

DISTRICT 107

Monthly Newsletter | Public speaking & Leadership

APRIL ISSUE. VOL 30

Public Speaking and
Introversion

A Love Story



VOICE OF THE MONTH
Ray Sweeney

Speech Marathon

Are you there yet? We will, many times...

Dear District 107 Toastmasters Members,

In the journey of Toastmasters, the pursuit and achievement of goals stand as a cornerstone. Whether aiming for professional success, communication skills, or leadership roles, setting and achieving personal goals is vital.

So, which personal goals have you right now?
Have you achieved them?
If yes, what will be your next ambitions?
If not, what will be your next actions?

As we reflect on our paths, we uncover the strategies for goal attainment that enrich our Toastmasters experience and surpass into various spheres of our lives. Just as a skilled orator crafts a compelling speech, we must meticulously outline ambitions, delineate actionable steps, and establish measurable milestones. Whether aiming to become a Distinguished Toastmaster or simply aiming to deliver a memorable speech, clarity in goal setting lays the groundwork for success.

And then, we face the ups and downs.
The journey is often marked by twists, turns, and unforeseen challenges. In these moments, community is an invaluable asset. It is within a collaborative ecosystem that individuals find the resilience to navigate obstacles, adapt strategies, and persevere towards their aspirations, through constructive feedback, mentorship, and camaraderie.

What's your reaction when you face a setback?
It's here, in this moment, that the outcome is defined. We must give ourselves support, encouragement, and wisdom while reflecting on past successes and setbacks, we learn our strengths, weaknesses, and areas for growth.
The future starts here: after the reflection. Because each one of us is on a unique voyage of self-improvement, guided by a compass of personal objectives!

May I kindly ask you to keep defining new goals?
This will be the path to your success!

Remember that our District is the perfect place for your journey...Use it and let all of us be proud of your success and be inspired by it! That's the beauty of it: we grow as we see everyone around us blooming!

Have I told you that Toastmasters International is the best learning ecosystem ever?



2023- 2024 Core team

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Vera Margarida Cunha

Program Quality Director

Claudia Villarreal

Club Growth Director

Norberto Amaral

Public Relations Manager

Hanane Bourehiyi

Financial Manager

Gustavo Amaro

Administration Manager

Silvia Vilas

Parliamentarian

Ana Santos Carvalho

IT Manager

Fabricio Monteiro

Immediate Past District Director

Pablo Garcia

Alignment Manager

Sergio Aguiar

Newsletter Editor

Hanane Bourehiyi

Vera Margarida Cunha, DTM- District Director

Ray Sweeney

Second place winner in the Evaluation Speech Contest 2023

Have you ever refused to give a best man speech at a wedding?

Well, that was my story, and I wanted to change it but didn't know how. Fast forward a few years and one of my mentors suggested I could do quite well at public speaking, so I thought, "I dare you." Why not give it a try? What have I got to lose? So I went along to my local Toastmasters' Club, which was in Marbella, Andalucia. I sat in silence in the back for the first three weeks. I didn't say a word; I just observed what was happening. By the time three weeks had passed, I was desperate to speak; everything inside me was saying now is your time, and that was it. I was hooked, and from that moment onwards, I became a Serial Toastmaster.

At that first meeting, I realized that people were being evaluated and given feedback to improve. I was intrigued, and I thought, how can evaluations from other people help you improve? But then I listened, and the wisdom coming out of the speaker's mouth was so valuable; constructive feedback could be used to improve your speech. I thought to myself this is genius; I love it. So, I started to practice and practice and practice; I've grown to understand that it is all about repetition, and the more you do it, the better you get.



I understood that the key to giving well-structured constructive feedback was a mixture of a few different skills but when practised, these skills translated to speeches and impromptu speaking. And adding humour is the icing on the cake!

