



"Where Leaders Are Made"

# NEWSLETTER

## Lucan Toastmasters

### Club News and Events

**Club Number 1896**  
**LUCAN Toastmasters**  
**May 2020**

#### Club Mission

Provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

#### Benefits of Toastmasters

- Unlimited Personal Growth
- Clear Communication
- Increased Self-Confidence
- Improved Leadership Skills
- Career Development

#### Inside this issue

Featured article: Meet some of the club members. Also: Highlights & lowlights of the year, Year in review, Utilizing your resources, and lots more!

#### Contributions

If you enjoy this newsletter and would like to contribute with any articles, photos, links or interesting information that can be added to the next newsletter, then contact the VPPR.

#### Social Media

Check our Lucan Toastmasters website at [www.lucantostmasters.com](http://www.lucantostmasters.com).

To keep up to date with all that's happening in the club, please LIKE our Facebook page [@LucanToastmasters](https://www.facebook.com/LucanToastmasters).

We're also on Instagram - follow us on <https://www.instagram.com/vpprlucantostmasters>



## Lemonade

The Lucan Toastmasters 2019/2020 year has been an interesting and challenging year in the history of the club. Changes in educational programme and significant changes in membership, saw us saying farewell to many familiar faces over the summer break and hello to many new friendly faces, with an enthusiasm to learn and grow within the club.

Not only have we been enthralled with those new members regaling us with love stories, stories of life changing experiences, declaring ambitious and life affirming goals, but also, we've had the opportunity to meet our long-standing members anew with creative approaches to the ice-breaker.

The environment to encourage this engagement does not happen by accident and I would like to take this opportunity to thank my wonderful committee who have been an enthusiastic and pro-active bunch always ready to extend beyond their specific role to support their fellow committee members and to help promote the club.

The challenges that 2020 brought us all, in life, in career, and also in Toastmasters, could hardly have been foreseen, but Lucan Toastmasters have risen to the challenge, and Covid-19 was not permitted to interrupt our calendar of meetings. Our members (both new and longstanding) have embraced the new world of online meetings and continue to sustain the best Toastmasters club there is.

When life throws you lemons, you must make lemonade. Thank you to my fellow Lucan Toastmasters for all of your support, advice and enthusiasm over the year, and I hope we can all band together in the coming months and support the incoming committee as we gradually, and safely, transition back to our traditional live meetings.

*Jillian Geraghty*  
President Lucan Toastmasters



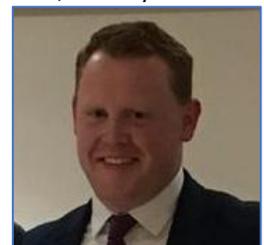
## Upcoming Events

- An online **Open Meeting** will take place on 11<sup>th</sup> June 2020. So, let your friends and colleagues know that they can sample the delights of Lucan Toastmasters!
- Lucan Toastmasters **Annual Summer Party** 'virtually' on 20<sup>th</sup> June 2020.

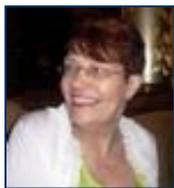


## Congratulations!

A big congratulations to our own Philip O'Callaghan who has been elected Division M Director, 23 May 2020.



## Meet some of the club members: Linda and Linda, Paul and Paul



### Linda Fagan

**You would be one of the experienced Toastmasters.**

That's a polite

way of putting it!

### **How long have you been a member?**

20 plus years let's say. I am only 21(ish).

### **Have you always been with Lucan Toastmasters?**

Yes, I have – I have never been interested in any other club. I just love the club! People have come and gone over the years, but it doesn't get stale. With all the new members, I find it so refreshing! It is like a different club all of the time.

### **Did you join for a particular reason?**

### **What was your motivation for joining?**

I probably had a couple of reasons that motivated me to join... at that stage in work I needed to give presentations, but more than that, my youngest daughter had just finished school and I decided I wanted to do something for myself.

### **How did you hear about the club?**

I had seen the ad in the Lucan Newsletter several times, and I said many times "I must join that", so when I had more time available I did just that. There were a few reasons for joining, not any one thing in particular, and I have never looked back! It's great!

### **What have you learned about yourself in this time?**

I have learned so much (as I was terrified of public speaking initially)! I shook the first time I spoke. Having said that, I loved the feeling I got from it. I hated the idea of doing my Icebreaker, but I loved it once I had done it. It was a great challenge, and I love accomplishing a challenge! And I love all the support that I get from the club, the craic and the camaraderie.

