

ACHIEVING EXCELLENCE

ISSUE 14 | SEPTEMBER 2023

**EDUCATE
YOURSELF TO
SEE BEYOND**

IS MAKING A
DIFFERENCE IN
OTHER PEOPLE'S
LIVES YOUR DREAM?

**FROM ORDINARY TO
EXTRAORDINARY**

UNLOCKING THE
SECRETS TO BETTER
MENTAL HEALTH:
YOUR SIMPLE GUIDE
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**HOW ARE
YOU HELPING
OTHERS?**

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SOUTHERN AFRICA TOASTMASTERS



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NOTE FROM THE MANAGING EDITOR

.....
“it’s hours and hours of repetition that brings mastery in any skill”

Practice. Practice. Practice.

“Everything in life worth achieving requires practice. In fact, life itself is nothing more than one long practice session, an endless effort of refining our motions. When the proper mechanics of practice are understood, the task of learning something new becomes a stress-free experience of joy and calmness, a process which settles all areas in your life and promotes proper perspective on all of life’s

difficulties.” Thomas M Sterner

It’s hours and hours of repetition that brings mastery in any skill. And here we are in Toastmasters International, members and leaders of Toastmasters Southern Africa (District 74), with the intention of becoming bold and copacetic communicators and leaders that Africa and the world are looking for. Do you think, by virtue of being a member of Toastmasters International, you automatically become a great communicator and leader? Your response, I believe, is as good as mine: a big ‘NO’. You and I need to put in hours of practice or rehearsing the speech ourselves in front of a mirror or with someone we are connected to for feedback on our performance. This rehearsal is not a one-day activity, we need to dedicate hours and hours of practice to reach excellence.

Then, the next step is for us to face our fears boldly on the stage, during our club meeting, where we present our speech to receive feedback. The moment our name is announced, when we are next to present a speech from a particular level, project and Path, either our hearts beat fast or we tense up and start sweating. Nonetheless, we stand up to go to the stage to present our speech. Despite the fear, we end up presenting the speech and receive feedback. Remember Ken Blanchard said, “**feedback is the breakfast of champions.**” The feedback we receive from our speech presentation is both positive and constructive. And this feedback gives us nuggets that help us to polish ourselves up so that the next time we present another speech, we are better off than before.

Finally, with the feedback at our disposal, what do we do? We appreciate the positive comments for they represent our strengths and we make sure that we capitalise on them. We also appreciate constructive feedback, our weaknesses; for it is in working tirelessly improving ourselves on these, that we realise our growth. Yes, it’s constructive feedback that improves us the most.

Hence, I urge you my fellow members and leaders of Toastmasters Southern Africa to be open-minded and welcome constructive feedback because this helps you become emotionally intelligent. Remember Ursula K Le Guin said, “the creative adult is the child who has survived.” If we engage our creativity in preparing our speeches, presenting them and reviewing the feedback we receive with a positive attitude, we are geared for excellence and building a lasting legacy.

What’s STOPPING YOU from becoming the BEST VERSION OF YOURSELF?

Robert Salijeni, DTM

FROM THE DISTRICT DIRECTOR'S DESK

Toastmasters Where Leaders Are Made – A Tagline or Reality?

Over my tender years as a Toastmaster, I discovered that leadership starts with an individual's willingness to do what is necessary for the greater good of the community they serve. There is no requirement to hold a title to be a leader.

Members in our Toastmasters Southern Africa community are leaders. They have taken responsibility for their personal development journeys. These amazing individuals take on challenges to grow and support others on their journeys. Here are some lessons I have learnt from them:

- Remain passionate about their growth journey – “You’d be surprised who’s watching your journey and being inspired by it. Don’t quit.” Anonymous
- Be authentic – Be You – “Be yourself – not your idea of what you think somebody else’s idea of yourself should be.” – Henry David Thoreau
- Collaborate with others – Learn from the best and grow with the best – “Alone we can do so little; together we can do so much.” – Helen Keller

- Pay it Forward – “We make a living by what we get; we make a life by what we give.” – Winston Churchill
- Celebrate milestones – “You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins.” – Jim Stovall

During this time of impending growth in the District, the reality of Toastmasters International, “Where Leaders Are Made”, can only manifest through individuals that are leaders without titles. These leaders are every individual member of our Toastmasters Southern Africa community who will transform the future for many generations.

To all our leaders without titles, in the words of Robin Sharma from his book – The Leader Who Had No Title encourages readers with a quotation by AYN RAND: **“The sight of an achievement is the greatest gift a human being could offer others.”**

Yours in Legacy Building,

Angie Kivido



THE PUBLIC RELATIONS CORNER

Everything rises and falls with leadership. Sadly, in many cases, we see things fall because of leadership. Despite many leadership programs, there are very few examples of outstanding leadership in the world.

Where do we begin? The great philosopher Aristotle once said, “knowing thyself is the beginning of all wisdom”. We can spend our whole lives looking outwardly and insist on changes to others in order to become better leaders. Alternatively, we can spend the bulk of our time on this earth introspecting, looking for what we

can change, what we can influence and what we can learn so that we can become better leaders.

