

ACHIEVING EXCELLENCE

ISSUE 16 | DECEMBER 2023

**THREE
WELLNESS
EXERCISES
FOR BETTER
SPEAKERS**

NURTURING
MENTAL WELL-
BEING DURING THE
FESTIVE SEASON

WHY ATTENDING
TRAINING IS SO
IMPORTANT

RE-ENERGIZED AND
READY TO HIT THE
NEW YEAR: NUGGETS
FOR THE ROAD
LEADING TO 2024.

**THE POWER
OF HAVING
A VISION**

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SOUTHERN AFRICA TOASTMASTERS



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NOTE FROM THE MANAGING EDITOR

“ Striving for excellence ensures that you shoot for the moon even if you miss, you’ll still land among the stars. ”

Your network is your net worth - Porter Gale

In Toastmasters International, members join to enhance communication and leadership skills, with networking being a significant goal. If you’re keen on expanding your network, consider the **PIN** approach: **Presence**, **Interested**, and **Nudge**.

Presence (P): Actively engage in club meetings and conversations. Avoid mental distractions and be a committed participant. Demonstrate through body language that you are an integral part of the team. By being an attentive listener and actively participating, you become a more appealing personality to connect with.

Interested (I): Step out of your comfort zone to meet new people. Embrace openness and initiate conversations with strangers. Break the mold and freely interact with individuals you haven’t met before. Learn about their motivations and share your aspirations. Building your network requires genuine interest in connecting with a diverse range of people.

Nudge (N): Encourage yourself to face challenges and push beyond your limits. Motivate yourself internally to take on new endeavors. Growth comes from being willing to confront challenges. Apply self-pressure to consistently push harder, fostering personal development.

To achieve excellence, remember that the only obstacle in your path is yourself. Utilize the PIN method to enhance your network. By being present, genuinely interested, and nudging yourself to strive for the extraordinary, you set the stage for success. Even if you don’t reach your ultimate goal, the journey will lead you to valuable connections and opportunities.

In a nutshell, PIN serves as a simple yet effective guide to increase your network. Actively participate, embrace new connections with genuine interest, and motivate yourself to overcome challenges. Striving for excellence ensures that you shoot for the moon even if you miss, you’ll still land among the stars.

Robert Salijeni, DTM

FROM THE DISTRICT DIRECTOR'S DESK

In 1905, Ralph C. Smedley embarked on a journey to help young men in the YMCA articulate a message of that organization. Fast Forward to 2023, that one act of wanting to help another human being become better has seen millions of lives being transformed across the world.

In 2023, the impact of Toastmasters International in Southern Africa has resulted in us becoming one of the biggest Districts in the world. This was only made possible by members continuously working on their communication and leadership goals, since those first tender steps taken by Harry Olden in 1950 with the birth of Johannesburg Toastmasters Club. Johannesburg Toastmasters Club is the oldest Toastmasters Club not only in Southern Africa but on the African continent. Thank you to our past District leaders and members that have allowed more opportunities for us and many other individuals to enjoy and grow through the Toastmasters International program.

Since 1978, Toastmasters Southern Africa: District 74 has not just impacted individual lives, the transformation has been felt by families, communities, and countries. Dr Smedley's vision is captured in his words: "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."

Toastmasters are truly working on themselves to go out to help others!

In helping others, remember your fellow Toastmasters that have walked this journey

with you. If one of our Toastmasters International family members are "missing in action", let us challenge ourselves to go and connect with them during this time. They may be the individual that helped you on your journey, they may need your help!

I encourage Toastmasters Southern Africa family, in a season of reflection, celebration and togetherness, to:

- Reflect on how far we have come – take a breath!
- Celebrate the successes and envisage our individual goals for the future!
- Coming together with family and friends as we share our gratitude for one another, including the Toastmasters International family that helps us grow!

A thought to remember: "While most of us may have entered Toastmasters International 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" - Ralph C Smedley.

Yours in Legacy Building,

Angie Kivido



THE PUBLIC RELATIONS CORNER

In the journey of personal and professional development within Toastmasters Southern Africa, challenges are inevitable. Whether mastering a tough speech or adapting to dynamic circumstances, the path to growth is often paved with obstacles. However, it's during these tough times that we have the opportunity to set ourselves up for a powerful finish.

1. Embrace the Challenge:

View challenges as stepping stones. Embrace them with a positive mindset, recognizing each hurdle as an opportunity to enhance skills and resilience.

2. Set Clear Goals:

Define specific, measurable, and achievable goals within the Toastmasters program. Clear objectives provide a roadmap, especially when faced with adversity.

3. Cultivate a Support System:

Leverage the supportive Toastmasters International community. Reach out to fellow members, mentors, or club officers for guidance and motivation.

4. Maintain Consistency:

Even when facing challenges, maintain regular attendance, adhere to your development plan, and contribute actively to your club. Consistency builds momentum.