### **Is there a great social aspect?**

Yes! You would have the hour after the meeting - until recently, we would still go for a soft drink or tea after a meeting in the Springfield

Hotel, Leixlip, and have a chat and catchup. There was great life attached to it. Of course, things have changed now with the coronavirus situation, and I miss that part of it. We would also go to conferences; typically, that would be twice a year. And don't forget we also have the summer party and Christmas party. And before the lockdown, we used to visit other clubs.

### **So, there was good interaction between clubs?**

Before restrictions, we used to go out to a club in Bray – they met on the Monday night, so we would go out to them, and then we would meet on the Thursday night. And we did the same with other clubs.

### **You are so confident in your delivery; do you still get nervous?**

I do. The one time I wasn't nervous giving a speech, it was the worst one I ever gave. I think you have to be a bit nervous, it's the rush of adrenalin, and that can help to make a good speech.

### **How do you combat nerves? Do you visualise the audience naked?**

NO! That would only make me start laughing! Really, it is all about practice. Practice helps to control and combat the nerves. I have entered contests – once you have done that sort of thing you gradually become less nervous of public speaking. There are no tricks about it. It is just practice, practice, practice; and then doing it!

### **Do you practice with people, or to the wall?**

I stand in front of a mirror. I wouldn't let anyone hear my speech before I do it, in case they told me there was something wrong with it. Not only do I practice my speech content, but also the pauses and body language. That's what works for me. Other people might have different approaches.

### **Have you ever been on the Toastmasters Committee?**

Ah yes, I've been President, I've been VPE (Vice President Education), and VPPR (Vice President Public Relations). Actually, I was President twice over the years.

### **You must be naturally very organised?**

Yes. I would be naturally very organised. I love organising other people too!

### **What genre of speech do you like?**

Humour. Even if I was entering the International Speech Contest, I would always have humour in it. I would draw on my life experiences, so I would not be strong in a Tall Tales Contest. I have a wonderful life and have lots to draw upon.

### **Have you done a Competition?**

If I don't enter contest such as the Humorous Speech Contest or the International Speech Contest, I'll enter the Table Topics Contest or the Evaluator's Contest. So, if I am around (and not visiting family abroad... sure you can't do that nowadays), I will usually do one of those, but you still need to put the effort into those. In the Table Topic Contest, I got as far as the District Level in England representing our Division. (Remember that the Club is part of the Area (26), which is part of the Division (M), which is a subset of the District (71) and so on.)

### **What has been your best experience?**

Completing my Icebreaker. That was the best ever. I will never forget that. Topic-wise, my Icebreaker was about me and growing up. It was a great way to introduce myself to the club. But I did bring humour into it. I was so nervous; I talked ninety-to-the-dozen and flew through it. However, I had a great feeling when it was all done.

### **What advice can you share?**

To enjoy it!

### **What else should have I have asked?**

No, I think you have covered it all. That was a lovely catchup. That's what I really miss about the Toastmasters, you get to know people in Toastmasters and also in their other lives. So hopefully we will be back to normal soon.





## Linda Hughes

### You are fresh to Toastmasters, when did you join?

I joined Lucan TM in September just

passed (May now), although I am not a stranger to public speaking... I did debating in school and I've done communications/public relations as part of my job. My role involves a lot of presenting, delivering informal training, speaking to external groups, and meeting a lot of different types of people. Other duties include websites, social media, marketing, press... I give career talks to students... so it is not unfamiliar to me.

### Have you ever thought of a role on the Committee!?

Work is very busy at the moment, and this has to be balanced with the family. And currently, Toastmasters is my social release for me, I enjoy listening to people talking, and talking myself.

### Were you a member of a group before?

No, Lucan Toastmasters is the first club I've joined. But I was not unaware of Toastmasters, in fact, in school, a man from Tullamore Toastmasters came in to talk to the Debate Team. I found this an amazing area and I wanted to be a speaker like him. But with studies, I quickly forgot about Toastmasters... until I heard about it again in the Celbridge area a while ago. Then I remembered. It seemed like a really good outlet (I'm not really a Book club kind of person). So, a group of four of us came along as guests one evening, and I have not looked back!