When the competition season rolls around each year, I always think about entering a Speech; after all, it's the first thing we learn from day one, but ah-ha, we also learn to evaluate from day one, yet everyone overlooks competing. So, a few years ago, I changed my mindset, and you can start competing in Evaluations; why not? Don't think you have experienced enough yet? Ah, that's just a limiting belief...if I told you becoming a better Evaluator could help your chances of getting further in the World Championship of Public Speaking, being funnier, excelling in your Communication at work, and being a better listener at home, would you go for it?

Go on, I dare you.



By Ana Correia
Setúbal Toastmasters Club

Speech Marathon

Training and developing communication, leadership, and teamwork skills from an early age is paramount in fostering well-rounded individuals. Leadership skills instill confidence, initiative, and the ability to inspire and guide others towards common goals. Meanwhile, teamwork cultivates cooperation, collaboration, and respect for diverse perspectives, which are essential for navigating group dynamics in both academic and professional settings. By emphasizing these competencies in school, individuals not only excel academically but also prepare themselves for future success, equipped with the interpersonal skills

necessary for personal and professional growth. Taking into account this topic, I would like to share with you my experience in a distinctive project that demonstrates the reach of Toastmasters beyond the clubs.

In April 2024, I (and members of my club) organized an event for my HPL (**High Performance Leadership**) program.

That event, called **"Speech Marathon"**, was born at a relaxed socializing Toastmasters' dinner on May 2023, and grew up from October 2023 until last 12 of April.

During that dinner, between toasts, photos, pathways and so on, I had an idea: "What if we allow our teenagers to speak on the stage? What if we hear their motivations, worries and opinions? What kind of issues interest them? Are they able to express their ideas clearly?"

Immediately I heard:

- It seems a great idea! Let's do it!!

That night, I assembled members to form a team! Great STC (**Setúbal Toastmasters Club**)!

I wrote a document with the goals and main rules, then we invited 3 Portuguese language teachers from private and public schools near Setúbal city. They embraced the idea and challenged their students to make a pitch on a free topic that they had a special interest in.

We decided to make a two-level competition: Students aged 13-14 would speak for 2-3 minutes; students aged 15-17 could speak for 4-5 minutes.

During the competition, we supported them with a timekeeper, like we used to do as Toastmasters, and used judges' evaluation forms too. It was four fantastic hours of amazing content!

We heard 24 students. Informative and motivational speeches on a wide range of topics such as environmental concerns, music's influence on children's brains, the Portuguese education system, human and women's rights, the impact of mistakes in our personal development, financial literacy....

speech deliveries that left us awestruck and eager to do it again!

Now that this project is underway, we're thinking about a 2nd Edition in 2025!

We hope we can have logistic support to receive more marathon runners in the next year. Above all, we want to spread our enthusiasm for communication skills with our students.

Obviously, for many of them, it was very hard to be on the stage and talk to others. The educational system of our schools doesn't prepare nor motivate students for soft skills, and we as Toastmasters know how important and basilar it is to learn and develop communication abilities to provide a better future for these kids.

In our daily lives, how many times have we felt it would have been fantastic to have had the opportunity to develop and practice leadership and communication skills since we were children?

The "Speech Marathon" can be seen as a ludic way to get our students to practice and develop their soft skills, and especially to get used to freely express their thoughts and their feelings.

As sooner they practice, the better speakers they will be!

Remembering Fredy Mercury, "The show must go on"!



Public speaking and introversion

A love story



Good news for introverts! Public speaking aligns perfectly with introversion, the psychological type known for getting drained by too much social interaction and needing downtime to recharge.

So, first, what does public speaking offer introverts?

Speaking in front of an audience of 10 or even 100 people is often not problematic for an introvert. This is because an introvert's energy remains intact during a presentation, where interaction is moderate.

Unlike one-on-one conversations, which can be exhausting, public speaking is a type of unilateral communication that allows the presenter to prepare in advance. The structured nature of oratory aligns well with an introvert's temperament.

