



# Lyon English Toastmasters

Sept to Dec 2017 - Newsletter

First of all BEST WISHES for good health, prosperity and happiness all through 2018!!  
As part of your good resolutions for this year, why not join our club to improve your English, nurture your public speaking confidence, meet new people and have fun?? You are worth it!!

The next few pages will tell you a bit more about:

- 1 - the values actively practiced in our club,
- 2 - why you can also benefit from starting with a simple visit to one of our next sessions,
- 3 - the many activities/achievements completed since Sept 2017.

## 1 – VALUES to help you shine!!

They are commitments shared by all Toastmasters members under the 2018 talented presidency of Isabelle Fonquerne.

**Integrity:** honesty, open-mindedness, and transparency are key to keep a safe and benevolent atmosphere that encourages comfortable practice.

**Respect:** we welcome people from all background, gender, religion, political preferences, races, nations. This is not about competition, selling ideas or being judgmental. This is about learning from each other, growing together.

**Service:** club members are encouraged to take on one of the many roles proposed so they can deepen their skills in a specific area. It is about helping and supporting each other. One may be presenter one day, evaluator the next. A powerful and humbling way to practice compassion while keeping content attractive and motivating for members.  
Click [HERE](#) to learn more about roles and skills practiced.

**Excellence:** Practicing previous values are setting us towards increased excellence. We reward great performances through votes and contests, we provide ongoing feedback and training materials to sustain progression. Our club also created a mentoring role so new members can benefit from the experience of more senior members.  
Click [HERE](#) to learn more about our club specificities.

### Our vision:

- ✓ To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development

### Our strategy:

- ✓ Develop those skills through the practice of structured roles, practice and globally recognized certifications



- ✓ Members actively optimize skills such as: influencing, effective presentation, active listening, improved time management, supportive and constructive feedback sharing, flexibility, creativity, communication...
- ✓ Most of these competencies are valuable in many areas of our professional and personal duties and the benefits of this regular practice is truly life changing and will open doors to new opportunities you may never have thought about.

## 2 – Welcome 2018 with a visit to our club and experience the benefits for yourself

Just register through our website [HERE](#) to book a guest seat on a next session.

### Why book?





- We want you to be as comfortable as possible and ensure you can enjoy your evening and we also want to know a bit more about you!!
- You may want to first come as a guest to experience our club for an evening (Fee: 5 Euros, free for iaelyon students)





### What you will see?

- Each session follows a defined structure with role introductions, a welcome for new members, speeches, evaluations, voting, news sharing and also a specific moment for informal and friendly networking.

### What you will get:

- ✓ A 2 hour complete immersion in English language in a safe and very respectful environment. You don't need to be super fluent in English, just familiar enough to be able to follow and participate in a basic English discussion. Progress and confidence will come as you practice.
- ✓ Each meeting features a specific theme and a word of the evening that participants are encouraged to use across presentations. You will always learn new something either at the language level or topics level or from people around.
- ✓ Tips and tricks to grow public speaking skills: how to get prepared, how to overcome stress (yes, even very experienced speakers feel nervous? insecure...), how to keep your audience engaged and diversify the content of your speeches with visuals or improved body language. We all get better at all as we travel the Toastmaster journey.
- ✓ Eligibility to our internal Mentoring program: new comers may benefit from the knowledge and experience of more senior members to kick-start their learning journey.
- ✓ The support of a committed and motivated leadership team collaboratively driving the club and deciding on activities and targeted outcomes to make YOU and our club even more successful

Club Board Role	Member (Citizenship, yes, we are THAT diverse !!)	
President	Isabelle Fonquerne (French)	
Secretary	David Druckmann (British)	
Treasurer	Robert Kennedy (American)	
Vice President of Education	Remi Hingrai (Canadian, French)	

Vice President of Membership	Suzanne Barratt (British, American)	
Vice President Public Relations	Mohamed Arab (French)	
Sergeant at Arms	Patrick Winkler (French)	
Newsletter Editor	Agnes Clo (Swiss, French)	

### Becoming a member : Yeeessss !!!

For only 120€ for the full year (108€ for students, you will be able to benefit from our full infrastructure : guiding books to help you prepare your speeches, role practice, contests and board eligibility, certifying proficiency paths (Competent Communicator, Competent leader, more detailed info under [HERE](#)). Toastmasters being a global organization, you will also be welcome to visit any other club around the world when you travel or during vacation!!

This is a golden opportunity for you to get involved in something bigger than expected in a multi-dimensional way: educational, social, professional, personal allowing you to safely stretch yourself to new territories in your skill development.

