



The Communicator

Toastmasters Newsletter

VOLUME 1- ISSUE 2

SEPTEMBER 2009

DIVISION H

DISTRICT 82

CALENDAR

SEPTEMBER

- Humorous speech & Evaluation Contests at area level
- 30th : Membership Building Contest - Smedley award ends

OCTOBER

- 18th : Division H Conference & Contests at MAS Fabric Park—Thulhiriya

NOVEMBER

- 22nd : District Conference & Contest, Reverberations 2009 - Hyderabad

“ Discover Your Potential Within to be a Better Speaker ”

A workshop for Toastmasters who wanted to get an insight into competitive speaking was held on 22nd August 2009 at ICASL Auditorium. This event was jointly organized by Division A & Division H. The objective of this program was to improve the competitive speaking skills of Sri Lankan Toastmasters with the trust that District 82 will produce the next World Champion in Public Speaking.

The facilitators of this workshop were **TM Maheshi Premasinghe**, **TM Crishanthi Emmanuel** and **TM Suresh Kumar**. They shared knowledge on an array of topics including the speech message, language usage, story telling, humor and choreography.



Division A & H Judges Trained

Division A and Division H jointly organized **The Judges Training Programme - 2009/10**, on Saturday, 22nd August 2009 at the ICASL Auditorium, Malalasekara Mawatha, Colombo 7, in order to ensure quality judging at all levels of contests from Club to District.

The resource person for this event was **TM Rajeev Goonathilake**, who explained the TMI judging criteria in detail and gave many valuable insights into being unbiased as a judge.

The session ended with a mock evaluation contest in which several members of the audience took part while the rest judged their skills.



EDUCATIONAL ARTICLE OF THE MONTH

Gestures: Get Moving!

Let go of your stiff death grip on the lectern and learn how to make your speeches interesting through body language.

The human body contains more than 700 muscles, but few of those are used by speakers – except when using their arms and fingers in a life-preserving clutch of lecterns and laser pointers or frenetically clicking on PowerPoint slides. Speakers tend to focus most of their efforts in search of the perfect word to illustrate their precious points, despite overwhelming evidence proving that, in fact, our bodies speak louder than words.

Your effectiveness as a speaker is directly related to your ability to invoke emotion and interest through the use of non-verbal communication. Your listeners judge you and your message based on what they see as well as what they hear. In public speaking, your body can be an effective tool for adding emphasis and clarity to your words. It's also your most powerful instrument for convincing an audience of your sincerity, earnestness and enthusiasm. Whether your purpose is to inform, persuade, entertain, motivate or inspire, your body language and the personality you project must be appropriate to what you say. As Ralph Waldo Emerson said, "*What you are speaks so loudly that I cannot hear what you say.*" So be sure your appearance, posture and attire is appropriate as well.

Here's how you can incorporate appropriate body language into your speeches:

- **Start with eye contact.** Being prepared – having control of your message – is a prerequisite for being able to project and establish a bond with the audience. Don't just pass your gaze throughout the room; try to focus on individual listeners and create a bond with them by looking them directly in the eyes for five to 10 seconds.
- **Smile!**
- **Express emotion with your facial muscles.** For inspiration, take a look at the *The Human Face*, a BBC documentary narrated by John Cleese of Monty Python fame, now available on DVD.
- **Avoid distracting mannerisms** – have a friend watch as you practice and look for nervous expressions such as fidgeting, twitching, lip biting, key jingling, hands in pockets or behind the back.
- **Telling a story?** Highlight the action verbs and look for ways to act out one or more parts. Speaking about marathon running? Run a few steps.
- **Stay true to your personality.** Don't copy gestures from a book or other speaker, but respond naturally to what you feel and say.
- **Make gestures convincing.** Every hand gesture should be total body movement that starts from the shoulder – never from the elbow. Half-hearted gestures look artificial.
- **Vary your speaking position by moving from one spot on the stage to another.** For example, walk to the other side of the stage as you move to a new topic or move toward the audience as you ask a question.

(www.toastmasters.org/Members/SpotlightArticles)



Dear Toastmasters,

We would love to have your feedback on "The Communicator" as we launch this initiative. You may send your suggestions for improvement or contributions in the form of educational articles on Toastmasters to the editors of the newsletter mentioned below.

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Thank you