One of the leadership challenges comes in our ability (or inability) to manage people. Leadership inevitably involves leading people. Someone once said, “umntu unzima”, a Xhosa proverb that means “a person is complex”. Perhaps this is where the issue is. Contrary to objects, people come with feelings. Feelings are often based on one’s upbringing, their background and what informed their formative years. In leadership, we need to be able to maneuver the complex world of people, their feelings as well as our own.

Thank goodness for programs like those of Toastmasters International! Such programs give people an opportunity to learn by doing, while affording them immediate feedback. This, repeated everyday, is one of the ways in which to create better leaders this world will ever see, one speaker at a time!

Yonela Motloung, DTM



LEADERSHIP

SELF LEADERSHIP

In my view, self-leadership is all about how we, as individuals, are capable of responding and controlling our perceptions, emotions, attitudes, thoughts, and actions towards the events that come upon us. It encompasses a range of skills, abilities that empower us to navigate life effectively. It begins with self-awareness which is the foundation upon which all other aspects of self-leadership are built. By understanding ourselves on a deeper level, we gain insight into our strengths, weaknesses, values, and beliefs. Self-awareness enables us to make informed decisions and take purposeful actions aligned with our true selves.

Setting meaningful goals is another crucial aspect of self-leadership. By defining a clear vision of what we want to achieve, we give ourselves direction and purpose. These goals provide the motivation and drive needed to overcome obstacles and persevere in the face of challenges. When our goals are aligned with our passions and values, we unlock our full potential and experience a sense of fulfillment in our endeavors.

Effective time management is an essential skill in self-leadership. By prioritizing tasks, setting deadlines, and eliminating distractions, we maximize our productivity and achieve optimal results. Time management allows us to create a healthy work-life balance and ensures that we devote adequate attention to our personal growth, relationships, and self-care.

Practicing emotional intelligence is key to self-leadership. By being aware of and understanding our own emotions, as well as those of others, we can navigate interpersonal relationships with empathy and compassion. Emotional intelligence enables us to communicate effectively, resolve conflicts, and build strong connections with others. It also helps us manage stress and regulate our own emotions, leading to greater overall well-being.

It is crucial to prioritize self-care in self-leadership. By nurturing our physical, mental, and emotional well-being, we ensure that we have the energy and resources to meet the demands of our lives. Self-care includes activities such as exercise, healthy eating, relaxation techniques, and pursuing hobbies and interests. When we make self-care a priority, we enhance our overall quality of life and improve our ability to lead ourselves and others effectively.

Finally, self-leadership is a lifelong journey of continuous learning and growth. By seeking new knowledge, embracing challenges, and being open to feedback, we expand our capabilities and adapt to changing circumstances. Continuous learning enables us to stay relevant and innovative in an ever-evolving world. It also fosters personal and professional development, leading to greater success and fulfillment in all areas of life.

Suffice to say; self-leadership is crucial for navigating the complexities of life. By being self-aware, setting meaningful goals, managing time effectively, practicing emotional intelligence, prioritizing self-care, and continuously learning and growing, we empower ourselves to become the best version of ourselves. It's with this belief that my life journey has been of much learning, embracing my own potential and the opportunities that lie ahead. I have taken this Toastmasters journey as a practice of self-leadership while helping drive the District mission.

Lumbani Misoya



Toastmasters as real as ever!

Joining Toastmasters International was initially driven by my love for public speaking. Toastmasters International not only provided a platform for speaking but also a structured path to excel. With programs, evaluations, and constructive feedback, it helped me conquer nervousness, craft better messages, and connect with audiences. My confidence soared, opening doors I never imagined.

Yet, Toastmasters International offered more than just public speaking skills. It unexpectedly honed my leadership abilities. Roles like club officer positions and event coordination provided valuable leadership experience that transcended Toastmasters into my professional life.

Crucially, Toastmasters International played a key role in my career. The skills I honed improved my interview performance, securing my dream job as a Microsoft consultant. My Toastmasters journey persists because it cultivates discipline for speech improvement and sustains my leadership growth, essential for career advancement.

In conclusion, Toastmasters International has transformed me from a hesitant speaker to a confident communicator and leader. It's an enduring journey of personal and professional growth. For those considering Toastmasters International, embrace the opportunities. Toastmasters International is a catalyst for unlocking your potential, as it did for me.

Anke Stow

FROM ORDINARY TO EXTRAORDINARY

Dr Matthews Mtumbuka has been a Toastmasters International member for an astonishing 20 years. Hailing from the biodiverse Republic of Malawi, he has had a great track record as a Communications Engineer, CEO, Motivational Speaker, Life Coach, Columnist, and Entrepreneur. We caught up with him to discuss his journey from ordinary to extraordinary.

If you were to describe your career advancement in one word, what would it be and why?

Progressive. Since I began working in January 2006 after my PhD, my career has moved from one level to the next every two to three years. This was not by accident, but rather by design and because of a plan I have been using. Today I build the skills that I will need tomorrow. And Toastmasters International has been a big part of that journey and a great ingredient for progressive career growth.

Of all your accolades, which is your most favourite and why?

