



Mediterranean Spirit

Toastmasters District 59 - Area H1 bi-monthly newsletter

Year 1, n° 1

November 2011
Issue edited by Sebastián Lora
Mallorca Wordsmiths

Editorial

By Angela Dunbar, Area Governor



Dear Toastmasters, Dear Friends,

We live in the communication age, so now, more than ever, you must be an effective communicator to be successful. Though we are unusually widespread, geographically speaking, I believe we are really closer than ever, thanks in part to this first ever Area Newsletter!

I'm here to support the presi-

dents of each and every club in the area and this is a critical tool to keep everyone updated about current news and events. Not long ago we used Skype for officers' training and it worked great! Now it's easier than ever to share information, ideas and resolve challenges.

My goal is that all toastmasters in Area H1 have an enjoyable and enriching experience. We aim to achieve Presidents Distinguished Area and support all clubs to become Presidents Distinguished Clubs and, of course, to grow new ones. Among us members we speak at least 23 different languages and come from 25 different

countries or more so now we have Spanish, English and bilingual clubs.

Learning to communicate is fundamental in these difficult times. Clients, customers and consumers will invest in the people, products and services they can understand. Forward thinking companies are looking for new ways to support employees in developing these skills and we have a few corporate club requests on the way!

I'd like to encourage each and every one of you to help spread the world about this wonderful community of Toastmasters.

Europe's first ever finalist in Toastmasters World Championship of Public Speaking

By Erwin G. Pfuhrer, Public Relations Officer District 59

Olivia Schofield of Berlin is Europe's first Toastmaster finalist in its 85 year history. 30,000 Toastmasters from 116 countries competed to become the World Champion of Public Speaking. 81 semi-finalists competed in Las Vegas. Olivia Schofield, the only woman to make it through to the finals, finished as one of the top 9 speakers in the world.

She gave an inspiring speech best paraphrased by John Zimmer of "Manner of Speaking." "Olivia gave a terrific speech about her efforts to overcome a speech

impediment when she was younger. It was poignant, funny, moving and inspirational. Her message? Don't let your limitations make you believe that you are a failure. The speech left people in tears and cheering ... In fact, the only thing wrong with Olivia's speech was that it ran 15 seconds overtime and she was disqualified!"

A panel of 14 Toastmasters judges evaluated the finalists on a range of criteria, including speech content, organization, voice quality and gestures. The speeches could cover any topic and had to

last between five and seven minutes. When Olivia was asked on stage what advice she had to encourage other women to participate in public speaking competitions she acknowledged the difficulties women have when they need to juggle all their competing roles and still find the energy to excel.

At the end of the competition, Jock Elliott of Bongaree, Queensland, Australia was crowned the 2011 World Champion of Public Speaking.

Of Toastmasters relevance:

- OLIVIA SCHOFIELD: OUR FIRST EVER FINALIST IN TOASTMASTERS WORLD CHAMPIONSHIP
- TIME FOR HUMOROUS SPEECH CONTESTS
- HOW MANY DISTINGUISHED TOASTMASTERS ARE THERE IN SPAIN?
- FIND A TOASTMASTERS CLUB NEAR YOU IN MALLORCA OR CATALUNYA

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Putting humor in your speech

By Sebastián Lora, Mallorca Wordsmiths



Darren LaCroix,
2001 World Champion of Public Speaking
Photo courtesy of darrenlacroix.com

“YOU MUST
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DARREN
LACROIX

We are in the dawn of the fall and, with it, Toastmasters around the Globe rush into the second most important season of the term, which is the round of Humorous Speeches and Table Topics Contests. For those of you who came in first and passed to the next stage, and also for everyone who's likely to give a speech in the near future and would like to better connect with their audience by offering a memorable experience, here are a few secrets from the 2001 World Champion of Public Speaking, Darren LaCroix, that will help you put humor in your speeches.

Secret #1: Almost all humor stems from tragedy

Humor relates. You want to be able to relate to people's emotions. Uncover the humor that's hidden inside the content of your speech by narrating the biggest screw-ups of your life. Dig into your memory and find those personal stories that are relevant to the subject of your speech and tell the audience about your misfortunes and embarrassments. They will relate to them as we've all been

through embarrassing and unfortunate situations.