5. Reflect and Learn:

Take a moment to reflect on your journey during adversity. Recognize progress to stay focused on the ultimate goal of self-improvement.

As members of Toastmasters Southern Africa, we

are champions of our own growth. By approaching challenges with resilience, setting clear goals, cultivating a strong support system, maintaining consistency, and reflecting on our journey, we position ourselves not just to endure difficulties but to finish strong, emerging as empowered communicators and leaders.

Yonela Motloun, DTM



LEADERSHIP

RE-ENERGIZED AND READY TO HIT THE NEW YEAR: NUGGETS FOR THE ROAD LEADING TO 2024

The prospect of a New Year gets one to rethink on what they have achieved over the last year and brings with it renewed vigour for more and a drive to be more, to outdo oneself even as they are aware that the previous year may not have been as they had planned initially.

The main aspects that I believe will help to get oneself re-energised for the New Year are being intentional, knowing your purpose, routine tracking and measurement, and celebrating successes.

When one is faced with a clean sheet of the New Year, the temptation is to want to write a masterpiece in a day and target all and everything. This is a sure recipe for nothing being done. It is important to take stock and look at what are the priority areas that one needs to work on and break it down to the smallest unit possible, starting with every month and adding as the areas are addressed. For instance, if one is targeting to do more exercise, the ideal would be to start with a 30-minute walk twice a week rather than target to run 5 km within the first week. Small increments of action in whatever one needs to do, done consistently will ensure the targets are achieved.

Knowing one's purpose is key to aligning goals and actions to be taken as well as priority for the period. Spending time with oneself to know who you are as well as asking for feedback from family, friends will help ensure you target your purpose. When one is walking in their God-given or life purpose, it becomes very easy to be re-energised for whatever lies ahead.

Once one has determined their purpose and decided what they need to do, the next is to be intentional. This involves being focussed and keeping the main thing the main thing. Part of this includes setting actual dates, times for work to be done and following



through with doing it so that it doesn't become a habit of writing things but never fulfilling them.

As a Toastmaster it becomes important to determine where one places their Toastmasters International journey within their life. Recently I was part of a team that took a time accountability audit that helped me realise where I am spending most of my time and what I am prioritising. This would be a good place to start as well. The exercise involves allocating time to each activity that is important to you and that you do on a weekly basis. The week has 168 hours, determine how many of these are spent in achieving your purpose, or are they being spent in scrolling social media and non-value adding activities?

Tracking oneself on a regular basis keeps you on course for achieving your goals. Where these have been achieved it calls for a celebration to keep one motivated for the next steps in life's journey. Tracking can be done on a regular basis, say monthly. Going back to what you agreed to do, checking on whether the timelines as well as progress is being made will help ensure one keeps focussed and adjusting activities accordingly based on current situation.

Overall, once one has a clear picture of their purpose, vision and can set times for how they plan to achieve these goals, it becomes an energiser and helps to keep one going especially when at times it becomes hard to keep moving forward. Surrounding oneself within a positive environment is also helpful as good friends will keep each other in check and motivated to succeed together.

Lumbani Misoya

THE POWER OF HAVING A VISION

"It is not what you look at that matters, it's what you see" – Henry David Thoreau

The abovementioned words were echoed in our conversation with Kholotsa Moejane from the African Pioneering Leadership Toastmasters Club as he shared with us how to develop a vision for where you want to be along with an action plan to get you there.

1. What do you think of when we talk about having a vision and an action plan to achieve what they have envisioned?



When talking about a vision or action plan, we are referring to two interconnected components of goal-setting and achievement exercise. My understanding is that a vision is a clear and inspirational picture of the future in which one wants to create for themselves. It is a statement that articulates aspirations and values which will provide direction, motivation and purpose to one's life. It should answer questions related to growth, achievements and purpose and it is typically characterised by a compelling future orientated focus, simultaneously guiding decision making and inspiring action. On the other hand, action plans are a detailed, step by step guide that outlines tasks and timelines to reach specific milestones to realise one's envisioned destination.

2. Why is it imperative to have a vision and an action plan to realise your vision?

I believe such is important because it provides a sense of direction, it's a powerful motivator to overcome obstacles and to persist in the face of challenges because it represents a future that is worth working towards while at the same time it facilitates goal-setting. It provides a context to define what success looks like and means to one because it enhances focus and prioritisation of activities. It further adds to the development of one's identity because one needs to do some level of introspection to have a vision which they will be responsible for and hold themselves accountable for, to achieve what they have envisioned for themselves.