I won several academic awards including numbers 1 and 2 at the science fair and in the Maths Olympiad at national level in senior secondary school mid 1990s and several others at university. I think winning the Rhodes Scholarship that took me to Oxford University was the biggest and my favourite. This is so because it helped me get exposed to many developmental opportunities. It was also through this that I was able to first join Toastmasters International in Oxford in November 2003 and since then I have never looked back. Talking of Toastmasters International, I think the biggest accolade at first was when in June 2004, about 8 months into Toastmasters International, I was elected Club President at Oxford Speakers Club. I was only 26 years of age and the first non-British/African to be elected president of the club in its forty years' history then.

But this was eclipsed in 2007 when I did well in the Impromptu Speech contest, winning at Club Level (Aberdeen Toastmasters Club), Area level, and that time that covered the whole of Scotland and emerged 3rd best Impromptu Speaker at District level which covered all the 200 clubs in the UK and Ireland at the time.

Research shows you joined Toastmasters in 2003 back in Oxford University at the Oxford Speaker Club, what motivated your decision to join then?

In fact, I developed an interest in Toastmasters International 3 to 5 years before that. Around 1998 or 2000, representatives of the Blantyre Toastmasters Club visited our University in Blantyre and did a demo meeting which I attended. I thoroughly enjoyed the meeting

and wanted to join Toastmasters International immediately but did not have adequate funds to join. And so, when I went to Oxford and once I was settled into my academics, I looked for a nearby Toastmasters International club to realize my dream. I was a budding student leader and observed that being a great public speaker helped to influence the students positively and negotiate better terms for students from management.

You later served as President of the aforementioned club, how was that experience?

It was challenging – because I was less than a year old in Toastmasters International. However, I enjoyed it because I was given very good support. What the club did was assign a very experienced Toastmaster Andrew Moss as the Vice President of Education. Andrew had been a president before and had been a Toastmaster for more than 15 or 20 years at the time. And so, Andrew was coaching, mentoring, and supporting me in the role. It was a very good learning opportunity. My official Toastmasters mentor, Marina O'Callaghan, was also very supportive. All this support structure greatly and positively enabled my learning and growth at Toastmasters.

What has kept you loyal to the Toastmasters program to date?

The fact that learning never stops at Toastmasters International. Even when I think that I have learnt enough, I get feedback from people that I am better than the prior month or past year. That keeps pushing me. I am a highly sought-after motivational and keynote address speaker in Malawi and nowadays even in other countries in Southern Africa. Advanced and continued learning at Toastmasters International has enabled me to reach those heights. Additionally, I used to be a very dry speaker, rarely joked, very serious man! Some ten years ago or so I did advanced manuals on speaking humorously and nowadays my challenge is to reduce the amount of jokes to be taken seriously as a keynote address or motivational speaker. Thanks to Toastmasters International. In addition, as I keep learning and practicing at Toastmasters International, I tend to need much less time to prepare a big speech or presentation. And of course, in the process, I earn a bit of money too. I am a semi-professional speaker, and all this is thanks to Toastmasters International. Learning at Toastmasters International keeps improving my public speaking skills and refreshing the skills I already have.

In what ways would you say Toastmasters has impacted your life?

Toastmasters International has made me very confident at a personal level especially when facing an audience. It has made me a good speaker who is often invited to events



both locally and internationally. Through this, I have expanded both my networks and exposure. Toastmasters International has had a big positive financial impact on me. First in terms of helping me get good jobs. I do well in job interviews because of the Toastmasters' skills. Also, in terms of pocket money I make from paid motivational and keynote address speeches.

Which benefits do you think voluntary leadership roles such as those that exist at Toastmasters offer?

There are a number of benefits we gain when volunteering for leadership roles at Toastmasters International. First, we advance in a practical way our leadership skills. We become better leaders. Last year, I was chatting with someone who is one of the biggest five CEOs in Malawi and I asked him what made him a great leader. He told me it was all down to the leadership skills he learnt at Toastmasters International including volunteering to be a timekeeper or Sergeant at Arms. Let us not underestimate what we gain in volunteering at Toastmasters.

What words of motivation would you give fellow Toastmasters to encourage them to continue to invest in their self-development during these trying economic times?

Toastmasters is the best platform for continuous learning and professional development, and we learn while having fun. We learn leadership and communication skills in a very easy way. At the same time, we learn a lot from life stories told during the prepared as well as impromptu speeches. What we learn at Toastmasters International cannot be learnt anywhere else. And it is easy over time to see the financial benefit that arises from this package of lessons and learning that we acquire at Toastmasters.

Tumelo Maphalala

IS MAKING A DIFFERENCE IN OTHER PEOPLE'S LIVES YOUR DREAM? MEET FUTURE THUBELIHLE MOYO

What is your favourite quote? A quote that keeps you going?

Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results. - Andrew Carnegie

Will you please shed more light about it?

The above quotation by Andrew Carnegie sums up the most valuable and memorable moment I have had with Toastmasters International. Being the Operations Manager for Maycon2023 (ThunderCon) working closely with the Conference Convener was a life changing experience as I watched our plan unfold, the plan we spent months painting, perfecting and bringing it to life! Having played this role showed me the possibilities of teamwork; indeed, teamwork makes the dream. We were the pioneers to create a Toastmasters International Conference experience outside South Africa, larger than life; and the memories created are still mind blowing and vivid today.

What do you love doing most?

I love socializing and influencing people around me to strive for greatness in all they do!