Studies indicate that a speech should not exceed 18 minutes, the duration during which an audience can typically maintain its attention. For an introvert, such brief social exposure is manageable.

So, public speaking can be an ideal format for introverts to present their ideas and share their knowledge with many people in an organized manner.

Next, what are **the strengths that make introverts excellent speakers?**

The first strength is that introverts enjoy reflection and understanding how and why things happen. They prefer to think before they speak. As we in Toastmasters all know, public speaking requires anticipation and rehearsal, which very much suits the introverts' need to prepare before communicating.

The second strength is their excellent listening skills, which allow them to deeply understand things and people around them. In oratory, this translates into adapting a speech to the audience's needs, which enhances its impact and comprehension. Anticipating the interests and needs of the audience is a key skill for effective communication

Finally, introverts also spend significant time deeply processing ideas, thoughts, and emotions. A Harvard study points out that people with an introverted personality have a more developed prefrontal cortex, a part of the brain associated with abstract thinking. This introspection fosters deep and meaningful exchanges. Speeches are no exception. Introverted speakers have a greater ability to develop stimulating themes in their presentations.

So, next time someone tells you they don't join Toastmasters public speaking educational program because they are introverted, tell them that their intrinsic features make public speaking a perfect fit.



Elena Errazuriz (CC and CL) is a communication consultant who specializes in Presentations and Interpersonal exchanges. Get in touch with her on [LinkedIn](#). If you want to read more stories on Public speaking and Communication you can check her [blog](#)

Division Contests Vibes



Division A



Division B



Division C



Division D



Division E



Division F

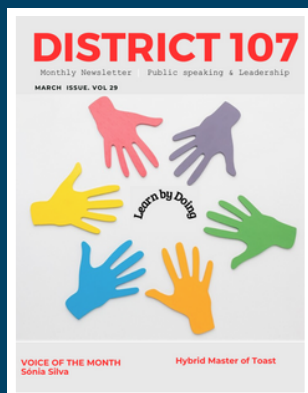
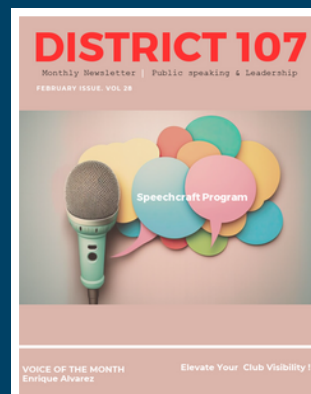
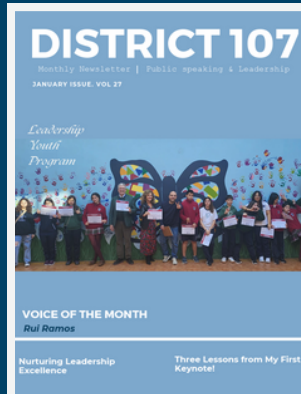
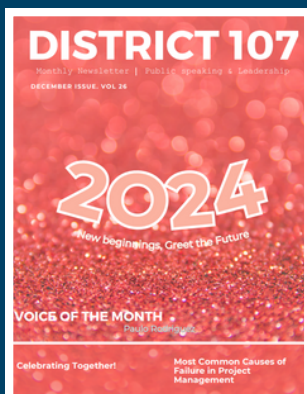
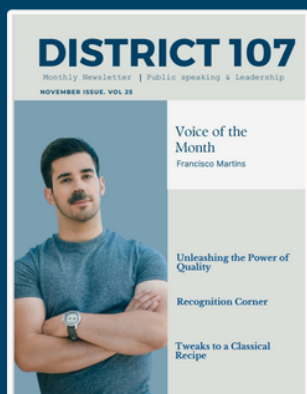


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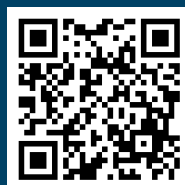


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