

Pro Edge TOASTCRUMBS

Commendations, Recognition, Unofficial Monthly Buzz n' Stuff - August 13, 2014

2014-2015 Executive Officers

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WHAM!

What A Wonderful Meeting...

As usual at ProEdge, the August meeting was jam packed with fun, inspiration and learning. In case you were absent, *here's what you missed....*

Chairman John Beck was very conscientious with the pre-meeting footwork. He made sure speakers were confirmed on the agenda, and set the tone for a fun professional and informative meeting, asking everyone to be ready to sum up in one sentence what is most important about *being professional*.

Sgt-at-Arms Ken Cowie kicked off the meeting with a warm welcome to our guest Stephanie Fournier, then expanded on the meeting theme, pointing out a wide range of meaning and possibilities for *'being professional'*. He cited the Mind Tools website <<http://www.mindtools.com/pages/article/professionalism.htm>> for followup. Ken continued to demonstrate his meticulous preparation in his introduction of John, who's been very busy, working on three keynote speeches crafted to meet and motivate client's needs in Calgary (including *'Mr Grinch'*, *'Thumbs Up'*, and *'Fate, Luck and Intuition'*). Recently he was MC for his daughter's wedding (the 1990's theme sounded fun).

John took up the conversation on being professional, and what it takes to be successful...he said that in the earlier days, he did whatever it took to close; now he puts more emphasis on listening.

More Tips on being professional...

- ★ **Ros Hansen...** do the things you love to do on the days you don't feel like doing them
- ★ **Karen Van Delft...** be prepared, listen intently
- ★ **Angelika Bendrich...** focus attention on customer service
- ★ **Haddy Abra...** listen intently, make a person feel important
- ★ **Michael Sumal...** know your audience, and what is appropriate to say
- ★ **Stephanne Fournier...** be respectful, know when to share the info...what and when you say it
- ★ **Ron Newell...** focus on dedication, self improvement
- ★ **Bill Cannell...** look at the PGA...the golfers are not only good, but dammed good
- ★ **Khanh Vo...** be sincere, passionate, the best you can be at what you do
- ★ **Ken Cowie...** do what you say
- ★ **Cheryl Crotty...** encourage young people to get satisfaction
- ★ **Sue McIntosh...** be reliable; clients depend on you to follow through
- ★ **Jamie MacDonald...** be prepared...ad-libbing is for amateurs

Next up: four fantastic speeches, four great introductions, and plenty of excellent feedback...

Tips about taking your speech to the next level...

Karen says... turn up the volume; take the opportunity to add humour to lighten up a very heavy topic, perhaps by adding a bit of a smile, and getting a bit more connectivity with the audience

Ron says... watch hand clapping

Ken says... focus on finding ways to connect with the audience, and use a bit more vocal variety to ramp up the effectiveness of her speech

John says.. humour can help the audience listen even more intently

Khanh says... use a numbering system for list of suggestions

Bill says... let your facial expression light up to show positive emotions



Michael Sumal introduced our first speaker, **Jamie McDonald** who was doing the 5th project from the “Technical Presentations” manual. (The assignment is: To enhance a technical talk with the Internet; To use the Internet to build part of the presentation, and To communicate with the audience beforehand, and then after the event.) Jamie planned to explore our commitment to our own personal and professional growth, in a speech titled ‘*The Fault in Our Stars*’.

Evaluator **Ros Hansen** acknowledged what we all know..Jamie has extraordinary performance skills, and talked about how he expertly achieved his objectives, using PowerPoint to illustrate the information he had gleaned via a short Internet survey using Monkey Survey. Jamie started with a personal story, involved the audience using good questioning techniques, and tied the various parts together brilliantly. The only concern was, with such a compressed time frame, he left us wanting more. In this technological era, our audiences expect us to be comfortable using technology..Jamie offered a clinic, demonstrating his expertise with a variety of applications, without losing sight of the importance of connecting with the audience.

more...

Group Feedback... lots of warm fuzzies, unfortunately the note-taker was off duty!



Ros Hansen introduced our 2nd speaker, **Sue McIntosh**, who is new to our group. Sue spoke from the Competent Communicator Project 4, How to Say it. (The objectives are: Select the right words and sentence structure to communicate your ideas clearly, accurately and vividly. Use rhetorical devices to enhance and emphasize ideas. Eliminate jargon and unnecessary words. Use correct grammar.) Recently Sue read a quote that spurred the action to improve her communication skills..." The distance between who I am and who I want to be is separated only by my actions and words." Her object was to give the members a sense of who she is and to share a little humour in a speech called ‘*Fear*’.

Sue talked about how fear can stop us from making stellar decisions; how fear has impacted many parts of her life. She openly shared her fears of public speaking, and then described an adventure on the Pacific island of Bora Bora that changed her perspective. She painted a picture of the beautiful water, how she could see all the way to bottom, and a beautiful array of shapes and sizes. She was ready to jump in. Just one thing...there were sharks. Despite being terrified, she dug deep for courage, pushed her fear of swimming with the sharks away, and did it anyway. By the way, she’s not so afraid of public speaking any more.

Ken Cowie demonstrated excellent evaluator techniques, delivering his comments using the preferred sandwich technique, in the third person. He thanked Sue for being so open, and talked about how well she achieved the objectives of the project. Ken detailed the other strengths of this speech: Sue started off with a question, demonstrated good preparation, organized the speech well and used effective gestures. He especially liked the overall message.

more...