Your energy and vivacity show me that you are a go-getter, will you please share with me your secret?

To contribute in achieving a larger-than-life vision; that makes the world a better place to live. What I touch has to turn into gold. As long as the situation is mediocre, I keep working on it until I turn it into gold! I love winning and turning what I touch into gold resembles a sense of achievement.

Intriguing! Now tell me more about yourself? You seem to have an interesting background from which you tap your energy?

Born and raised from the City of Kings and Queens - Bulawayo, Zimbabwe, I

have always felt attached to my city as being one of the Queens; because most of the projects I embark on are influenced by this statement, "how can I, as Queen, contribute to make a positive impact to my city, my country and my continent." A Queen serves her people.

Inspired by Queen Lozikeyi Dlodlo, a legendary Queen of the Ndebele people in Southern Africa, wife to King Lobengula, who selflessly served her people after her husband, King Lobengula, disappeared. Queens serve... they turn what they touch into Gold.

Impressive, what a nugget! Will you please share with me some of your accomplishments?

I am proud to be a sponsor of four clubs and the footsoldier of a club in which I was a Charter President.

Being the Charter President of Dream Achievers and being the foot soldier of the club from its inception, gives me a sense of pride, I also worked tirelessly to support a team that sponsored the second club in the City of Kings and Queens, Bulawayo to get the club officially chartered, up and running. In our first year of operations together with the team we turned the club from level zero into GOLD - A President Distinguished Club.

This boosted my confidence that it's possible to turn anything into GOLD if you put your mind to it. This saw me co-sponsoring Global Women Extraordinary, I later on sponsored Bulawayo Diamonds, Victoria Falls and University Club Simbaredzido Toastmasters (the number 2 Club in District 74) and number 1 Club in Zimbabwe.

Remember what I touch turns into GOLD, today all these clubs are striving and impacting lives! Victoria Falls Toastmasters club went on to make history in its first year of operations, it was the club that hosted the Toastmasters Southern Africa Conference 2023. What I touch turns into GOLD and impacts lives.

What makes you as passionate about Toastmasters International as you are?

I envision a member experience focused organization that desires to grant every member a golden experience and return on their investment.

I believe if we take care of the member everything else takes care of itself!

Are you dreaming of being part of a club that achieves a Distinguished Status or better? - Then take care of the member!

To expand the Toastmasters International footprint in your community and country, take care of the existing members!

Loosely I will say grant the members a positive experience and everything else shall be added to you.

How do you spend your free time?

Running, swimming and traveling to explore the world.

No wonder you are such an achiever! Finally, what is your mantra?

My mantra is - we rise by lifting others. We lift others through selfless service. Serve wholeheartedly without expectations. The quote that pushes me to do more is, "The best way to find yourself is to lose yourself in the service of others" - Mahatma Gandhi

Atupele Ellah Stambuli



EDUCATION

EDUCATE YOURSELF

TO SEE BEYOND

Nelson Mandela once said that education is the most powerful weapon you can use to change the world. As a Toastmaster, are you educating yourself to change the world for the better?

In life, nothing comes on a silver platter. Every day, you must 'sing' for your supper. You must sweat to succeed. Whatever the season, find a reason to keep on paddling your life's canoe to remain afloat otherwise you won't sail through.

Paddling one's canoe is all about pushing perpetually and most importantly, constantly upgrading one's medulla oblongata – the brain. Feed your brain ceaselessly with contemporary data that would transform you into an expert. They say leaders read and readers lead therefore keep on educating yourself if you want to see beyond.

By virtue of being a Toastmaster, you are already on the right track to success because Toastmasters International empowers individuals to become more effective communicators and leaders. Avoid being trapped in the dogma of becoming an experienced toastmaster. Use Toastmasters International as an educational tool to help you accumulate all the needed knowledge to lead, communicate, coordinate, and connect with the world.

No matter where you are, whatever circumstances you are in, keep on educating yourself to remain relevant. Set SMART goals to find your purpose in life. Maybe your purpose is to teach, preach, lead, write, serve as an accountant, banker, designer, marketer, pilot, police, soldier, singer or whatever, educate yourself to be the best in your field. Let Toastmasters International compliments your efforts. Education can be through formal studies or very informal including mentorship, apprenticeship, attachments, reading or online studies. Whatever it is, be intentional and passionate.

In the vastness of this complex world, know that opportunities are limitless – all you need is education as the key to unlock doors of your desired destinies. Will Smith put it correctly when he said that *you can create whatever you want. You just have to know what you want and take the opportunities as they come your way. We are who we choose to be.*

The beauty about education is that once acquired no one can take it away from you as articulated by Elin Nordegren. As a Toastmaster, you are privileged to stand on this massive mine of knowledge, connections and exposure that can catapult you to be whatever you want to become in life. Keep on educating yourself.

Gracious Changaya

HAVE I EVER ENCOUNTERED ANY CHALLENGES?

Yes, I have encountered a lot of challenges in my Toastmasters journey, but it still proves to be an ideal platform to hone and harness creativity when it comes to public speaking.

My name is Ntsebeng Rakauoane and I joined Toastmasters in October 2019 (a year after I completed my high school).