### You've done so much since you joined.

I really like public speaking. I didn't join out of fear. While in my job I have to talk about science and research, in Toastmasters, I get to

talk about the things I like, and talking to other people (that like talking too). A lot of the Pathways stuff is useful, as I am in a mentoring and coaching role at work to help others be better communicators. Demonstrating the traits of public speaking (and telling stories) is a large part of that. As is engaging with people. I am a big believer in learning by doing; putting your money where your mouth is. I would never ask someone to do something that I was not prepared to do myself.

### Are soft skills important?

Definitely. You need to be able to communicate with so many different types of people. Part of my job is about facilitation between different groups of people with different levels of expertise and varied experiences. At Toastmasters, I am learning and then sharing the skills.

### Have you seen much change?

Yes, my speech writing ability has really improved; not just the content, but also my structure and linking. This is not just in work, but in other areas too. My writing at work does not have much capacity for humour, but I love humorous anecdotes myself, so I include them in my speeches.

### What have you learned about yourself?

It has given me a confidence boost and I have rediscovered a love of public speaking. I am a big fan of banter, and you can do that really well in Toastmasters.

### What do you get from Toastmasters?

I find the level of camaraderie with constructive feedback builds your confidence within a warm community. I really appreciate the feedback. After my first speech, I went home, and I could see all the bits of paper with useful feedback from people that were validating my value as a speaker. It was a lovely experience. Toastmasters is all

about improving people's skills set in a supportive way within their own comfort zone. People are always very positive and encouraging you to take the next step to improve yourself. It is a safe space to grow that perhaps you wouldn't get in your job, say. This can really help someone who is worried about public speaking.

### Takeaway?

What I have learned is to have confidence in your own ability and you get a sense of validation from the process that is involved (from preparing a speech, writing it, delivering it), and then getting the evaluation and feedback from your peers. It's phenomenal! And then you see other people's style of presenting and you learn even more! Where else would you get that?

### Do you ever get nervous?

Yes, I do, but I am someone that thrives on nervous energy. Once I get through the first one or two lines of my speech, then I get into my flow.

### Are you naturally an organised person?

Er, no.

### Do you have tips about remembering your speech?

I do pick topics that are familiar to me and that I enjoy. Then I do preparation and go over it and over it. That's the benefit of writing your own speech content: you can make it personal, then it is your story. I would practice perhaps twice in front of my husband. Each person has their own approach and own style – find what works for you.

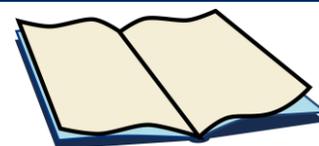
### Finally, do you have a pearl of advice?

Push yourself outside of your comfort zone when in a safe space. As the books says: "Feel the fear and do it anyway".

Put yourself out there and see what works. Just do it! Give it a go! Have fun with it!

## Campaign

We are looking for three candidates to share their story on their Journey through Toastmasters. This will be included in the Welcome Pack for new members. Contact the VPPR (info above) if you would like to take part.





### **Paul Ellis**

**How long have you been a member of Lucan TM?**

Gosh, over 30 years but it seems like only yesterday. I joined Lucan Toastmasters a year or two after the club opened, and last year they had their 35<sup>th</sup> Anniversary. I was also involved in founding Rathfarnham Toastmasters as part of the process to get DTM (Distinguished Toastmasters) some twenty-five years ago (1994). Once that was successfully up and running, I returned to Lucan.

### **Did you join for a particular reason?**

Early in my career, I was asked to do a debate in the grand Shelbourne Hotel – there was a great social aspect there – and I thought I would have a go. As it turned out, it was not a debate, I had to do a speech. I won the competition, and afterwards, one of the adjudicators (who was a Lucan Toastmaster) suggested I join. Before I knew where I was, I was a member and I have not looked back.

### **Have you seen changes in Toastmasters?**

When I joined, it was very strict. Back then, if you went over time, you had to repeat your speech. If your evaluator was not satisfied, you had to repeat your speech. But things have changed since then. I could see though that this had so much to offer.

### **Like what?**

It has challenge. It has education. It has comradery. It was all there in Toastmasters.

### **What was your best lesson?**

There was an excellent message of: Relax – Relate – Communicate. It is important to relax when you are doing presentations. Speaking is about your audience, so you need to be able to relate (whilst the speech is about you, the delivery is about your audience). Then ultimately, it is all about effective communication. I started to utilize the Toastmaster techniques in business and found them very successful when I met people.

