

HAPPY INDEED ☺ TO BE TOASTMASTERS

AT



Lyon English Toastmasters

Lyon English Toastmasters Quarterly Newsletter

December 2016

TESTIMONIALS FROM OUR MEMBERS

"I have been a Toastmasters member for over 1 year and a half during that time I have met a lot of interesting people there. In fact, we could say that Lyon English Toastmasters is the place to be if you want to meet interesting people in Lyon!

Some of them have become friends, and I've gradually taken on more and more responsibilities within the board. Now, I'm glad to be able to witness from the inside the expansion and growth of our club.

My second satisfaction is my role as a mentor. I find it very gratifying when you see your mentees at their top performance for their first speech.

Besides all that, I'm continuing to practice my English and develop my communication and leadership skills through the organization of events and communications to the members. And of course, my challenge is to complete my first Competent Communication manual!

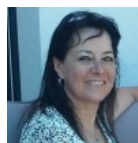
I encourage everyone to give a try to Toastmasters and to not give up in achieving your goals. LET it happen!"

- **Laura Cusenier, Vice President Membership**



I still continue after 1 year because it is a great learning experience, great people to meet and lots of fun !!! Even after a year ☺

- **Agnès Clo, Sergeant at Arms**



" Toastmasters is the place to be if you want to finetune your communication and leadership skills in a safe place -

In a business environment quite often there is no time and luxury to practice speeches or facilitating skills, here twice a month we can and make friends at the same time ... "

- **Suzanne Barratt,**

Vice President

Education



In this Newsletter

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- A New Location, a New Partner
- Special Thanks to the British Council
- Future Events

" I am very happy to have joined TM. It is so nice to be learning-by-doing, in a positive atmosphere, and to get to know people from so many different backgrounds. It is a real pleasure to discover other ways of thinking and living, but simultaneously sharing a same requirement level for leadership and communication skill. I also really appreciated the social event that has been organized by Laura, a very positive point for newbies just like me. See you all soon for further adventures !"

- **Claudine Girardo, new Member**



" Always learning

As a trainer and a professional used to speak in public, I thought the Icebreaker exercise would be a funny one. I thought I would master the language challenge. I thought I would be fluent and that the flow with the audience would be there. I thought I would respect the time precisely

BUT...

Actually I can add a "but" to each of the above thoughts. Fortunately I passed the exercise. And thanks to the kind audience I was confident despite all the disappointments that you can imagine I felt during my Icebreaker. Challenge and confidence: this creates the perfect tension for progression!"

- **Rémi Hingrai, new Member**



" After 3 years of presence in this club, I really can say that Toastmasters has become my second family. What makes it so vivid is probably because it gives you the opportunity to do something, not only for yourself but also for others. It's great to improve your communication and leadership but it's also great to feel useful by sharing what you've learnt with other people. « Service » is not just one value that we like to brag about on paper. As an officer, you are truly dedicated to the community and it feels good."

- **Isabelle Fonquerne,
Vice President Public Relations**



" As one of our long time members I have seen our small club grow from a being handful of hopeful speakers to becoming a mature and confident club which nurtures the toastmaster spirit in all of our members.

I too was once a new member with that nervously trembling hopelessly unremembered speech stuttering and stumbling over my words. Even as an English speaker it didn't make any difference—speaking in public is an art that few are born with. I still remember clearly that first time when Bob asked me to come up to the front and respond to an impromptu " table topic " .

Toastmasters helped me gain confidence and turn me from someone who sheepishly followed to someone who inspired and eventually presided.

Now as a standard member (as presidents only preside for a year) my path is far from finished. As a member I continue to gladly help out and give to the club but that is not all. The Competent Communicator and Competent Leadership projects are by no means the end, there are many different pathways to follow and many more toastmasters tools, books and speeches to do... LET it happen to you ! "



- **David Druckman,
2015-2016 Let President
and Current TM Area Manager**

Word from our President

" Over the years at Lyon English Toastmasters, I have developed my own perception of what we are doing twice a month during our meetings. Firstly, we are training ourselves to cut out the clutter and through the Toastmaster techniques make our impact.

