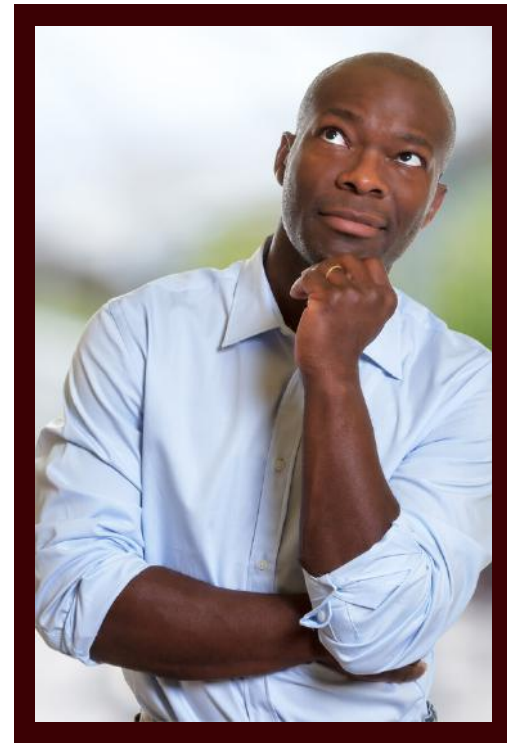
"Send us your bio"

That is usually the message sent by our club's Vice President Education once someone volunteers to be Toastmaster of the Day.

It is not meant to be a deterrent, but rather serves as how you'd prefer the Club President to introduce you when you take the stage.

This message is always met with varying responses. Those who have taken the role before simply forward a text previously sent. Newbies sometimes ask "What exactly do you want me to share?". Some concede and share a short introduction of themselves while others say, "You can say whatever!". Excuse you?

My favourite response however was from Toastmaster Mzamo Mkhwanazi of Umlazi Toastmasters who leapt and sent a two-page profile updated to the current year which ensured that nothing



crucial was left unsaid. I was left in awe to say the least!

This had me thinking, you should definitely control the narrative of how you are introduced. It puts your best foot forward and sets the tone of the engagement.

Thus, I implore you all to take a moment, if you haven't already, to prepare a personal bio. Relish on your accomplishments and truly shine, let it speak for you in the best way possible. I promise you won't regret it

Need more guidance? We've got you. See the tips provided on Page 18.

#MYWHYD74 CAMPAIGN

Share your story with the world and help inspire others.

Hello Toastmasters, we want to hear your story! It could motivate others to join the path to maximizing their potential!

- Do you remember what motivated you to become a member?
- Are you ready to motivate the next wave of Toastmasters?

Record a one-minute (or less) video telling us your story and share on your social media pages, remember to add #MYWHYD74

My why campaign kit can be found at

[HERE](#)





FROM UM'S TO CONFIDENCE: ELIMINATING FILLER WORDS

By Khaka Gomba

Every great speaker begins somewhere often with trembling hands, a racing heart, and string of “um’s” echoing through their speech. For many of us, that awkward filler word marked the beginning of our public speaking journey. Within the nurturing environment of Toastmasters, those uncertain pauses evolve into moments of poised silence, and those filler words fade as confidence takes the center stage.

From Um’s to Confidence is a true reflection of a transformation that we witness every week. Toastmasters provides a safe space where speaking fears are acknowledged but not allowed to thrive. Through structured speeches and constructive evaluations from fellow members, we learn not just to speak but to connect, inspire and lead.

Confidence doesn’t come overnight. It grows with every prepared speech, table topic tackled, every speech delivered, and every role fulfilled. We learn to trust our voice, craft our message, and own the stage. And as the um’s diminish something powerful emerges, self-belief and confidence.

So to the new member counting their “um’s” and doubting their progress keep showing up, like a muscle the more you train it the better it becomes. Your confidence is already in the making. Toastmasters is not just about speaking, it’s about becoming.

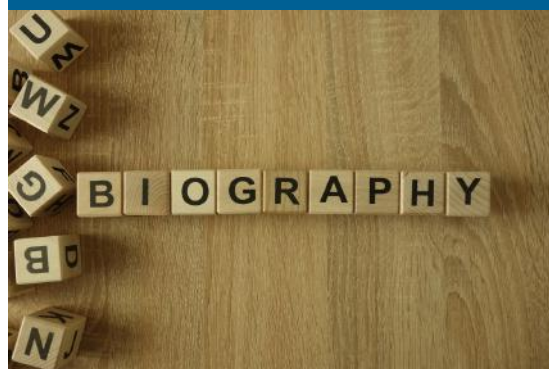
HOW TO WRITE A PERSONAL BIO

By Tumelo Maphalala

How exactly does one go about writing a personal bio? Honestly, when it comes to writing a personal bio, there’s no single formula, one may choose any style and format that best suits their preferences and objectives. Adding your own flare however will be what sets you apart. Even so, personal bios almost always have the following things in common;

- 1.They are a true reflection of the person you are. Be honest and authentic.
- 2.Always begin with your name and a brief description of yourself.
- 3.Include professional accomplishments and highlight your experiences.
- 4.You may include your personal aspirations and goals and,
- 5.Use simple and easily understood language.

With these tips in mind, I trust you will be able to come up with at least an initial draft of your personal bio. All the best!





2025 - SNAP SHOT HALL OF FAME

Congratulations

Division of the year

1. **Division B - Division Director Carol-Ann Savosnick**
2. Division F - Division Director - Joel Gombera, DTM
3. Division D - Division Director - Mojabeng Tigeli

Area Director of the year

1. **Area B4 - Lorna Holtman**
2. Area F4 - Siphokazi Swana
3. Area A5 - Akamia Malope

Best Club of the year

1. **Pinnacle Toastmasters Club (D3)**
2. Gaborone Toastmasters (G3)
3. Nedbank Executive Toastmasters Club (E1)

Top Educational Level completion

Elaine O'Gorman, DTM- 7 Levels

Lorna B. Holtman - 7 Levels

Siboniso Mzimela,- 6 Levels

Headhunter of the Year- Recruited more than 10 new members

1. **Bryton Masiye, DTM - 18**
2. Be Botha, DTM - 17
3. Leya Musunga - 15
4. Vivien Boddy, DTM - 14
5. Tafara E. Chingwe, DTM - 11
6. Mark Ageson, IP5 - 10



2025 INDUCTION DINNER IN PICTURES



2025 INDUCTION DINNER IN PICTURES



CLUB ANNIVERSARIES

JULY

Division

A

The Sages Toastmasters Club - 38 Years

Division

B

Protea Club - 50 Years

Division

C

Swakopmund Toastmasters Club- 15 Years

Division

E

SpeechQuest - 47 Years

Gaborone Breakfast - 6 Years

District 74 Southern Africa Toastmasters