### **Have you used the skills elsewhere?**

I do Speaking For Hospice every year. It started twenty-eight years ago when I did a speech about Our Lady's Hospice, Harold's Cross; I visited them as part of my research and preparation. The speech itself went very well, but I was honoured when I was asked to do it again for the Hospice nuns, nurses and residents. This gave me the idea to get a few fellow Toastmasters involved to make an event of it. By chance I met the Lord Mayor, so I asked him to open the occasion, and he did! We had about 100 guests who each contributed ten punts (IRE£1000 in those days was a great amount), so it was a very successful and fun event. And we have been doing it every year since, except that it has gotten bigger and better.

### **Anything else?**

A couple of years later (in the 1990s), the Hospice asked me if I would light up their Christmas Tree and be the compere. I agreed but had a surprise when a large stage rolled in and there were 8,000 people in the audience!

### **How were your nerves?**

I didn't have time to think about them. President Mary Robinson was the guest. The Aide-de-camp gave me a briefing about what she was going to say, but everything else on the night was about using Toastmasters skills – I had the confidence from that.

### **What else have you enjoyed?**

I have enjoyed competing in other clubs. Toastmasters have even got me as far as the States in 1999! I got through to the International Finals starting in Dublin; this led me to compete for Ireland in Waterford; from Waterford we went to Chicago. My speech was titled "A Touch of the Shakes" – a blended reference to Shakespeare and how you feel when you get up to talk. This got me into the European Finals which made me eligible for the Semi World Finals in Chicago, and the competition was very tough. That was an amazing experience, to see the various international presentation styles.

### **Is it just about speaking?**

Giving a speech is about delivery, preparation and organization. But

Table Topics makes you listen – I have learned how important it is to listen.

I have also seen how much Toastmasters does for you in exploring and realizing your potential. Even recently with having our meetings online, it is an ongoing learning experience. Toastmasters is about turning up on a Thursday for two hours – and what happens in that time is unbelievably amazing! It is all about people meeting people.

### **Have you had roles on the committee?**

I have had a variety of roles over the years; I've been President, VPE (Vice President Education), VPPR (Vice President Public Relations), Treasurer, and Area Governor. Whether you are doing a speech or taking on a role, everything is different, yet what is the same is the need to be prepared.

### **Are you naturally a humorous person?**

As the song goes "Always Look on the Bright Side of Life" and I have a tendency to look on the light side of life.

### **Where do you get your inspiration?**

I love reading, researching and preparations. But I get inspiration from the people I meet too, for example, I learned the gift of having confidence when I met Gay Byrne – he was able to interact with the audience and deal with a changing situation with ease – that's experience!

### **What gem of wisdom can you share?**

To realise the gift that is Toastmasters in every way. It is not just about speaking in public with confidence.

It is about educating yourself, the interaction with other people, and utilizing what the club is offering.





## Paul Quigley

**How long have you been a member of the Lucan Club?**

I joined in

September 2018, so I'm almost 2 full years with the club.

**Did you join for a particular reason? Or how did you hear about Toastmasters?**

I've had a chronic fear of public speaking since I was in 5<sup>th</sup> year in school, about 16 years of age. I had dodged, evaded, and eluded, all aspects of public speaking. When it came to work, I tried to avoid it as much as possible. Then I got engaged... of course, I had to give a speech. The prospect of talking in front of an audience of 150 people of friends, relatives, and new family terrified me – I knew I just would not be able to do it. So, I went to see my doctor – he diagnosed anxiety which would present itself in the form of a panic attack with heart palpitations. Essentially, the 'fight or flight' response would kick in and I would be unable to get my words out. He prescribed some beta-blockers to help control that, and ultimately my wedding speech went fine. Later, after two and a half years passed, I got promoted in work to the role of Team Leader. I knew I would have to speak in front of people on a regular basis. I decided to follow up on the second bit of my doctor's advice, which was to join Lucan Toastmasters.