In my opinion, taking up the challenge of communicating effectively and influencing, is one of the major reasons why we freak-out when it's time to speak in public... Add to that fear the foreign language and you really have what it takes to completely freak-out! "If we fail, how will we be judged?" says this nagging little voice in our minds.

Interference comes mostly from three origins:

Firstly - yourself; with the style of your expression. Secondly - the content; with the quality of your arguments and sources. Finally, something well known in marketing - "send the right message to the right audience".

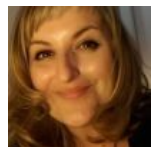
About this third point, it is crucial to be conscious of whom you are speaking to. You may work hard but if your speech target isn't right, the audience might be disappointed, confused and your speech misunderstood.

With the Toastmasters program, we learn through 10 projects, public speaking skills that allow us to master and focus the speech. This first manual is a guide to clearing the way between our message and the audience. Often, we learn (surprisingly) to move ourselves out of the way. Sometimes these techniques, once mastered might be useful to varnish over the fact that there is nothing original or insightful to say. I don't approve of these tricks, often used by swindlers from all walks of life.

And here comes my point: focusing on details can distract us from the big picture. I wanted to use the space given here to share my insight about how important ethics and respect towards your audience is essential. Not to confuse illusion of sense and sense itself. I wanted to remind us, and I know for almost all of the Toastmasters members worldwide, it is one of the basics.

I would like to thank all public speakers who take the time to craft their speeches specifically so that the audience has something extra and meaningful to take home."

Betty-Fleur Peralta, 2016-17 LET President



MANY THANKS

TO ALL THE MEMBERS WHO ACCEPTED

TO SHARE THEIR EXPERIENCE WITH

LYON ENGLISH TOASTMASTERS!

A

NEW LOCATION, A NEW PARTNER...