Delivering speeches in Toastmasters International wasn't much of a challenge to me unless it was impromptu or being a Toastmaster of the Day (TMOD) during the meeting. I realized that I struggled delivering something if it had to do with thinking on the spot or to keep momentum while leading the meetings. However, with Toastmasters International being a supportive environment; the constructive feedback I received at the end of the meetings motivated me to partake in those roles more than before and I improved significantly.



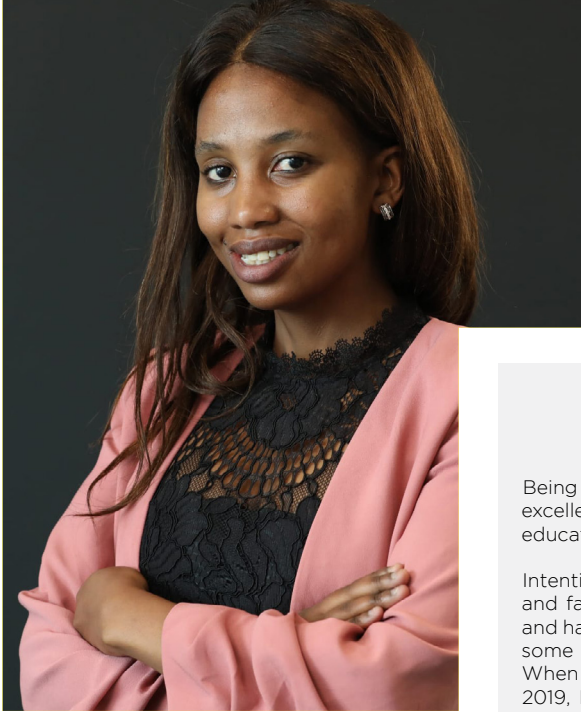
The other most challenging scenario was when I partook in being a Day Chair of the Toastmasters Southern Africa Conference in 2021. I was devastated after the conference, questioning myself why I took part in it because there were close to 1000 participants if not more, and fear gripped me.

Luckily, I had a supportive structure, this being my family, Toastmaster Mamosololi and my friend, Tebogo Lenono. I remember the most profound message that stood out was that I shouldn't beat myself up about my performance as this was the first time. This encouraged me to volunteer again the next year and my performance was better than before. For me, that was success because that showed I was progressively moving toward being the proficient host I wanted to be. It's all about the journey and being present; not the destination.

The one crucial lesson I learnt in Toastmasters International is that it teaches and pushes one to embrace their vulnerability. Delivering speeches, leading in executive teams, leading club meetings, partaking in speech contests; all these put toastmasters in vulnerable positions because they're not in control of the outcome. Whether or not the person wins the contest, or club meeting will be entertaining or not; or even that their club will achieve a distinguished status at the end of the year or not.

Allowing oneself to lose themselves in their knowledge, creativity, gifts or skill without trying hard to be perfect is what makes all the difference in succeeding in those areas and Toastmasters International in general. Being Present is KEY.

Ntsebeng Rakauoane



EDUCATION SEGMENT

MY EXCELLENCE COMES FROM MY INTENTION

Being intentional helped me achieve excellence through completion of my educational goals

Intentions and choices determine greatness and failure. These are the words that I live and have propelled me to be able to achieve some of my amazing Toastmasters goals. When I began my Toastmasters journey in 2019, I intended to build confidence in my ability to articulate myself in an audience without feeling distressed or anxious. The lesson I learned in achieving these goals is to keep one's actions aligned with your intentions consistently.

Here are a few lessons I have learned through the years about how being intentional has helped me achieve my goals:

You don't have to boil the ocean to make it rain on your garden - create a solid intention and break it down into actionable goals that lead to incremental progress and keep the written goals in a visible area; choose

somewhere you pass by often.

You can water a garden with milk, but it won't yield the same results - Keep your goals simple and aligned with your intentions. Keep your goals at 1 must-win, 2 nice to-haves and 1 or 2 side goals but tie them to your intention.

Measure your progress and love the progress - Actively track your progress and reward small wins. Focus on consistent performance rather than an intense sprint because burnout does not produce sustainable results.

The lesson for me is to keep your intentions in mind and align your goals accordingly. Keep your goals simple enough to do something every day. It is always important to remember that greatness is on the other side of choices. The goals may evolve but the intention stays the same.

Lindokuhle Bahia Nkosi

“keep your intentions in mind and align your goals accordingly”

BOOK SYNOPSIS

Speech Checklist is a by-product of an author's experience at Toastmasters. In researching the content of the book, the author watched and analysed at least the top 10 most popular TED talks of all time, more than 10 winning speeches from the past decade of Toastmasters International World Championships of Public Speaking contest, and more countless other videos of his top 10 favourite great orators and professional public speakers such as Steve Jobs, Vusi Thembekwayo, Martin Luther King Jr, Pastor Steven Furtick, etc.

In addition, he has read countless books in public speaking and communication skills and wrote articles for his blog on these topics. The author used contest winning speeches which he delivered at Toastmasters and extracted his favourite articles on the same topic from his blog and used them in the book as illustrations for the concept he has learned through his research, to teach the readers what makes an impactful and memorable public talk.

Generally, the book is divided into three parts and five chapters, which represents five key components of an impactful and

memorable speech. The first part of the book focuses on the author's journey - where he was born, challenges and traumatic experiences he went through and overcame, and lessons learned in the process.