Secret #2: You must connect with your audience and create trust with them first

It usually helps to get to the venue on time and talk to those who will be watching you later. This isn't something we Toastmasters should be too worried about at our meetings as we already know (most of) the attendees; but out there, we should pay attention to it. It also helps to use self-deprecating humor at the beginning of a speech as it gives us some sort of permission to pick on others. Self-deprecating humor is very effective as it shows people that we're human just like them, by mentioning facts about ourselves they can relate to, even if they are completely absurd. Open up and connect.

Secret #3: People laugh when their minds are successfully tricked

Good jokes follow a similar structure. There's a setup in which the speaker creates an expectation and then there's

a punch line which surprises the listeners by completely changing direction and challenging the previously created expectation.

One way to do this is by using the Rule of Three which is often used in professional presentations to illustrate various examples and make a point. By using it with a humorous twist, we can easily create a pattern with the first two ideas (setup) and then break that pattern and challenge the expectations with an unexpected and exaggerated third idea (punch). When this is done correctly, laughs are (almost) guaranteed.

Secret #4: Brevity

According to Darren LaCroix, a laugh is inversely proportionate to the amount of words it takes to get there. Don't overdo it, otherwise it will sound unnatural and it won't achieve the right results.

Now that you have these four tips from a World Champion, give it a try and make your club laugh with your next speech.

Toastmasters for newbies

By Diane Oatley, Mallorca Wordsmiths

Toastmasters was invented for people like you, people like me, people we know and people we don't know. In fact, Toastmasters was created for everyone because the one thing we all have to do every day is communicate. Communication is the key to our lives. Poor communication skills will hold you back in every walk

of your life, with your family, your friends and in the work place, everywhere in fact. When we learn the art and skill of communication we open the windows on our world. Doors of opportunity will open up and because you have good communication skills you will have the courage and confidence to walk through these doors of

opportunity knowing that you can cope with what ever life throws at you.

When you become a Toastmaster you will be given two manuals: a Competent Communication and a Competent Leadership manual. These two manuals have been designed very carefully to *(continues on page 3)*

Toastmasters for newbies

By Diane Oatley, Mallorca Wordsmiths

(continued from page 2) take you through the programme of learning, building one step at a time, at your own speed the art of competent communication and leadership skills. You are not on your own - everyone member of the club is in the same boat. We help each other by giving honest and structural evaluations of

each other in order for each one of us to grow and improve every step of the way. Don't be one of those people who get stuck and say 'Oh, I don't want to be a public speaker'. You are a public speaker as soon as you walk out of your door each day and speak with other members of the public.

You don't need to be bold or brave you just need to be motivated to walk into a Toastmasters Club near you and join the ever growing number of people who want to unlock the key to their lives. Good communicators become Good Leaders – it is a fact!



Dimitri Uralov,
Financial Coach,
Entrepreneur and
member of Prestigious
Speakers
Barcelona

Sucess story: Dimitri Uralov

By Natalia Kim, Prestigious Speakers

Natalia Kim: Born in Russia, educated there and in Spain, speaks 6 languages... Why did someone like you start in Toastmasters?

Dimitri Uralov: I heard about Toastmasters while I was still living in Valencia. From the beginning I thought it was a wonderful idea, and in fact I even requested information for starting a chapter in Valencia, though at that moment it looked to complicated and too expensive. Therefore, as soon as I moved to Barcelona, I immediately attended a meeting at Prestigious Speakers and became a member. I guess my first motivation was simply to get out of the comfort zone and become better at public speaking. Although after all these years, I guess there's much more than that in our Club, and it's a wonderful opportunity to meet great people and make fantastic friends, especially for someone who is new to the city.

NK: Since when are you a member?

DU: I came to the first meeting at the end of May 2008, immediately after my arrival to Barcelona. After attending a couple of meetings I submitted my application form.

NK: How have the things you've learned improved your professional career?

DU: Well, I obviously became more self-confident and a better speaker since joining the Club. Perhaps it didn't have a direct impact at my career at the beginning, as I was working at a family office where there was not too much public communication going on, but without any doubt it helped me a lot in my further adventures as I started to deliver workshops and speaking at events as financial coach. In any case, as I've just said, I think that apart from personal growth, one of the most important things was the people I met along the way.

NK: On which occasion did the ability to speak in public make the vital difference for a goal you wanted to reach?