As of January 2017,

our Toastmasters sessions will take place at the



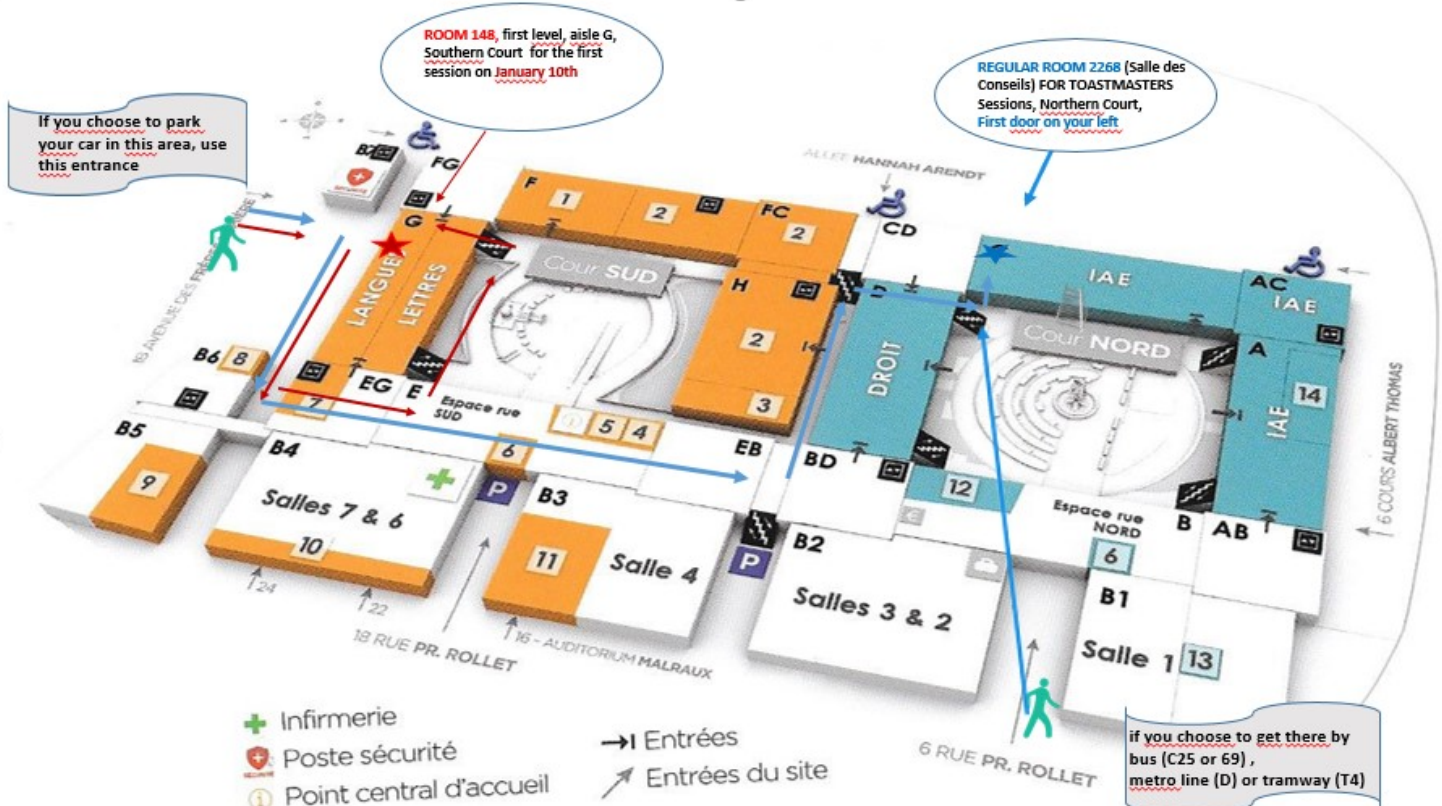
Exceptionnally for our first 2017 session on January the 10th, we'll be holding our meeting in a different room. We'll be hosted in Room 148, Southern Court (follow the red circuit on the map below, both blue circuits being for our regular room in Northern Court.)

Site de la Manufacture des Tabacs

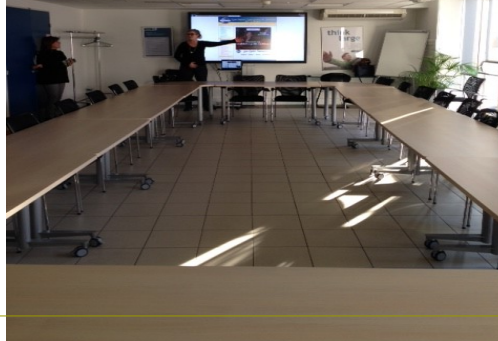
6 cours Albert Thomas
69008 LYON
Tel : 04 78 78 70 66

Accès :

- **Métro** Ligne D, arrêt « Sans Souci »
- **Tramway** T4, arrêt « Manufacture des Tabacs »
- **Bus** N° C25 et 69, arrêt Manufacture des Tabacs
- **Gare** la plus proche : Part-Dieu (1/4 H à pied).



Our regular Room located in « Cours Nord »



Watch out !!

On February 11th, the
Evaluator Workshop
will be held in Room 3378



What a strange and funny coincidence finding Mr Say's bust at the entrance of our Toastmasters Room!

Known as one of the most important and insightful thinkers in the history of economic science, **John-Baptiste Say** (1767-1832) happens to be born in Lyon. I bet that if you have things to say, Mr Say will certainly send you **good vibes**!

Our room at iaelyon School of Management

A Partner Making Sense

Aligned with our purpose

Toastmasters is an international education program and as such, a management school was definitely the right choice and the place to be.

Aligned with our values

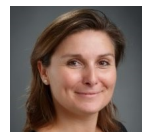
It's not by chance that the iaelyon school of Management accepted to host our sessions on their premises and start a true and active partnership with our club. Indeed, we seem to share the same values which are from our part:

Integrity, Excellence, Service and Respect.