**Do you still get nervous?**

To this day, if I am doing a prepared speech, or take on a meeting role (for example Grammarian), I still have to calm myself before speaking. Toastmasters has been great for my confidence. The physical side of my fear still exists, but Toastmasters has given me the tools, and the practice, to control it. I recall from my Icebreaker speech, I said there was no short term solution to this problem that I have, and in order to alleviate these fears, I have to normalise public speaking with myself. The only way to achieve this is to keep doing it, over and over again, until it becomes normal and I

don't have to think about it. If I could, I'd have a Toastmasters meeting twice a week!

**What techniques do you use to help with nerves?**

I have a couple of crutches. I will always have a glass of water to hand and right before I get up to speak, I distract myself by having sips of water. This takes my mind off my beating heart. Then after each sip, I take a deep breath and calm myself. Although I might have a thumping heart about to burst out of my chest at the start, by the time I reach the top of the floor, I have a sense of calm and am able to deliver my speech.

**Top tip?**

Fake it 'til you make it! I might look calm on the outside, but inside it's turmoil! Toastmasters has helped to develop that mask and to practice calming my nerves. I know that having a little bit of nerves is supposed to be a good thing, but too much nerves is a bad thing and can take over.

**Your speeches are so well structured with great content – how do you achieve that?**

I have always had a keen interest in languages, and I studied English in college, thus I find the writing comes quite naturally to me. The writing of the speech is the easiest bit for me, then I would take some time editing it to make sure it filled the allocated time. I make sure that it follows a cohesive structure and that the story flows well. I like my 'outro' to make reference to my intro to bring it full circle.

**What helps you practice?**

I do need to rehearse for at least a month before I am scheduled to speak so that I have learned my speech off by heart to quell my beating heart (pardon the pun). It helps me with my confidence to then deliver it. I would rehearse daily, at every opportunity, for four weeks. I would record myself on the phone and listen to it. Then coming close to d-day, I would deliver my speech in front of my wife. It is very intensive – when I agree to write a speech, it is making a commitment for four weeks to a lot of work. It

helps me to be calm and build my confidence.

**What have you learned?**

When I practice, it is not just about remembering the content, it is also about how I am going to deliver – this is something I would never have considered before I joined Toastmasters. When I originally joined, all I wanted to do was to be able to get up and speak in front of an audience. I never thought about speech craft, body language, vocal variety, pausing for effect, etc. Then I see the masters at work in each meeting, and I learn something new. So, these are the extra layers of skills that I am developing. The more I attend, the more I get from it, the more I develop.

**You have also taken on a variety of roles for the meetings.**

I do enjoy delivering a speech where I can prepare, and then get a buzz afterwards with a sense of achievement for facing a challenge. That feeling is amazing for me. But before I joined, I had no idea about a Toastmasters meeting and that there is a structure to it with many roles available. I have enjoyed taking on all of the roles over the months, and through these I have developed leadership and organizational skills. So, Toastmasters has been good for my personal and career development.

**So, you are a glutton for punishment?**

Yes! You said it.

**Are you naturally very organised?**

When it comes to Toastmasters, yes, I do tend to be organised. I have been VPE (Vice President Education) this year, and this does take up some additional time to organise each meeting. I have been doing the role for a year now, and it has naturally become part of my everyday life – as I really enjoy it. I hope to continue to be involved in the committee and try some other roles to further help my development. But there has been one important factor...



**What is that?**

I've had a fantastic safety net in our amazing President, Jillian Geraghty. She is very attentive to detail and a role model for organizational skills. **If you had to give a nugget of advice what would it be?** I have had a great mentor in Declan Connell, he has pushed me to do things that I didn't think I was capable of, but he saw my potential. And he was right! I was able to

deliver. I realised that I was the only one holding me back. So, my advice to any newcomer is: "Feel the Fear and Do It Anyway". We are in a safe environment and everyone in the club is so supportive. What's the worst that can happen? There is nowhere better to try public speaking than Lucan Toastmasters!



**Before  
Lucan TM**



**After  
Lucan TM**

## Highlights and lowlights in a year we will never forget

### New members

The last year has seen new members join the club. So, a warm welcome to: Rad, Magda, Shabu, Annie, Linda, Deirdre, Carol, Fiona, Victoria, John, Tom, Ola, Peter and Kevin.

### Moving a Convention

Lucan Toastmasters were looking forward to attending the 2020 Toastmasters International Convention, which was to be held in Paris, France. Sadly, the event had to be cancelled due to the COVID-19 pandemic. However, it has been rescheduled for 2021 and everyone is looking forward to a Toastmasters/Paris experience next year. Check out Toastmasters International for further updates (<https://www.toastmasters.org>) Ooo la la!