3. How does one create a personal vision statement for where they want to be?

I would definitely prioritise self-reflection being my values, passions, strengths and areas of improvements focusing on what truly matters to me, for example; career, relationships, personal development and health, secondly I'd draft a vision statement which will encompass all areas of my life with the desired future goals set and lastly focus on the "how to" part in order to gauge what will be required of me, in order to achieve my vision one goal at a time, starting with the minor changes in my habits

Sibongile Mazibuko

PLANNING FOR SUCCESS

Taking the courageous step to join Toastmasters International is the start of planning for personal success. What about planning for the success of a club? We caught up with Matome Seabi, the Immediate Past Club President of Nedbank Allstars in South Africa and the Area Director of Area P4 in District 74. He has also served in other club officer roles for his home club Nedbank Allstars.

When asked to share the highlights of putting together a strategy to ensure the success of his club he answered that their overall strategy was to personalise every interaction with all club members. We intentionally communicated with each club member individually and would randomly check on each of them, to build rapport and camaraderie.

Visitors and guests at virtual club meetings were requested to remain on the line at the end of the meeting, to interact with the club executive committee members to ask any questions. Club members were also encouraged to do the same if they had any concerns or queries.

A personalised email would also be sent to each visitor and guest with the intent to convert them into members, the day after the club meeting. The same would be done to each member who played a role in the meeting, to thank them for their participation.



This strategy helped their club in 3 ways:

1. Strengthened a sense of belonging, as members would eagerly take on roles as they feel respected, being treated as individuals and not just as a membership number.
2. Lead to exponential club growth. The club grew from 15 to 40 members during the 2022 - 2023 Toastmasters year period.
3. Increased member participation. Club members took part in the speech contests, celebrated milestones, Paths progress, increased emissary club visits by club members to other clubs; and introduced an internal Pathways Mentoring Program for those in Levels 1 and 2 of their pathways.

Ever since this plan was chartered, their club has achieved President Distinguished status consistently.

In addition to this, they are currently focused on strengthening their internal mentoring program to continue the legacy and are aspiring to be a Top 10 club in the district.

Tumelo Maphalala

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PREPARATION IS KEY

Dr Ian Bratt recalls speech contests to be the highlight of his Toastmasters International membership. He began competing 15 months after he joined in 1981 and has been competing ever since. Having had success in Table Topics, Evaluation, and ultimately the big prize of the International Prepared Speech contest at District level, he is the perfect person to talk to about preparing for these greatly revered contests. We caught up with him to get some advice for those considering participating in the contests this year.

Firstly, he advises that you need to enter your club contest. Enter to learn,



gain experience, and improve your speaking skills.

Secondly, start early, select a suitable topic, and make it original by incorporating personal stories and experiences. Prepare your speech using the principles you have learnt in Toastmasters International, that is, the opening, body, and conclusion.

Practice, practice, practice! He reported that his winning contest speech, "You'll never know" went through nine rewrites using feedback at different stages of the process before it became the speech that he presented in the District final.

Also, study the contest rules and the judges' guide. You need to know exactly what you need to do and what you should not do to avoid being disqualified. If you have time, I highly recommend watching videos of top speakers either locally or internationally. These are much more readily accessible than they used to be, thanks to YouTube.

Lastly, he counsels that you make sure that your online setup is as good as you can practically make it. Buy the best webcam that you can afford. Audio quality is also important so invest in a good external microphone. Lighting is also an important factor so that the audience can see you clearly. In addition to this, probably the most important factor for online speaking is a good reliable internet connection.

"It only remains for me to wish you all the best with the contests in 2024 and may the best women, or men, win." Were his parting words.

Tumelo Maphalala

LEGACY BUILDER: STAYING THE COURSE, REINVENTING YOURSELF AND FINDING NEW PASSIONS

Kgobero Kehuparetse affectionately known as Kage! is a prominent Toastmaster who has built a legacy through his journey in the organisation. His engagement with Toastmasters International has refined his communication, leadership, and event hosting skills, elevating his professional persona and building impactful engagements worldwide.

One of the key lessons Kage has learned through his Toastmasters International journey is the power of authenticity, adaptability in diverse settings, and the profound impact of fostering community through effective communication. Toastmasters International has allowed him to understand his strengths and hone them to impact lives while also working on his weaknesses.

Staying the course is an important aspect of Kage's journey. Toastmasters International emphasises the importance of continuous improvement, and Kage has faced challenges along the way. However, he has learned to view Toastmasters International as a training ground, where he can practice

facing challenges and solving issues that arise in real life. He reminds himself that Toastmasters International is a friendly environment and encourages himself to face challenges, learn from them, and grow. "Sometimes you want to give up! But you learn that this is a training ground, and I cannot give up!" he says.

Kage has also reinvented himself through his Toastmasters International experience. He initially joined the organisation for networking and meeting people, but he discovered a passion for communication and leadership. He learned about his communication strengths and weaknesses and developed an interest in understanding how other people communicate. Through taking on leadership roles, he learned different aspects of how to be a leader and what type of leader he needed to be.

One of the key roles he undertook was as VPPR for his club. He notes: "I put my hand up to be PR Manager because I wanted to learn how to be a Public Relations Manager for my own business, so I needed a training ground. A good place for me to really practice and learn and make mistakes and be corrected and be developed. And that certainly helped. It reflected really positively on my business and professional life."