The high-quality of their programmes and services help their students develop their potentials and that's precisely what we offer our members, an opportunity to develop their own potentials.

"The iaelyon is very glad to welcome Lyon English Toastmasters members and guests from January 2017 on. As a strongly internationalized School of Management, we aim at educating socially sensitive and responsible managers that are open to the worlds and proud of its humanistic dimensions. We sense that Lyon English Toastmasters pursue the same openness and hope that they will feel just like home at the iaelyon. "

- **Delphine Greco, iaelyon Corporate Partnership Officer**



Special Thanks to the British Council!

We may be happy to have a new partner, it does not mean that we forget the value of the great partnership we have had so far with the British Council.

Without further ado, we would like to warmly thank the British Council who have been hosting our club for the last two years.

The easy access and quality of their premises, the kindness and great reactivity of their teams have always been appreciated by all our members.

Special thanks to **Stephen, Jacquie, Bruno and Johnathan**. We won't forget you and wish you the best for the future.

ANNOUNCEMENT

In this respect, Jacquie and her colleague Simon have decided to continue giving classes to the many kids taking courses at the British Council but would need to find a place like a language school or similar, either in Lyon 3, 6 or Villeurbanne to host them. So, if anyone of you knows such a place or any contact, please let me know. We really owe them one as they have been hosting us for free for the past two years.

FUTURE EVENTS



⇒ January 28th (noon to 6pm): Club Officer training (Place To Be Announced)

⇒ February 11th: Evaluator Special Workshop (iaelyon, Room 3378)

⇒ March 7th: Club Competition international* and Evaluation Spring Contest (iae, Room 2268)

Suzanne, our VPE, is looking for volunteers to organize this event. Please contact her if you are interested in helping and get credits on your CL for your contribution.

April 1st: Area F2 level International Spring Speech Contest (Place and Club Organizing TBA)

April 22d: Division Spring Speech Contest (Marseille, To be confirmed)

* Make sure you have completed **at least 6 projects** to compete in the International Speech Contest!

Akhil's Inspiring Visit

Staying in Lyon for a few months for education purposes, Akhil Sood, a seasoned Toastmasters from India, accepted to be our Toastmaster of the evening on our November 8th session. On that occasion, Akhil introduced the idea of using a theme during the whole evening and used the famous « If » poem by British Nobel Laureate

Rudyard Kipling as a continuous thread throughout the whole session.

I can't help quoting below a selection of the most relevant verses applying to our Toastmasters spirit:

if you can trust yourself when others doubt you; if you can be patient and not lose your temper; (...)

If you can dream but not let those dreams cloud your reason;

If you can think but still take action;

if you can deal with both triumph and disaster;

if you can fill every minute with meaning:(...)

Then you have all the Earth and everything upon it, and, as the speaker exultantly ends, "you'll be a Man, my son!"

"When I joined TM in India, I had no idea that I am joining a truly global organization. But, eventually during my stint, I realized and later I happened to visit Lyon and the first meeting at Lyon English Toastmasters Club made me feel at home in the foreign city. It has been an amazing experience to interact with the toastmasters here and make new friends. It's a fun club where members try to interact and laugh together. Take out a Tuesday evening to see more :)"

- **Akhil Sood, TM India**



My personal thought:

« If » Akhil had not come to our club, we would have failed to:

- ♦ use a theme for our next sessions
- ♦ rediscover this beautiful poem and more importantly,
- ♦ make a new friend.

Contact us

Feel free to ask more information on our club at

lyonenglishtoastmasters@gmail.com

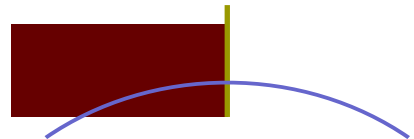
Visit our web site:

www.lyonenglishtoastmasters.com



Lyon English Toastmasters

CORE VALUES



Integrity

Dedication to Excellence

Service to the member

Respect for the individual