### Innovating in a Crisis

Unfortunately, our usual Toastmasters meeting for 19<sup>th</sup> March 2020 had to be adjusted due to lockdown restrictions in the interests of community health and safety. But this could not stifle the enthusiasm of the Committee to find an alternative way to come together – and a special thanks to Clive Dardis for his expert help in setting up an inaugural meeting online to guide everyone into this new world of

virtual meetings. Further trials were held and became so successful that new guests attended the club in this new environment. It was a learning experience for everyone. Feedback was that members were developing a new set of skills that were previously not realised. New resources were provided by Toastmaster International to help in the smooth running of online meetings. Various Toastmaster contests have been held online and went very well – including the Area Contest that was successfully hosted by Lucan Toastmasters. Whilst everyone looks forward to being able to physically meet again, undoubtably, the unique conditions presented to the world at the start of 2020 allowed Toastmasters to grow in an innovative way.

### Area 26 International Speech Contest

Philip O'Callaghan and John McGrillen represented Lucan Toastmasters Club in the Area 26 International Speech Contest, which also took place online on Saturday, 25<sup>th</sup> April 2020.

### Division M Evaluation and International Speech Contests

Thank you to Philip O'Callaghan for representing the Area and the Club in the Division M Evaluation Content that was held online on Saturday, 9th May 2020.



# Gallery – a year in review

## Welcoming new members

VPM (Vice President Membership), Daphne Chan, welcomed new members on 21<sup>st</sup> November 2019 at the Springfield Hotel, Leixlip. ↓



Daphne inducted even more new members on 5<sup>th</sup> December 2019. ↓



President, Jillian Geraghty, welcomed new members to the club in January 2020. ↓



## Looking to join our Club?

If you are interested in joining and/or need additional information, contact our Vice President Membership (VPM) via email: <mailto:vpmlucantostmasters@gmail.com>.

They can give insights into the structure of a typical meeting, what is involved, and when upcoming meetings are scheduled.

For the moment our meetings are being held online, but the team will assist you in getting the relevant invitation for the virtual meeting session, in which you can meet everyone and see what Toastmasters is about.

## Humorous Speech Contest and Table Topics Contest

Mark McGrane was the **Humorous Speech Competition** Chair on Thursday, 3<sup>rd</sup> October 2019.

He congratulated Paul Quigley on coming first with a very humorous speech entitled "Musings from the Labour Ward". →



Ray Hearne recounted "A Session in 1998 – Part 1" to come second. Everyone eagerly awaits to hear about Part 2! →



This was followed by the **Table Topics Competition**. The contestants had to express "what are the most important aspects of friendship".



Ray Hearne received first place for his moving response to the Table Topic. ←



Linda Fagan followed closely behind to come second place in the Table Topics Contest. ←

## Open Meeting

Lucan Toastmasters had an Open Night on 21<sup>st</sup> January 2020 in the Springfield Hotel, Leixlip, and the successful event was captured in a 2-page spread in the Liffey Champion Newspaper.

Guests were treated to a practice wedding speech, insights into exploring new worlds through books, nightmares near Niagara Falls, and a convincing speech on the merits of joining Toastmasters. →



## International Speech and Evaluation Club Contest

Thursday, 5<sup>th</sup> March 2020, was our last live meeting and our last live contest. The winners of this competition went forwards to represent the club in the Area 26 International Speech Contest. This was followed by the Evaluation Contest, where contestants had to evaluate the same speech. Many thanks to Dara Keogh from Maynooth Toastmasters for being our test speaker.

John McGrillen came first in the International Speech Contest with his powerful speech titled "The Pen is Mightier than the Mouse". →



Mark McGrane came second and told us about "The Who Wants To Be A Millionaire Experience". →