Toastmasters has also helped Kage discover new passions and interests. He has developed a passion for connecting with an audience, honing his storytelling ability, and making people laugh. This passion has opened up new opportunities for him, including being invited to MC at corporate events and connect with diverse audiences across the African continent

As a leader within Toastmasters International, Kage envisions leaving a lasting legacy for future club members. He employs strategies such as mentorship programs to guide members and help them grow. He values watching people grow and sees potential in them, and he cannot resist

contributing to their development. Through his mentorship program, he has seen great growth in people and has learned more about leadership through his interactions with them.

Kage balances preserving the core values of Toastmasters International while embracing new approaches to keep the organisation vibrant and relevant. He values the culture of Toastmasters International and how it provides guidelines without robbing individuals of their personality and individualism. He has been able to hone his personality and package it in a way that people can relate to while remaining relevant.

The skills and values Kage has acquired in Toastmasters International have extended beyond the club meetings and influenced his interactions in the broader community. He views Toastmasters International as a training ground for everything he does in his life and encourages members to embrace the person they are in the real world, bring that person to Toastmasters International, and discover their true value and ability.

In conclusion, Kage Kgobero is a legacy builder who has stayed the course, reinvented himself, and found new passions through his journey in Toastmasters International. He has learned valuable lessons, faced challenges, and grown as a communicator and leader. His story serves as an inspiration for others to embrace their journey in Toastmasters International and make a positive impact beyond the organisation. His advice to you is: "When you are in Toastmasters International, do not forget that the real world exists. If you are able to stand in front of a Toastmasters International audience and can deliver, then there is no other audience in the world that you cannot wow!"

Anke Stow



SELF-DRIVE

Helio Macarrala joined Toastmasters International in 2019. At that time, he had 10 years of experience as a corporate consultant and wanted to expand his network and find out what other talents he had. Through a friend's recommendation, who was not even a Toastmaster at that time, Helio visited Maputo Toastmasters club. It was love at first sight and he immediately got deeply involved. He wouldn't miss a single meeting and in 5 months he was running to be the Vice President of Education. The following year he became the Area Director for Division I, Area 1 and managed to finish his first path. As his last path project, Helio challenged fellow members to charter Timbila Toastmasters, a Portuguese club which became official in January 2021. He also enrolled with TLI, became a TLI certified trainer and shifted his focus to mentoring others and raising Toastmasters International awareness in Mozambique.

In 2022, for his DTM Project, with support of Domingos Novela, André Massina and all Area 1 clubs; and challenged by the District Director Andrew Tsuro, he managed to organise the first ever Mozambique Toastmasters Week. The first of its kind in the country with the purpose of showcasing how Toastmasters can help with the leadership drought we have in the continent.

Helio witnessed two major changes in Toastmasters International. When he joined Toastmasters International, Pathways was just beginning and he had a few fellow members who were on the old system and were struggling to make the necessary transition. Being VPE at the time, he became involved with the process. The second major change was COVID-19, and the new online meeting world that it brought. The club went through a whole process of change from being novelty to extremely necessary due to loneliness most of the members were going through and to the Zoom fatigue stage. It was a challenging moment for everyone, but in the end they all managed to grow from the experience and make the most of it. Being able to join any meeting in the world opened a whole new world of opportunities in terms of learning how others were doing and allowed members to network. COVID-19 shook the status quo and forced the organisation to make significant changes, one being the new Pathways website experience which is constantly improving.

The significant milestones or turning points that have shaped the Toastmasters International organisation into what it is today are the introduction of Pathways and COVID-19 impact. On the other hand, while COVID-19 opened doors for new opportunities it also created new problems for the club leadership. The shift to online forced leaders to build skills on how to lead remote volunteers. The other shift was in

the demographics. There was already an ongoing transition from an older generation to younger members. This was challenging because while new members might be eager to build new skills, their life is often more challenging with a lot going on. It was difficult to inspire and support them to make sure they maintain Toastmasters International as their priority in terms of time. Self-development is an activity which could be taken for granted when people are under constant stress.

Helio believes that the key factors that have contributed to the longevity of Toastmasters International and its ability to provide leadership development for almost a century are its values and the richness of the program. Toastmasters International values allow people to build clubs which are like homes, where people feel valued and inspired. The fact that you are given an organisation to lead in real life is amazing. In a corporate setting to lead most of the time you would have to be the most competent or experienced while in Toastmasters International you are given the opportunity to lead people who might be more successful than you are or have achieved a lot in their careers compared to yourself. It really helps to build characters and humility which are timeless values.

In Mozambique the young generation is eager to take the front seat. Members have understood the real power of building a community and the social media world we live in brought new opportunities. Many leaders are taking out their leadership role from the Toastmasters International environment to the real world. Mentorship is being taken from Toastmasters International to life outside it.