In the second part of the book, the author shares the importance of understanding rhetoric, which include pillars such as ethos (credibility), pathos (evoking emotions through personal stories), and logos (appealing to logic through meaningful statistics and data), in order to speak persuasively for maximum impact. He also emphasizes the need to be mindful of your attitude as a speaker, and to use your body language deliberately and in congruence with your vocals. In addition, the meticulous use of figures of speech such as metaphors, anaphora, analogies, etc., is demonstrated with examples from great speakers who ever graced our planet.

The third part of the book focuses on HAQA (Humour, Acronyms, Quotes and Abbreviations) as elements that heightened the listening abilities of your audience. In the last chapter, the author reiterates the need to rehearse thoroughly and suggest

a pre-performance routine that will help you manage your fear or nerves, such that you sound like a professional. The main take-away is that, to be a great speaker, you need to seek and seize every opportunity to speak and practice what you have learned in the book. And the best way to do that, is to join a Toastmasters International club near you or an online one.

Sibongiseni Steinger Mgozoli



UNLOCKING THE SECRETS TO BETTER MENTAL HEALTH: YOUR SIMPLE GUIDE TO WELL-BEING BY DR. CLINTON KADOCHI

"You are allowed to be both a masterpiece and a work in progress simultaneously." - Sophia Bush

In the journey to better your mental health, as a leader it's important to remember that you are allowed to be both a masterpiece and a work in progress simultaneously. As Sophia Bush beautifully expressed, our mental well-being is an ongoing process of growth, healing, and self-discovery.

Just like a masterpiece, you possess inherent worth and unique qualities that make you truly remarkable. As a leader your strengths, talents, and the beautiful aspects of who you are make up the canvas of your life. *Working with people is one task that can be daunting and revealing at the same time*, it's essential to acknowledge that we are all works in progress when stress and exhaustion lead us to experience burnout. Just as an artist refines and shapes their creation over time, we too continuously evolve and learn as we move past the anxiety that may come with different responsibilities and demands. In my journey of leadership, I've learned that it's okay to have moments of uncertainty, imperfection, or vulnerability. Remember that these experiences do not diminish your value; they are opportunities for growth, resilience, and self-compassion. Here are some key secrets to unlocking a better mental health.

Cultivate Positive Thinking:

Our thoughts shape our reality. Foster optimism and positive thinking to boost your mental well-being. Challenge negative self-talk, practice gratitude, and reframe setbacks as opportunities for growth. Surround yourself with positivity through affirmations, inspirational reading, or uplifting media that nourishes your mind and soul.

Nurture Supportive Relationships:

Cultivating and maintaining meaningful relationships is essential for our well-being. Surround yourself with supportive individuals who uplift and inspire you. Regularly invest time and effort into building and nurturing your social connections. Meaningful interactions, whether in person or virtually, provide emotional support, companionship, and a sense of belonging.

Manage Stress:

Stress is an inevitable part of life, but learning how to effectively manage it, is crucial for mental health. Identify your stress triggers and develop healthy coping strategies. This may include engaging in regular physical activity at the beginning or end of the day, practicing relaxation techniques, maintaining a balanced routine, setting realistic goals, and seeking support from loved ones or professionals when needed.

Establish Boundaries:

Setting and maintaining healthy boundaries is essential for safeguarding your mental health. Learn to say no when necessary, communicate your needs openly and assertively, and respect your personal limits. Creating healthy boundaries helps prevent burnout, preserves personal energy,

and fosters overall well-being.

Rest when you're weary. Take a break when life gets overwhelming. Listen to your body because it will always affect your mental health.

How to Get Guests at Your Toastmasters International Club Consistently

Thank you for participating in this interview. Your insights will help us understand effective strategies for consistently attracting guests to Toastmasters International clubs. Please answer the following questions based on your experience and knowledge:

1. Please share your vision for District 74 clubs as current Club Growth Directors.

- We want to ensure that the vision of 2 healthy, sustainable districts is born by the 1st of July 2024. That means every division, every area and every club is in a healthy state.
- We want to start new clubs across the district and ensure that no one has to drive more than 20 Min to attend a Toastmasters club meeting.
- We want to partner with some of the corporations to extend the opportunity of Toastmasters International to their other branches.

2. What key elements make a Toastmasters International club appealing to potential guests?

- Quality engaging events. Preparation, preparation and preparation.
- Relaxed, friendly yet empowering atmosphere. If they feel they are in a safe environment that gives them an opportunity to grow, they will ask for that form before you suggest it to them.
- Get them to participate in a small way in the event.
- What strategies or initiatives can clubs implement to actively promote and attract guests? Can you provide examples of successful efforts?

3. Take care of your existing members. Ensure that they progress, celebrate them and stay in touch with them. If existing members feel their needs are met, they invite their friends and associates to the club.

- Your VPPR must post engaging content on your social media pages, that way you stay at the top of the minds of your followers, and they will reach out to want to attend.
- Offer incentives and recognition to club members who invite guests to your events.
- Ensure that your events are fun and engaging. Guests and members who attend

will invite others to attend.

4. How important do you believe networking and collaboration with other organizations or businesses are in attracting guests to a Toastmasters International club? Have you seen any positive outcomes from such collaborations?