### 3 – New in our club since Sept 2017: where action speaks better than words!!

Our club is a rainbow of various cultures and citizenships: American, Canadian, British, Australian but also Argentinian, Vietnamese, Dutch, North African, Chinese, ... and of course French people. Each session brings a multitude of different ideas, opinions and people.

This great team work enables memorable club events. Here are a few recent ones:

#### iaelyon - Université Jean Moulin partnership:

We started strong with a formal presentation of our club to the IMBA students iaelyon - Université Jean Moulin on 8 Sept resulting in a stronger win-win partnership: 4 iaelyon and Lyon III students are now part of our club and we are very honored to help them grow their leadership and public speaking skills



#### OPEN HOUSE event:

12 Sept was our Open House evening, welcoming guests and people interested to learn more about our club activities. It is always a pleasure for us to see new faces and help our new members get the most of what Toastmasters can offer



GIVE YOURSELF A CHANCE TO DEVELOP YOUR  
PUBLIC SPEAKING AND LEADERSHIP SKILLS IN ENGLISH  
AND MAKE A TRUE DIFFERENCE IN YOUR LIFE!  
FEEL FREE TO JOIN US AT OUR

#### Regular Sessions

(Improvisations, Speeches & Evaluations)

at iaelyon - Université Jean Moulin

EXCEPTIONALLY in Room 274 on January the 9th

(Southern Court, first floor)

starting at 6.45pm sharp

#### Special Sessions

(Speeches & Evaluations)

at the Mairie 6e, 37 rue Bossuet

in Room 11.

starting at 6.45pm sharp

### A SECOND LOCATION!!

Now being strong with nearly 30 permanent members for this year, we diversified our offering with a second location: we now also meet near the Mairie of Lyon 6eme area, providing more speech opportunities to our members so they can practice even more frequently!



### FALL 2017 CLUB CONTEST:

Our usual FALL contest took place on 17 Oct, featuring humorous and table topics improvisation speeches. The 2 winners selected presented our club to the 28 Oct district contest who saw our board member Suzanne Barratt win 3<sup>rd</sup> place!! Congratulations!!



### WE ARE GETTING FAMOUS!!

Thanks to the great work done by board members and the many benefits promoted by our members, our club is getting more visibility from local media !! We even had an article in Le Progrès with our President Isabelle explaining why Lyon English Toastmasters can be such a terrific asset to anybody's personal development and English presentation skills.



### PARTY TIME: OH OH OH!!!

We are structured, thrilled by challenges and we also take time for fun and Christmas is a key opportunity to highlight related traditions around the world: US songs, British crackers, French Lyon food, and any good stories our members can bring from all over the world!!



### More Certified and rewarded members!!

Competent Communicator (CC) is the first level certification, acknowledging the completion of 10 speeches focusing on different aspects of public speaking. We were happy to congratulate new certified members this fall!!

Beside this

5 people were voted **"Best Evaluators"**:

Paulien Elzinga twice, Carlotta Henry, Robert Kennedy, Remi Hingrai, Isabelle Fonquerne)

6 recognized as **"Best Speakers"**:

Moustapha Mahmoud twice, Brenda Bogaert, Dorothee Moyal Sablon, Agnes Clo, Paulien Elzinga, Thomas Desseaux.

And of course, we celebrate those achievements with a toast!!!



### Bonus!!

A few best practices or quotations below will give you a taste for our Lyon English Toastmasters spirit and positive energy:

<p><b>Give yourself permission not to be perfect</b></p> <p>Try not to</p> <ul style="list-style-type: none"> <li>• Get nervous about your nervousness</li> <li>• Memorize every word of your speech</li> <li>• Reading word for word</li> <li>• Equate public speaking with your self worth</li> </ul>		<ul style="list-style-type: none"> <li>• People will forget what you said,</li> <li>• people will forget what you did,</li> <li>• but they will never forget how you made them feel.</li> </ul> <p><b>Maya Angelou</b></p>	
<ul style="list-style-type: none"> <li>• The biggest competition is with yourselves.</li> <li>• We are not looking to follow others or pull them down.</li> <li>• We are planning to test our own boundaries</li> </ul>		<p>There are 2 types of speakers: Those who get nervous and those who are liars</p> <p><b>Mark Twain</b></p>	
<ul style="list-style-type: none"> <li>• Tell me and I forget</li> <li>• Show me and I remember</li> <li>• Involve me and I learn</li> </ul> <p><b>Confucius</b></p>		<p>Just do it!!</p>	<p>nothing is impossible the word itself says "I'm possible" - Audrey Hepburn</p>

Looking forward to meeting soon or again!

Agnes Clo,

Newsletter Editor for YOUR club