When Helio joined Toastmasters International, he lacked confidence and was used to a single environment with a strong brand behind him. Toastmasters International taught him the power of vulnerability and that made him a much better leader in the corporate environment. It has been a cycle where he devotes time and resources to Toastmasters International and in return improves his skills and builds a high value network which is critical to his business career. Within Mozambique there are members who are now leading national chambers, international associations and are speaking at international conferences and they credit their success to their involvement with Toastmasters International.

Being a global and volunteer organisation rapid change is difficult. Toastmasters International has no direct power over clubs and while this is great for the clubs, it is challenging when trying to implement effective change. The move from the old system to Pathways is one of these changes that were necessary but had a lot of opposing voices. Partnership with other tools to make



the Pathways platform more useful is also a great move. People preach change but don't want to go through the change process and this is something that Toastmasters International has managed well. Now it's critical that the organisation understands that things that might have taken 10 to 20 years to change, now the expectation is 1 to 2 years. We are living in a fast-changing world and we need to use technology to enable us to keep pace with today's needs.

Helio is looking forward to the new demographics of leaders bringing an exciting energy, drive and commitment to taking the leadership out of Toastmasters International to the real world. Building skills for a geographically dispersed membership is also something he thinks will be critical. With the virtual world it's now clear that it's a bigger family and this opens a whole new world of opportunities.

Helio's advice to Toastmasters aspiring to take leadership roles would be instead of asking what Toastmasters International can do for you. Ask yourself the question: where do I want to go? What are my aspirations? Then the next question would be what skills and competencies are needed to achieve those goals or aspirations and then use the Toastmasters International program to close that gap. Find your voice using the Toastmasters International platform and become the leader you want. Don't shy away from leadership roles. Take Toastmasters International to the community and add value beside the Toastmasters International environment.

Edith Utete

EDUCATION

EMBRACING YOODLI WHILE PREPARING FOR SPEECHES

In the era of Artificial Intelligence, often referred to as the fifth generation, Toastmasters International stands at the forefront of innovation, demonstrating an unwavering commitment to adaptability and progress. In this dynamic landscape, Toastmasters International has seamlessly integrated technology into its platform with the introduction of Yoodli, an AI-powered speech analyzer designed to revolutionize the way speakers hone their craft.

Traditionally, the art of speech preparation involved rehearsing in front of mirrors or seeking feedback from friends and family. However, Yoodli heralds a new era by providing a comprehensive and personalized approach to speech analysis. Serving as a multifaceted companion, Yoodli assumes the roles of a timer, Ah counter, body language reader, eye movement tracker, vocal pace monitor, and even a grammar pattern analyzer. It goes beyond the conventional, offering real-time insights into every nuance of your speech.

One of Yoodli's remarkable features is its ability to count filler words, offering users a tangible measure of their speech fluency. As speakers, we often grapple with the challenge of overusing certain words. Yoodli addresses this concern by meticulously tracking and providing warnings about repetitive language patterns, enabling users to refine their expressions and enhance their communication skills.

Yoodli extends its support beyond the preparation phase, providing in-the-

moment nudges to boost your confidence during actual presentations. The AI-powered companion subtly guides speakers, ensuring they deliver their messages with poise and conviction. It's important to note that Yoodli's analysis is solely focused on improving your performance, offering constructive feedback without judgment.

A distinctive feature of Yoodli is its dashboard, which allows users to track their progress over time. The dashboard presents comprehensive statistics, enabling speakers to gauge their improvement and benchmark their performance against recommended standards. This data-driven approach empowers speakers to set goals, measure their achievements, and continually refine their speaking abilities.

The impact of Yoodli is exemplified by testimonials from renowned figures within the Toastmasters International community. Ed Tate, the 2000 World Champion Speaker, attributes his improved Table Topic skills to Yoodli. His endorsement underscores the transformative power of this AI-driven tool in enhancing public speaking proficiency.

In conclusion, Yoodli represents a groundbreaking advancement in speech preparation within the Toastmasters International community. As we navigate the evolving landscape of communication, Yoodli stands as a testament to Toastmasters International's commitment to providing its members with cutting-edge tools and resources. For those aspiring to elevate their speaking skills, I invite you to experience the future of speech analysis. Don't just take my word for it – follow in the footsteps of champions like Ed Tate and integrate Yoodli into your next speech preparation. Embrace the future of public speaking with Yoodli, where innovation meets eloquence.

Bryton Masiye, DTM



MAKING USE OF THE PODIUM

As aspiring effective communicators and leaders, our main tool is the podium for accomplishing our goals. It is therefore incumbent upon us to use the podium fully, consistently and with speed to not only inspire others but also fire ourselves up to attain the highest accolade we crave to. Indeed, speed is of essence as it prevents last-minute-gasps that usually lead to unnecessary pressure.

