



TOASTMASTERS INTERNATIONAL

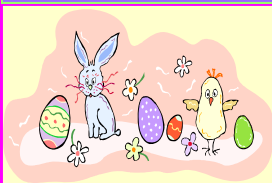
Club 9327 District 31 Area A-3 Haverhill, MA

OUR NEXT MEETING:
MARCH 24, 2008

Join us at 7pm at:
Haverhill
Public Library
99 Main Street

FRIENDLY PERSUASION

STAND UP AND SPEAK OUT



It's always inspiring to revisit our club motto....or perhaps it can be called our club's *mini* mission statement: **“Proceed With Passion, Speak With**

Courage” Most of us have at least a *little bit of fear* when it comes to speaking in public. Even a professional speaker gets some nervousness. Toastmasters teaches us that getting those nervous butterflies to fly *in formation* is a huge step in overcoming the fear of public speaking. What does that really mean?...well, it translates into this—we can learn to take that very nervous energy we feel, and turn it into excitement and enthusiasm and other positive emotions that help—not hinder, our presentations. OK...so that seems easy but how do we do that? How do we all of a sudden get over the really strong feelings of anxiety and fear that we have? Here are a few very simple things you can do to combat those fearful feelings:

Learn relaxation techniques that work for you. If you are relaxed you will naturally be more comfortable speaking in front of others. Many people do breathing exercises or physical work-outs beforehand. Stretching, yoga or even vigorous exercise before your presentation may be just the thing to do to help you lose those nerves.

Preparation for your role as speaker is essential. Very few speakers can just *wing it*. Most of us need to prepare by knowing our material and practicing it many times. Get feedback from others on your performance, speak in front of a mirror to see what you look like and be comfortable with your subject matter. In most cases, you don't have to memorize your speech so you can use notes. Those notes work

best when they are bullet points that are easy to follow at a glance.

Practice Positive Participation. This means very simply, you *gotta* believe! To be successful, you must believe you can be a success. You must visualize yourself doing a great job. Remember, the audience wants you to succeed...they are on your side. Practicing positive participation is expecting the best from yourself without expecting perfection. You are not there to win an Oscar, change the world, or reinvent the wheel. But if you remember you are only there to share your thoughts, your ideas or your message—you are more likely to do just that. The audience wants to learn from you and they want to enjoy the experience. A better connection happens when you enjoy the experience, too. So stand up and speak out! “Proceed with Passion, Speak With Courage”

MEMBERSHIP NEWS

It's that time of the year again. April 1st marks the day when Toastmasters International dues are due! The privilege of membership doesn't cost an arm and a leg—no need to sacrifice your first born—however Friendly Persuasion members do need to pay little cash. (or check or credit card) Membership dues of \$27 cover 6 months of membership in the Toastmasters International organization along with our \$2 per month local dues. The total for the next 6 months of membership is \$39. A small investment for your personal success plan. Please bring your dues to the March 24th meeting. If you can not attend the meeting, you can arrange payment by contacting our Friendly Persuasion Treasurer, **Jean Leider** at:

jeanaleider@aol.com

“PROCEED WITH PASSION---SPEAK WITH COURAGE”

AT OUR RECENT MEETING

We welcomed guest **Melissa Grigsby** recently and we sure look forward to having her come back to Friendly Persuasion soon. Three members presented their 3rd Speech from the Communication Manual. The objectives of this project are about determining the general and specific purpose of your speech and organizing your speech in a way that achieves those purposes. We heard from **Paul Brady** with his speech about the horrific disease Melanoma. Titled *Prevention is Sometimes Better than the Cure*—it was an informative speech with personal ties for Paul....Our second speaker was **Dhruv Mahajan** who spoke about bicycling with his speech titled: *Benefits and Common Myths about Cycling*. Who knew Dhruv sometimes bicycles over 13 miles to work? It was easy to figure out that he is an expert on the subject. We also heard from member **John Zujewski** who gave us a shocking reality check as he informed us about identity theft and our credit report. His speech

titled *1 of the 700,000* and John's experience in finance and consumer credit inspired us to get our credit reports done as soon as possible. Thanks to all who planned, prepared and presented a speech. As audience members we learn by listening, observing and evaluating fellow members.-----Roles are available for the upcoming meeting this Monday. Please e-mail **Liz Benson**, our VP of Education if you are ready to speak or can assume another meeting role: dovehavenstudio.eb@verizon.net

Friendly Persuasion Toastmasters meet on the 2nd and 4th Monday evenings of every month unless there is a library closing for a holiday or snowstorm. Our next meeting is March 24th at 7pm in the Haverhill Library. In April, we will meet on the 14th and 28th. Guests are welcome to attend any meeting. For more info check our web-site:



www.friendlypersuasion.org

REMEMBER: DUES ARE DUE INTO INTERNATIONAL HEADQUARTERS BY APRIL 1st. PLEASE PLAN TO PAY YOUR DUES AT OUR UPCOMING MEETING. IF YOU ARE UNABLE TO ATTEND THIS MONDAY, PLEASE SUBMIT YOUR DUES TO OUR TREASURER JEAN LEIDER AT :

3 WYNCREST CIRCLE ANDOVER, MA 01810

THIS WILL ALLOW US TO SUBMIT OUR DUES BY THE REQUIRED 4/1 DATE.