DU: I had several occasions where my willingness to take the challenge and speak in front of many people helped me to stand out from the crowd and build a better reputation and improve my relationship with "important" people. Apart from that, I think one of the most important skills I acquired at Toast-

masters was the ability to prepare impromptu or very short-term projects or assignments in a limited amount of time. I call it "the Toastmasters spirit", and I really think that it is as important as communication or leadership skills we can learn in the Club.

NK: By now you seem much like a "born speaker", but we all know there are bumps on any road... Where any challenges bigger than others for you in the beginning?

DU: I was quite nervous at my first appearances and my vocal variety was very poor. I also spent a lot of time working on my "flying hands" habit, but thanks to Florian and other members of this Club I seem to have overcome it (more or less).

NK: Which is your next immediate step in your Toastmasters stairs?

DU: My current goal is to get the Advanced Communicator Bronze by the end of 2012, and try to go for Advanced Leader Silver.

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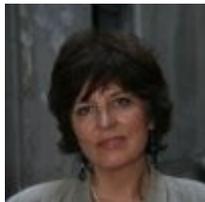
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Toastmasters - Where leaders are made

Upcoming events:

- November 5, 2011: Division H Fall Conference (Lisbon, Portugal)
- November 25-27, 2011: District 59 Fall Conference (Basel, Switzerland). More info: <http://swisstoastmasters.org/events/baselconference/>
- May 25-27, 2012: District 59 Spring Conference (Poznan, Poland). More info shortly.

Find out about other Toastmasters District 59 events, as well as reviews of past District conferences at <http://www.district59.org/events/calendar/>



Diane Oatley, VP Education Mallorca Wordsmiths, **Natalia Kim**, VP Public Relations Prestigious Speakers & **Sebastián Lora**, VP Public Relations Mallorca Wordsmiths, collaborators in this issue of Mediterranean Spirit

Distinguished Toastmasters (DTM's) in Spain

Information provided by Jim Dodson, DTM

The Distinguished Toastmaster award is the highest our organization bestows and it recognizes both communication and leadership skills. To be eligible for the award a member must have achieved Advanced Communicator Gold award (or achieved Advanced Toastmaster Gold award) and Advanced Leader Silver award (or achieved Advanced Leader award).

In the past ten years, Spain has seen eight Toastmasters achieve this distinction and

it's likely that, within the next two or three years, another handful will follow.

This is the list of our DTM's:

2001

Mike Monroy (Rota)
Jackie Monroy (Rota)
Barbara Hoffmeister (Marbella)

2007

Jim Dodson (Madrid)

2008

Ralph Arroyo (Palma de Mallorca)

2009

Xavier Anguera (Barcelona)

2010

Dale Blagrove (Barcelona; awarded in New York)
Markus Kuenkel (Palma de Mallorca)
Edith Finkbeiner (Barcelona)

To be awarded in **2012**
Carlos Hidalgo (Madrid)

Ask your VP Education how you can work towards achieving your DTM.

Toastmasters Clubs in District 59 - Area H1

Mallorca Wordsmiths

Every Wednesday, 20:30-22:00
Hotel Amic Horizonte, Palma de Mallorca
www.mallorcawordsmiths.org | mallorcatm@gmail.com

Barcelona Toastmasters

Every Wednesday, 20:00-21:30
EAE Business School, Barcelona
www.bcn-toastmasters.com | info@bcn-toastmasters.com

Prestigious Speakers

1st & 3rd Tuesday, 19:30-22:00
Casa Orlandai, Barcelona
www.prestigiouspeakers.com | info@prestigiouspeakers.com

HP Toastmasters Barcelona

Every other Thursday, 13:00-14:00
Hewlett Packard Sant Cugat del Vallès
hp-toastmasters-bcn.blogspot.com | benjamin.vogensen@hp.com

BCN Pride Toastmasters

Every Thursday, 19:30-21:00
Hotel Axel, Barcelona
www.bcnpridetoastmasters.com | info@bcnpridetoastmasters.com

EADA Toastmasters

Every other Monday, 19:00-21:00
EADA Business School, Barcelona
<http://www.eada.edu/es/comunidad/alumni/> | omilian@eada.edu

Almeda Toastmasters

Every Friday, 13:00-14:00
CA Technologies, Cornellà de Llobregat
<http://district59.eu/portal.php?page=1&c=612> | kai.steinbach@gmail.com

For more info visit:

www.toastmasters.org