Cognizant of the fact that most Toastmasters are also into other occupations, the above might sound insurmountable. Fortunately, Nichola de Carvalho, VPE of one of the leading clubs in leading educational goals this year, Nedbank Executive Club, shares some insights on how to be ahead of the curve. She says, "have clear structures, schedule meetings regularly, plan by using 5 Ps (Proper Planning Prevents Poor Performance), have subcommittees to push progress, create member attendance commitment register, track curriculum progress, celebrate success and most importantly have fun."

Finally, she urges us to please reflect on this: "If you can accomplish all your goals in six months, why should you procrastinate for twelve months to accomplish the same?"

Let us all rise and level up as we march towards our desired destiny by making use of the podium accordingly.

Gracious Changaya





EDUCATION SEGMENT

NURTURING MENTAL WELL-BEING DURING THE FESTIVE SEASON

As the Festive season approaches, it's crucial to prioritize mental health amidst the hustle and bustle. Planning ahead is key to managing stress and maintaining holistic well-being. Begin by creating a realistic schedule and expectation, allowing time for self-care activities and connection with people that matter. Prioritize rest and quality sleep to ensure your body and mind are rejuvenated. Set boundaries to manage social commitments and prevent overwhelm and potential burnout. Embrace the spirit of the season by engaging in activities that bring joy and relaxation, whether it's socializing with friends and family or just cozying up with a book or taking a nature walk.

Cultivate mindfulness through deep-breathing exercises to stay grounded

in the present moment to reduce anxiety. It's essential to acknowledge and communicate your needs to your loved ones, fostering understanding and support. If the Festive season triggers feelings of loneliness or sadness, reach out to a trusted friend or professional for guidance. Remember that it's okay to say NO and prioritize your well-being.

In essence, a proactive approach to mental health during the Festive season involves thoughtful planning, self-care, and open communication. By incorporating these strategies, you can navigate the festivities with resilience, fostering a sense of joy and fulfillment that extends beyond the holiday rush.

Dr Clinton Kadochi

“a proactive approach to mental health during the Festive season involves thoughtful planning, self-care, and open communication”

THE ART OF SHOWING UP: HOW TO CONSISTENTLY SHOW UP AS YOUR BEST SELF, PREPARED AND READY TO GIVE YOUR BEST

In the bustling heart of Madagascar's capital, Antananarivo, lies a beacon of personal development and leadership: The First Toastmasters Club of Madagascar. Under the stewardship of Faso Ramangamihanta, the club has become a thriving community, fostering a culture of excellence and growth. Faso's journey and leadership offer profound insights into the art of consistently showing up as one's best self.

Appointed as President in July 2023, Faso has led the club to impressive heights, with membership soaring to 40 active members, serious DreamCon ambitions and an ever-growing interest from commercial companies to partner up. This achievement is remarkable, considering the challenges in maintaining a large and engaged membership. The secret, according to Faso, lies in the club's ethos - being friendly, dynamic,

and fun. These core values resonate throughout their activities, including unique practices like sharing chocolate at meetings, which adds a touch of sweetness to the learning experience.

Central to the club's philosophy is the concept of 'showing up' - not just in attendance but in spirit, preparation, and enthusiasm. "What drives us is passion and the love for Toastmasters International", Faso shares. This drive is evident in how the club adapts to challenges, such as role fulfillment. When plans go awry, they demonstrate resilience and adaptability, key components of showing up effectively.

Faso's personal testimony of overcoming adversity through Toastmasters International is inspiring. It underscores the transformative power of community and personal development. The club's

vision extends beyond its current success; it ambitiously aims to spread the spirit of Toastmasters International throughout Madagascar, empowering a young population hungry for change and leadership.

In a world where showing up half-heartedly is often the norm, the First Toastmasters Club of Madagascar stands as a testament to the power of showing up fully, ready to give and receive the best. Faso Ramangamihanta and his team exemplify this art, providing a blueprint for personal and collective excellence with irreplaceable human connection at the centre of it all.

Machiri Marodi



HOW TO MONETIZE YOUR SPEAKING: MAKING MONEY FROM THE SKILLS YOU LEARN AT TOASTMASTERS

Andrew Tsuro, a Distinguished Toastmaster (DTM), has mastered the art of turning his Toastmasters International-honed skills into a career in professional speaking. His journey is a testament to the transformative power of the Toastmasters International experience in the realm of monetization.

Tsuro credits Toastmasters International with refining his ability to craft and deliver a unique value proposition. This skill has been instrumental in establishing his distinct presence in the speaking arena. He emphasizes the importance of storytelling, audience-focused delivery, and respecting the audience by avoiding cliché or condescending elements in his presentations.

A pivotal moment in Tsuro's career was during his club's anniversary, where his performance as Toastmaster of the Day (TMOD) led to his first MCing engagement. This opportunity, coupled with his role in mentoring a club member, opened doors to professional coaching. Tsuro believes in taking every chance to speak and mentor, as these roles have directly contributed to his monetization success.