- When I was PR Manager, we hosted flagship events in collaboration with other organizations. We've had members of some of these organizations' members enquiring about Toastmasters International.
- Mauritius and Zimbabwe have done a great job in collaborating with the Rotarians, and clubs were born with some of these partnerships.

5. How can social media platforms be utilized to reach potential guests? Can you share any specific tactics or campaigns that have been effective in attracting guests?

- You may utilize as many social media platforms as your club has the capacity for. The trick is to be consistent on whichever social media platform you are going to use.

6. What role do club members play in attracting and welcoming guests? How can clubs encourage and involve members in this process?

- One of the clubs I belong to has a welcoming committee. These people do not necessarily have to be part of the EXCO, but these could be subcommittees of the Vice President Membership and the Sergeant at Arms

7. In your experience, what are some effective ways to engage and retain guests, encouraging them to eventually become members of the club?

- Guests are attracted to Toastmasters International clubs usually because of a certain pressing need. When they come our job is to find out what that reason is, and then position Toastmasters International as an element that would fulfil that need.
- Be friendly and show interest in them. Ask questions and get to know them. When they feel they trust you, they will open up about their needs, and may even decide to sign up before even attending the event.

7. Are there any other innovative or unique ideas you would like to share that could help Toastmasters clubs consistently attract guests?

- Have a variety of events and event themes.
- Invite a keynote speaker.
- When you finish an event, have a teaser for the next event, encourage the guests to come back again, and encourage the members to invite other guests.

Thank you for sharing your insights and experiences. Your responses will provide valuable information on how Toastmasters International clubs can effectively attract guests on a consistent basis.

Dr Clinton Kadochi





STEPS FOR GOAL ACHIEVEMENT: KEY INSIGHTS FROM CHRISTINE THOMAIDES' JOURNEY

Christine, a seven-year Toastmasters International member, shared her journey of setting and achieving goals, offering valuable insights into goal planning and persistence.

Starting the Journey: Christine aimed to participate in an international competition, motivating her to complete her fourth project.

Defining Goals: She emphasized clear purpose statements and SMART goals without rigid timeframes.

Maintaining Motivation: Breaking large goals into smaller, manageable steps keeps her motivated.

Resilience: Christine suggests taking breaks during challenges to recharge.

Accountability and Progress: Sharing goals with others for external accountability is crucial. Christine measures her progress diligently.

Effective Time Management: Eliminating distractions and planning her week in advance helps her manage time effectively.

Sharing Goals and Mentorship: She mirrors successful individuals to guide her without an official mentor.

Adaptability: Christine advocates for flexible plans and continuous evaluation.

Words of Wisdom: Align personal, Toastmasters, and professional goals for a more manageable journey.

Personal Growth: Christine's Communication Styles project led to self-awareness and improved communication.

Daily Rituals: Sub-conscious journaling aids reflection and clarity.

Celebrating Milestones: While she acknowledges the importance, Christine is working to implement celebrations.

Current Goals: Christine aspires to offer professional training and gain accreditation for club officer training.

Final Advice: "Keep going" – Christine's mantra for continuous growth through goal setting and achievement.

Anke Stow

HOW ARE YOU HELPING OTHERS?

Liviness Mmela is a Toastmaster of note who hails from Malawi. Having joined Toastmasters in

2022 she has already served as VPPR and is currently VPE of Old Mutual Club in her home

country. She takes us through how she continually helps her fellow members.

To those who may not know you, who is Liviness Mmela and what role do you play in

your Club?

I am an enthusiastic and result-oriented partnership, stakeholder relations, and marketing

specialist. In my everyday life, I am very passionate about social change, economic

development, and the role of partnerships towards sustainable development. I have a strong

passion for girl empowerment and building female leaders so much so that in 2020 I launched

my mentorship program called "Mentorship with Liv". This program provides mentorship to

young girls, especially at secondary school and university level.

I am a strong advocate of promoting soft skills for excellence just as much as we promote hard

skills. Unfortunately, I see a gap in our society in that the focus is mainly given to hard skills

when soft skills are needed every day for the survival of the fittest. That is why, at every

opportunity I get, I use the platform to empower, mentor, and advocate for people to attain these

soft skills for their personal development goals.

It is for the same reason that I strive to use my leadership role in the club to develop as many

effective, confident, and empowered leaders as possible, leaders who possess skills to sustain

their positions with the right mindset and confidence.

In what ways are you helping others pursue their personal development goals in your

club?

In my role as a leader within our Toastmasters club, my primary focus is on fostering an

environment where personal development thrives. I dedicate myself to empowering our

members to grow, learn, and achieve their goals while providing the necessary resources,

mentorship, and encouragement. As a leader, I take my time to understand these needs,

whether one is seeking presentation skills, negotiation skills, leadership skills, or merely how to

boost their confidence and take up the stage, I ensure that I provide the right support, motivation

and connect them to the right mentor that will actively guide and see that the results are

achieved.

I also understand that juggling career and personal development goals is not easy, however, as

a leader, it is my duty to make sure that members are able to prioritize their needs as well while

chasing company goals. I believe that if one can achieve their personal goals, that automatically

leads to greater success in their daily work.

