



April 2018 Newsletter

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**Spring Contest Winners**

Fluor Club Contest Winners  
– March 6<sup>th</sup> and March 13<sup>th</sup>, 2018

International Speech  
Competition - Helga Bender

Evaluation Competition  
- Daniel Mitcheltree (Middle)

Area D23 Spring Contest Winners  
- March 14, 2018

International Speech Competition  
– Helga Bender (Left)  
Evaluation Competition  
– Gail Maitland

Division D Spring Contest Winner  
– April 14, 2018  
Helga Bender (Top)



## **Interview with Susan M. Brown, MSW, RSW**

I have been a social worker for the past 15 years. I decided to enter this profession when I was in my late 30's. I love my work and enjoy helping people navigate through the challenges of their lives and hopefully increase their ability to cope with other challenges as they arise. In the summer I started a new job as a family counselor at the South Calgary Health Centre in Adult Mental Health. It is my dream job and I am so happy to be working there. I work with other Mental Health professionals offering brief therapy to clients.

My primary reason for joining Toastmaster was to work towards my goal of offering workshops and seminars on The Success Principles. A couple of years ago I attended Breakthrough to Success a five day training seminar with Jack Canfield. The training was based on his book The Success Principles. I was first introduced to Jack's work about 25 years ago when I purchased a copy of his cassette program "How to Build High Self Esteem". This program had a profound impact on the direction of my life. I was my dream to on day see Jack Canfield present. After the seminar I became a Certified Canfield Trainer - The Success Principles.



I have been exploring Toastmasters for about six month, knowing that this would be excellent training for public speaking, however I was not sure that I wanted to go to an evening meeting. One day at work my colleague mentioned that she was going to a meeting at lunchtime, she invited me to attend. I really enjoyed my first meeting and have attended most weeks. I really appreciate opportunity to learn and grow in such a supportive environment. It helps me to safely step outside of my comfort zone.

I completed my Ice Breaker in February. I was a basket of nerves and was terribly worried that I would not have enough information for the full time that was allotted to me. I reminded myself the morning of remember to breath and I would be okay. Turns out my speech was longer that I thought it would be (I actually went over) and I received wonderful feedback for the other members that will help me build my public speaking skills.

I am very excited about the new Pathways Program. I believe that this will help me to achieve my goals of offering workshops and seminars. I think that I will like focus on the motivational speaker stream. It will be a privilege for me to be part of this wonderful group and support them as they each move through their choose pathways.



## Editorial

### **The Voice Inside Us**

By Carolyn Triscott, M.C, R.Psych

Many people believe that if they feel anxious then it must mean that they are not doing something correctly or they are participating in something that is not a good fit for them and they give up. As a result, they may be less likely to identify opportunities for growth and develop their skills. The fear of public speaking is exceptionally common. As many as one third of people report excessive public speaking anxiety (Stein, Walker & Forde, 1996). In fact, 50% of those people feel this way by the time they are 13-years-old, 75% by the time that they are 17-years-old, and 90% by the time that they are 20-years-old (Stein, et. al, 1996). The apprehension that people experience related to asserting themselves in front of an audience begins early and can have far reaching consequences on people's ability to communicate and function effectively.

Public speaking anxiety is associated with lower rates of educational, occupational and relational success (Aderka, Hofmann, Nickerson, Hermesh, Gilboa-Schechtman & Marom, 2012). This may result from the avoidance of public speaking due of fear of humiliation as especially anxious public speakers tend to have irrational exaggerated beliefs about their expected or actual presentation (Ayres, 1992; Bodie, 2010). In fact, being afraid of an audience's negative evaluations and the prediction of poor performance are the two most common underlying cognitive factors that lead to public speaking anxiety (Cho, Smits, Telch, 2004). People's beliefs about their public speaking experiences can dramatically shape their level of anxiety and their willingness to present again in the future.

Aside from developing the necessary public speaking skills via observation and practice, people must also become aware of their internal dialogue, or self-talk. Self-talk is defined as "a silent or vocalized dialog with one's own self" (Vocate, 1994). Self-talk functions as a platform for observing, monitoring, and directing one's own behavior. According to Shi, Brinthaup and McCree (2015), people that fear public speaking are likely to engage in self-talk when they feel discouraged about something they may say or when they are analyzing other's responses to them. Oftentimes people are not aware of their self-talk because they are not paying attention to it. Once their presentation is over, they cannot change what happened. However, they can change their beliefs about it by focusing on a more positive inner dialogue.



The next time you are preparing to speak in public, consider journaling about the following questions before you give your speech:

- 1. What kind of positive feedback have I received about my speaking in the past?**
- 2. What went well during my last speech?**
- 3. What would I tell a friend or colleague before their big presentation?**

#### References

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**Upcoming Events**

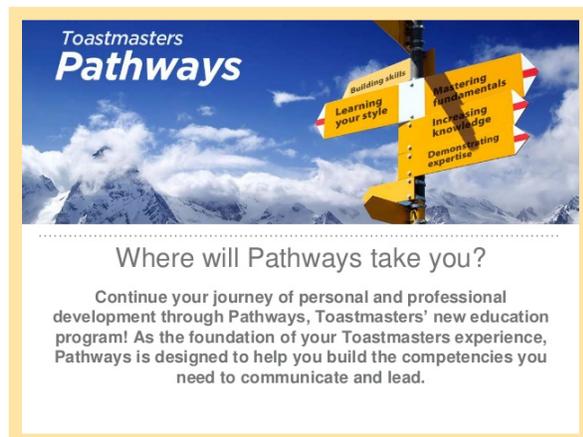
**April 27-29, 2018 – District 42 Spring Convention “Pathway to Success”**

This is a fun weekend full of networking, discovering & learning. It involves keynote speakers,

education workshops, two speech contests, district business meeting, games, activities. A live webinar will take place with experienced Pathways Ambassadors from other regions. Full registration includes meals. Several registration options available. Come for the full convention or a few sessions. Visit [www. D42tm.org/spring-convention](http://www.D42tm.org/spring-convention) for more detail.

**May 1, 2018 – Election**

New roles are available on the Fluor Executive Committee. This is your opportunity to take on more leadership responsibilities within the club and get to know other members.



**May 3, 2018 – Pathways Program roll out!**

Complete your assessment to determine the most appropriate pathway for you! Visit [toastmasters.org/pathways-overview](http://toastmasters.org/pathways-overview) for more information.