In terms of strategy, Tsuro advises speakers to focus on their audience's needs and articulate a clear value proposition. He emphasizes the importance of personal branding, showcasing one's skills where potential clients are. He encourages speakers to be intentional in their journey, accumulating experience through frequent speaking opportunities.

Tsuro highlights the universal demand for leadership and communication skills across all industries. Balancing educational and commercial aspects of public speaking involves understanding your audience, transparent communication with clients, and integrating promotional messages seamlessly into valuable content. He advocates for maintaining integrity and diversifying income streams.

Among the challenges Tsuro faced were establishing a sustainable income and pricing his services appropriately. He overcame these through coaching and developing a pricing model that reflects his value. Networking has played a crucial role in his career, providing support, opportunities, and diverse perspectives.

Tsuro continually updates his skills by staying active in Toastmasters, studying ancient and present day oratory traditions, and seeking specialized coaching. Mentorship has been a crucial element in his journey, offering guidance on industry navigation and strategic positioning.



In leveraging digital media, Tsuro uses platforms like YouTube and podcasts to showcase his expertise, engaging with his audience on social media to build a community that translates into paid opportunities.

Ethical considerations in monetizing Toastmasters International skills include respecting intellectual property, maintaining transparency about one's Toastmasters International affiliation, and avoiding exploitation of the community for financial gain.

For Tsuro, the most rewarding aspect of monetizing his Toastmasters International experience is the personal growth and impact he has on his audience. Turning his passion into a profession brings him immense fulfillment, proving that the skills cultivated in Toastmasters International can indeed pave the way to a successful and rewarding speaking career.

Machiri Marodi



WHY ATTENDING TRAINING IS SO IMPORTANT

No matter how gifted one can be, without proper training such gifts can never blossom to their full potential.

Training, which in general terms entails learning and practicing, is the foundational catalyst for the development and transformation of a nobody into somebody. It provides a clear grasp of an institution's culture and purpose for existence. This enables those aspiring to soar to picture the whole program, plan, prepare, train and then perform.

For Toastmasters, according to District Program Quality Director, DTM Zivai Matondo of L'amour Toastmasters Club, Zimbabwe, attending Training accords several benefits to both members and officers. These include sharing of ideas, networking, confidence-boosting and grooming for any leadership role in any field.

Toastmasters International Trainings help members and officers to focus on the Distinguished Club Program (DCP) which is a measurement mechanism that assesses clubs' success in excelling its members.

Training must be continuous otherwise one becomes obsolete. Henry Ford captured it well when he said 'Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.'

Training is not a tick-box exercise - it is a way of life. As aspiring leaders, let us keep on learning, by among other things attending Toastmasters International Trainings.

Gracious Changaya



OVERCOMING STAGE FRIGHT - QUICK TIPS FOR PUBLIC SPEAKING CONFIDENCE

Public speaking can be intimidating, but with a few key strategies, you can conquer stage fright and present with confidence.

First, practice deep breathing to calm nerves and maintain focus.

Then, visualization is another powerful tool—imagine yourself succeeding on stage.

Next, embrace positive affirmations to build self-assurance.

Prioritize preparation; practice, practice, practice. Knowing your material boosts confidence. Gradually expose yourself to public speaking situations to desensitize fear.

Finally, shift your focus from self-judgment to audience engagement, fostering a connection that eases anxiety.

By incorporating these tips, you'll transform stage fright into a stepping stone for successful public speaking, leaving your audience captivated and yourself empowered.

Dr Clinton Kadochi

TIME MANAGEMENT

Meet Jae Scott, President of Morningside Toastmasters Club, Area Director E1 (D74). Jae is also the Club Coach for Rivonia Toastmasters Club and the past VPPR, New York Toastmasters Club. I can't begin to think how many other plates she is spinning outside Toastmasters International activities; granted she is the perfect model for time management and will be sharing with us some tips.

In her opinion, she states that time management is a journey that transcends professional titles and is certainly a skill that everyone must be equipped with to facilitate multi faced responsibilities from strategic planning to daily operations. Time management is pivotal in serving others to optimise their efforts, facilitating in making informed decisions that ensure business growth.



Time management encompasses navigating numerous responsibilities; from parenting to personal goals. Dedicating moments to fitness pursuits, childcare, hobbies and household chores. It sounds like the real secret to enjoying a 360 degrees fulfilling life, is the antidote of happiness.

For Jae Scott the benefits of learning

time management as a skill manifest as increased productivity, reduced stress, improved decision making, a better work-life balance which the whole world is striving for and the enhancement of her self-development and personal growth.

I asked her what are these tips? "She responds "they are habits that we need to form and grow over time, like using task lists, calendars and alarm reminders in our daily life. This allows me to keep track of important commitments, both personal and professional".

Similarly, she has streamlined these habits when and where they need to be for the highest levels of productivity. With the same energy she prioritises her self-care stressing that the key to unlocking the potential of time lies in cherishing oneself and those dearest to us.