Barely a two-year-old club, but we have managed to create a safe and inspiring environment

that keeps pushing us all to aim for our goals, and to be a part of that, I am proud.

What motivates you to continue assisting your fellow members?

Wow, that's a good question. For me, the biggest driver is seeing the members win, and seeing

them progress from one step to another. I can summarize it as the following points:

Witnessing Progress: When I see our members evolve and grow in their communication and

leadership skills. Witnessing their journey from nervous speakers to confident communicators

and leaders fuels my passion to continue helping them. Every time I encourage a member to

take up a role, offer proper guidance and they come back to me after a well-done job just to say,

"Thank you for pushing me", that is truly rewarding.

Creating Impact: I find great satisfaction in knowing that my efforts contribute to positive

change in our members' lives. When I see them apply what they've learned in Toastmasters to

excel in their professional and personal lives, it reinforces my commitment to assisting them. As

I say, I want to see everyone gaining a skill set beyond what our degrees offer and Toastmasters

provides that platform. So, just watching that unfolding is satisfactory for me.

Personal Fulfilment: Assisting others in their personal development goals is personally

fulfilling. It aligns with my own values of continuous learning and growth, and it serves as a

reminder that we are all on this journey of improvement together.

**T u m e l o
Maphalala**





DURBAN WEEK

Following the festivities that were Cape Town week, leadership took over Durban next. We caught up with Granny Be007 who gave us the gist of what went down in Division P, Kwa-Zulu Natal. As is the usual program, the division leadership visited as many clubs as possible that held meetings that week in the division. Meetings, be they physical, hybrid, or online were the word of the week.

Many events ensued during this week. It is worth noting that Division P is special in that it has an Area dedicated to Nedbank Clubs. First off, a Nedbank Corporate Showcase was done to expose guests to the array of benefits that exist when one is a member of these clubs. A similar event was the Transnet Corporate Showcase, also held during this week. At each of the meetings, a Saturday Membership Drive was heavily advertised. It was at this meeting that a lead generation was performed, and a demonstration meeting was carried out to allow guests to network and establish which clubs took their fancy. The guest list from that very meeting was used for a dialing party in an effort to subsequently convert guests to members,

Lastly, a Club Officer training session was also done to empower current club officers in their roles. It was indeed an eventful week in Division P which will ultimately contribute to the realization of District 74 goals.

Tumelo Maphalala

EVENTS AND ENTERTAINMENT MADAGASCAR WEEK

Whilst Granny Be007 and other cabinet leaders took over the city of Durban, just on the

southeastern coast of Africa, Ravin Papiah and several other leaders took over Madagascar. On

the first day, a dinner meeting was held with the Madagascar Area Council to discuss how



Toastmasters creates value for self and others as well as to charter the leadership visit program

going forth.

Several drives to reach out to prospective members and grow the Toastmasters brand in

Madagascar were carried out. A meeting was held at BNI Madagascar to pitch & get their buy-

in. A showcase was performed at Transparency International with several employees in

attendance. Another meeting was held with MIARAKAP management to introduce the corporate

Toastmasters program available at their disposal. Another very important organization, the

American Chamber of Commerce in Madagascar, was thrilled with our presentation for

chartering a Club for their members. It

went the same with SBM, Madagascar, where a showcase

was organized after a few days of our visit with the hope of getting another Corporate Club.

The leaders of Madagascar, under the chairmanship of Irina, D74 Club Extension Chair and

Mahefa, Area Director, organised a Gala Night to celebrate a 100% Distinguished Clubs on the

island, and of course to also celebrate the best Club in District 74 for the year 2022-2023,

namely, the First Club of Madagascar.

The Toastmasters Week in Madagascar was closed on Saturday after a wonderful conference

with the members of the 7 clubs in Madagascar, where we spoke about personal development,

leadership, going the extra mile and turning Madagascar into a Champion for Toastmasters and

charter more community and Corporate Clubs.

Madagascar was indeed alight and deemed promising for more club and membership growth

across the island.

Now here's to the crazy ones.

The misfits. The rebels. The ones who see things differently. You can quote them, disagree

with them, glorify or vilify them.

About the only thing you can't

do is ignore them. Because they

change things. They push the

human race forward. And while

some may see them as the crazy

ones, we see genius. Because the

people who are crazy enough to

think they can change the world,

are the ones who do."

Tumelo Maphalala & Noma Mzunze

TOASTMASTERS INTERNATIONAL | DISTRICT 74 | MAYCON

Still dreaming of meeting some of your favourite Toasties in person, then look no further, in less than 9 months, District 74 is hosting the largest in-person meeting, the DreamCon Conference 2024.

Not only will you get to mingle with your virtual friends, you get to rub shoulders with District leadership, contest champions and experience the Speech contest in person

The Time is now. get in touch with your Club, Area, Division and District leaders.

Sacrifice that daily cup of coffee!

Sacrifice that pair of shoes!

Sacrifice that handbag and invest now in a lifetime experience!

Hope to see you at

DREAMCON2024 in Johannesburg, South Africa,

in MAY 2024

If you want the Convener, Kirstin Bosworth, to keep you in the loop

with all the exciting upcoming details then reach her through a normal or WhatsApp call using this mobile phone number +27840556277.

Noma Muzunze