Karen...Sue has a gift of storytelling, and bringing life to the stories with animation

Ron...I loved Sue’s story, could feel the fear...I know, I swim with the sharks every day in business

Networking Break



Cheryl Crotty introduced our third speaker, **Angelika Bendrich**, saying that every time she hears Angelika, she's inspired by her enthusiasm and insight. Angelika is working on her High Performance Leadership Project, focused on effective communication, and a subject that lies close to Angelika's heart. Her speech is Project 3 of the Competent Communicator Manual, Get to the Point. (Objectives: Select a speech topic and determine its general and specific purposes; Organize the speech in a manner that best achieves those purposes; Ensure the beginning, body, and conclusion each reinforces the purposes; Project sincerity and conviction and control any nervousness you may feel; Strive not to use notes)

Angelika is a Registered Professional Counsellor and Life Coach. Angelika has made it her mission to give a voice to the unspeakable. Her speech '*If Not Now- When?*' was crafted to convince us that children's safety as our responsibility, and that it's important to take action now and not wait for others to take the lead. Angelika finished with a strong call for action for us to join the movement for loving and protecting our children, saying it's up to each of you to reach in your hearts to share...and asking, "What can you do to end child abuse to make them safe, so they can be innocent, joyful happy... donate money, offer space, send out invitations...if you love them, protect them." (See Newsflash for workshop details, below)

Karen Van Delft demonstrated a ton of poise and impact in delivering her evaluation. She started by enumerating many positives about Angelika's speech...Karen said she saw a very positive woman, who had command of the room skillfully presenting a sensitive speech. She liked how Angelika 'showed' rather than 'told' us, the good audience involvement (hearing three other voices had a lot of impact), the enjoyable opening and the bit of humour. Karen loved the story, the pause, how we didn't know the topic till a bit further in, and how Angelika kept us present and with her...Karen was particularly impressed with the ending, saying, "It was the strongest call to action I've ever heard. You didn't just call us to action, you're doing the action. You've got a workshop on August 26. I'm committed to being there."

more...

Ken...Angelika, you're very passionate...your vulnerability, intimacy about yourself really connects with the audience....it's the #1 way to connect

Bill...Very powerful presentation, excellent words and eye contact

Cheryl...The stats on child abuse caught my attention...they're even more impactful than a child having cancer.

John...Hats off, Angelika



John Beck introduced the next speaker, **Haddy Abra**. Combining personal experience with what he acquired through his more formal education, Haddy Abra achieved success as a marriage counsellor during his last ten years before retirement. Twice divorced, he applied the no nonsense approach he had employed previously in counselling those with anger, addictions and other problems. This speech will focus on methods he used with couples in crisis. This is Project #10, Inspire Your Audience from the Competent Communication manual. (Objectives: To inspire the audience by appealing to noble

motives and challenging the audience to achieve a higher level of beliefs or achievement; To appeal to the audience's needs and emotions using stories, anecdotes and quotes to add drama; and To avoid using notes)

Haddy set the stage for "The Little Red Thing that Hangs on the Door" with a story about our desire to find and fuse love in a way that brings us together and a love that sustains us, taken from mythology. Haddy shared insights on his own journey and his relationship with his wife Heidi (30 years together still learning, still together) and a touching personal anecdote about a red door hanger. He used Maslow's hierarchy to help us better understand our life and our relationships, starting with basic needs such as security and safety on our way to the highest level...self-actualization.

Evaluator **Khanh Vo** used the recommended Toastmaster sandwich feedback technique to reinforce strengths, provide education, and motivate speakers. He started by reviewing the purpose, and then listed many highlights of Haddy's speech...great opening, personal story to get the connectivity with the audience, vivid word pictures, preparation, confidence, humour. Khan particularly noted how the repetition of 'pancakes' definitely caught his attention, and commented on the effectiveness of the time frame Haddy inserted. Khanh finished very strongly, saying how the speech connected deeply with him. As a little kid, he said, he was never picked for sports, and will use the pointers to enhance his life.

more...

Stephane...Haddy's speech connected with me as an ex military person, and inspired me. Now I understand a bit more about low esteem

Bill...Haddy is always inspirational; he gets right through to the heart...I also enjoyed no promotion in the military, but came out with a lot more than a promotion

Ken...I liked the introduction with the gods....when you tied it to the little red thing it really got my attention

Cheryl...Wonderful insights about yourself and Heidi...I loved your description of Maslow's hierarchy, and loved the red thing signifying respect...I would love to know more about how you went from angry young man to counsellor

John...Lots of accumulated wisdom!

Updates

News flash

Club Officer Training, 6:30 Thursday August 21 at Kwantlen Polytechnic University, 12666 72nd, Fir Building. Registration at 6:00. \$5 investment.

Angelika is presenting a 2-hour training **workshop** on sexual abuse, '*Stewards of Children*' on Tuesday, August 26. For more details, please contact Angelika.

Toastmasters Leadership Institute, featuring Club Officer Training, "Speaker to Trainer" and other workshops Douglas College, 700 Royal Avenue, New Westminster on Saturday, August 30, 9 am - 5 pm

Area 61 Governor Angelika is pleased to see Professional Edge thriving, and looking forward to working with us to achieve the highest level of DCP!

Coming up...Humourous Contest next month!