With gratitude to her mentor who equipped her with the guidance and skills to achieve success, she recommends the book - The 10x Rule by Grant Cardone. She further encourages fellow Toastmasters on their path to level up by taking up roles, practise their speech writing and public speaking and above all to listen effectively to improve in various aspects of public speaking.

Atupele Stambuli



TOASTMASTERS INTERNATIONAL | DISTRICT 74 | DREAMCON

Because you all have been good this year, Santa has decided to spoil some

District 74 game changers.

All you have to do is charter a club between 15 Nov and 31 Dec 2023 and Ho! Ho! Ho! Santa will deliver a free ticket to Dreamcon!!*

To get your ticket worth R6300 towards the amazing Dreamcon coming up from 2nd to 4th of May 2024, all you have to do is to sponsor a club and charter between 15 Nov and 31 Dec 2023. As Toastmasters International allows only 2 club sponsors per club, the tickets are also available for only the 2 club sponsors.

It doesn't matter how many clubs you charter! You charter a club between these dates and you get your ticket.

The Festive Season is upon us and man oh man, are we taking the *Festive fever* to another level!!

It doesn't get better than this! Let's build a legacy and have fun while doing it

#Toastmasters
#whereLeadersAreMade!

Noma Muzunze

EVENTS AND ENTERTAINMENT MAURITIUS TOASTMASTERS WEEK

Editor (E): Congratulations DTM Dilshaad for a successful Toastmasters week. May you kindly give us the highlights of Mauritius Toastmasters week?

Dilshaad (D): Our Toastmasters week was held from the 24th of October to 31st. It was graced by Angie Kivido our District Director and Ravin Souvendra Papiiah - Club Growth Director for District 74.



E: What activities did you carry out during the Toastmasters week?

D: We held a number of events namely corporate visits, Strategy Day and also held One on one visits with Area Directors and Division Director.

E: What about Radio or Television interviews?

D: We did not do any television or radio interviews this time as we focused on empowering our leaders through one on one's to encourage dialogue between leaders and members, and social events.

E: what other events or activities did you carry out?

D: We did a School visit with a view to creating a Gavel club, held a series of press articles, Talk Up Toastmaster and we also organised a successful Open house.

E: What were your key takeaways of the 2023 Mauritius Toastmasters week.?

D: The week was definitely a success and these were our key takeaways were that thorough planning and involvement of each and every member is key to the success of a Club, Division or District. We also learnt that Full commitment to the project is fundamental for its success. Knowing your market is key and enables you to know which strategy to adopt. For example, if you know your market well you may adopt a corporate visits strategy instead of holding a Corporate Summit. In terms of community clubs' approach, one may adopt One on one talks/visits enable officers to



fetch more positive results.

E : Thank you, Dilshaad. We are super excited about your division and we wish you and all leaders the very best.



BECOMING A DISTINGUISHED TOASTMASTER & CELEBRATING THIS HIGHEST TOASTMASTERS ACCOLADE ACHIEVERS (SERIES 2)

In our second Series on “How to achieve the DTM accolade, we interviewed DTM Ravin Papiiah and DTM Dilshaad Rajabalee”. If you are still not sure on what steps you need to take, follow the lead of these two distinguished Toastmasters.



This is my 15th year in Toastmasters. I achieved my first DTM in August 2020, 11 years after joining. One of the reasons was the fact that we were going at our

own pace, as we were unrestricted, therefore unaware of all the district-led activities and motivation. Still, I enjoyed my first DTM very much, because it was a wonderful journey where I learnt a lot and grew in my public speaking and my leadership. When we got restricted in July 2021, we then realised the opportunities that lay within District and having taken leadership roles as from the first year of becoming a Toastmaster, I personally came across so many opportunities to speak and lead. The way the new educational Pathways program was structured, it was interesting to match leadership roles with the Pathways projects, so I just went for my second DTM. Another reason for doing that was to inspire our Toastmasters to do the same, because we often hear members say they don't have time. Time is universal, we just need to know how to use it efficiently and effectively. We can complete our DTM while fulfilling our leadership roles within Club, Area, Division or District, that's why I am now on my 3rd DTM journey. Let's GO! Ravin S Papiiah

“The journey to earning the Distinguished Toastmaster (DTM) award is a testament to embracing servant leadership. As Toastmasters progress through levels, they cultivate a mindset of selfless service. They

mentor fellow members, offering guidance and support. They lead teams, empowering individuals to achieve their potential. They organize events, fostering a sense of community and collaboration. Through speeches and evaluations, they inspire growth in others. The DTM journey epitomizes the values of listening, empathy, and empowerment—essential traits of a servant leader. Each step brings a deeper understanding of the profound impact one can make by uplifting and serving others.”



Noma Muzunze



MERRY

Christmas

& HAPPY NEW YEAR