Philip O'Callaghan gave the winning evaluation. ←



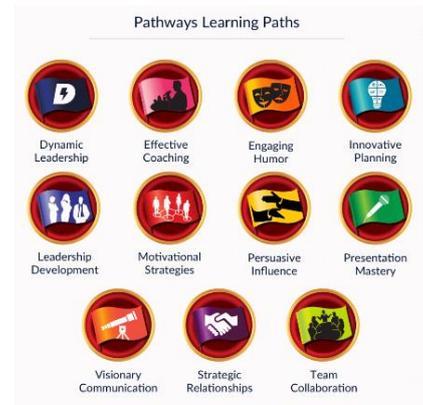
Mark McGrane placed second. ←

## Utilize your Resources

Participating in Toastmasters starts by taking the first step. It can be daunting to volunteer to speak for a Table Topic or even to agree to make a speech – but you are not on your own. There is a wealth of resources available to help and guide you as you make your journey. And the pace is entirely up to you. Everyone has to balance work, family and other responsibilities, so start with something realistic (but also a bit challenging), build your confidence, and before long, you will be making great strides! Here is a summary of some of the key resources available to you... and is a call to action!

### The path to basecamp

When you become a paid up member of Lucan Toastmasters, you are given access to the members area of Toastmasters International website (<https://www.toastmasters.org>). Toastmasters provides videos, materials in a structured education program called “Pathways”. Pathways is designed to help you build the skills you need to communicate and lead. It is comprised of 11 paths that teach more than 300 unique competencies. Choose a path that suits your needs and start developing your skill set – and confidence! “Base Camp” is your online gateway to Pathways, where you will find everything you need on your journey. Here you can work on projects, track your progress, connect with members of your club and view badges and certificates you’ll earn along the way. Base Camp also features resources to help guide you, including: tutorials, videos, quizzes, interactive activities, and more. Pathways can help you talk in a particular competency area or guide you on your road to becoming a Distinguished Toastmaster (DTM).



### Mentor



You are not on your own. You have no better guide than your Mentor. They are there to encourage, support, and challenge you to be the best you can be. They have been through the process already and have been in your shoes. So, engage with them, use them – they are your trusted advisor. Your mentor will help you find the answer from within yourself. But the relationship goes both ways. Don’t wait for them to come to you. Reach out, seek their expertise and insights, and learn from their experiences.

### Peer Support

Peer support is one of the best things about Toastmasters. This is where you get audience feedback in the safest way possible. Again, your fellow members have been in your position, they understand, and they want you to succeed. After delivering a speech, you will get a formal evaluation, however, you will also receive lots of other feedback from your peers. This can be so validating. It is also a superb channel to get good advice and confirmation of what has gone well – so do make sure to read the peer feedback forms – and enjoy!

### easy-Speak

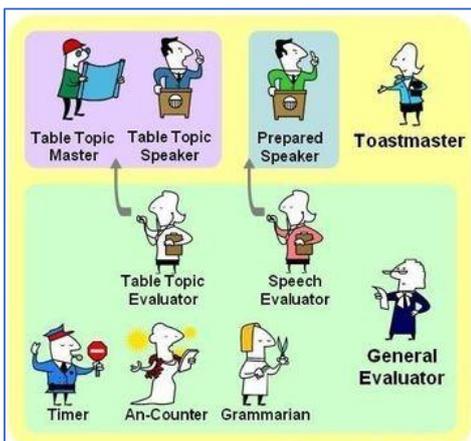
Stay organised and help the team to keep the structure of the meetings moving by utilizing the Lucan Toastmasters presence on the easy-Speak platform. The system is available to all UK and Ireland clubs through the website: <http://toastmasterclub.org>. Here you can see past and upcoming meetings, mark your intention to attend, volunteer to take on a role, or request a slot to make a speech. You can help the committee to streamline the organisational tasks for each meeting by checking it out, and checking in for each meeting.

### Social Media

Lucan Toastmasters has a presence on social media (website, Facebook and Instagram). Please support these channels. Having a vibrant community shows vitality and activity – and thus more likely to engage with new and past members. So, click, comment, like, love, adore and share. Contributions that members make help to show that Lucan Toastmasters is a place where things are really happening!



### Take on a Role



Taking on a role for a meeting is a great way to further develop your public speaking skills. Each role has a particular purpose, and Toastmasters provides the resources to help you understand what is involved and what to do for each role. This develops your organizational, leadership and public speaking skills, and enhances the overall quality of club meetings. The schematic here shows the various roles that are needed for each meeting and can be helpful to explain the meeting format to new or prospective members. ←

### Finally

Enjoy!  
Enjoy every meeting,  
enjoy the experience of personal growth,  
and enjoy this newsletter.

**Lucan Toastmasters**  
(Club 1896)  
is a member of



**WHERE LEADERS ARE MADE**