



Lyon English Toastmasters

Sept to Dec 2018 Newsletter

Can you believe 2019 is already here?

We hope you had great year-end celebrations and we wish you good health, happiness and prosperity all along this new year.

We are pleased to take this opportunity to share an overview of our activities and achievements during the last 3 months, and in the meantime have the pleasure of welcoming you again to one of our next sessions !!

In this edition :

- 1 – Public speaking or communication skills : only for professionals? Think again..
- 2 - We keep rolling strong !! See our last events
- 3 – Shine bright like a ... Lyon English ToastMasters Member : check our Wall of Fame
- 4 – PathWays : How are you doing ?
- 5 – Alone we go fast, together we go further: our Mentoring program

1 – Public speaking or communication skills: only for professionals? Think again.. Testimonial from Agnès Clo

“I joined the English Lyon Toastmaster club about 4 years ago after a disastrous presentation at work claiming for urgent improvement of my presentation skills, and if possible in English.”

Time to reflect on the distance covered. 4 years. What did I get from being a member? So many benefits:

- Stronger self-confidence,
- Better public speaking skills,
- Good fun moments
- Opportunity to meet great people and unexpectedly,
- A positive change going far beyond the professional or personal development area:
- A much greater awareness of communication impact.



Just think about how much we communicate every single day to so many different people. To our loved ones, colleagues, every single person we interact with. Even lack of communication is actually .. communication! The techniques and learnings shared during Lyon English Toastmasters are powerful tools to help you survive tricky circumstances where you might not be quite at ease.

Think about the time you had to share your disagreement with a loved one. You have to make your point and you know this might not be well received by the other person. This is where mindful listening skills and constructive feedback sharing techniques come along.

The other time you applied for a job or a new position. Think about how you structure and prepare your Toastmasters speeches: to the point, articulate, poised, supported by examples.. and within the time limit!! And what about the time you had to bring back an item to the store to get refunded? Leadership skills!! Remember Toastmasters is where leaders are made. Plan, prepare and get it done! Take charge of your personal development and be proud you took the plunge !

So next time you put Toastmasters as a place for professionals only, or people struggling with speaking, think again and come and try it out for yourself.

2 - We keep rolling strong!! Our last events

What a start for our 2018-19 year!! Below a few key highlights

15 Sept 2018 : Lyon 6th arrondissement Carrefour des Associations

We took advantage of this super nice and sunny Saturday in September to actively promote our club and it benefits to participants at the Lyon 6th arrondissement Carrefour des Associations.

Among our most famous visitors: Gerard Collomb, former minister and current Mayor of Lyon!!

Who can dream of a more visible promotion??



18 Sept 2018: Open House evening at Lyon IAE

Follow up from our Carrefour des Associations promotion, we invited everyone interested to experience the quality and benefits of our specific club for themselves.

Nearly 50 people showed up for this special evening (about twice the size of a regular session) and shared much positive energy and laughter !!



16 Oct 2018: Sam's trial special evening

After last year's Murder Mystery Party where poor Supersuzie got killed by Samantha van der Slice, we have decided to take Samantha to court and impose on her the punishment she deserves!

This special event (33 participants - 17 roles + 12 members of the jury + guests) was the opportunity to experience speech delivery and role play in a different context than our usual setting, allowing to grow our presentation and animation skills even further with much fun !!

Thank you all who contributed to this successful evening!!



Improvisation Workshops

Part of our regular activities is also to propose our members workshop to grow specific public speaking competencies.

Feedback sharing was our last year topic.

We continued this year focusing on improvisations during a limited audience session, allowing each participant to practice concepts and recommendations offered during the actual session. Thanks Suzanne for enabling this.

Saturday 9 Feb – 9h-12 iaeLyon workshop

Saturday 9 March – 9h-12 Atré workshop – check website for sign up and more details



14 Dec 2018: LET Christmas Party!!

Yes!!! We had crackers on nicely decorated tables, potluck gifts to offer each other (surprise, surprise ..), fun (thank you Isabelle for the “questionnaire” game you prepared) and toasts, and, and ????

Not only Father Christmas visited us in person but we also had Mother Christmas among our 18 participants !!

Thank you the organizing team for such a memorable and nice moment!!



3 – Shine bright like a ... Lyon English ToastMasters Member: check our Wall of Fame

Welcome!!

- 5 new members since Sept 2018

Our impact on social media

- ✓ LinkedIn: 587 followers !!
- ✓ Meetup : 197 members to our group !

2 new certifications!!

- Congratulations to Patrick who has achieved his Competent Communicator and Isabelle F has successfully completed the level one of her PATHWAY Innovative Planning.
- Isabelle and Patrick will receive a Toastmaster Diploma as recognition of this achievement.



What about you? 😊

A few themes from past few months

- The future, a changing economy : from owning to using, fun at work
- We even (virtually) spent a full evening in Louisiana with Bob's photo safari from his last trip to the US.
- We also play around with words of the evening, encouraging participants to use them as many times as possible in their interactions of the evening. A few words selected: team work, cutting edge..

TM ribbons winners

- Best table topics - 8 winners : Edoardo, Florian N, Helene V, Isabelle F, Juliana, Kalpesh, Patrick W, Samar
- Best speakers - 9 winners : Dorothee M, Isabelle D,- Isabelle F, Marie F, Remi H won twice each !! - Thomas D
- Best evaluators – 7 winners : Agnes (3 times !), Audrey G, Isabelle D, Remi H, Suzanne B



4 – PATHWAYS : How are you doing?

Get feedback from members engaged in our new learning framework and ask them about their best practice: what are they expected to do to complete their specific path? How much time to dedicate? Dos and Don't's?

Path	Member enrolled
Dynamic leadership	Bob K.
Effective coaching	
Innovative planning	Isabelle F., Isabelle, Audrey,
Leadership Development	
Motivational Strategies	Jerome F.
Persuasive Influence	
Presentation Mastery	Nathalie B,
Strategic Relationships	Agnes C, Suzanne B
Team Collaboration	
Visionary Communication	

We will update this table as we go along with more names soon!!

5 – Alone we go fast, together we go further: our Mentoring program

Our club mentoring program is also getting more structured this year with the rule to assign an experienced member (at least 1 year in club) to mentor a new member, allowing the new person to get personalized guidance and support and both people involved to grow specific skills such as:

Mentee : Listening skills, planning, structuring content, practicing speeches preparation

Mentor : Feedback sharing, peer support, leadership skills.

Learning in different ways

Below a few learning resources we tracked, supporting Toastmasters values or practices (links embedded)

Movies	<ul style="list-style-type: none"> • Anonymous – Roland Emmerich (: the power of words • The king's speech – Tom Hooper <p>More to come soon!</p>
Books	<ul style="list-style-type: none"> • Confessions of a public speaker – Scott Berkun • Presentation ZEN series – Garr Reynolds • The presentation secrets of Steve Jobs – Carmine Gallo <p>More to come soon!</p>
ToastMasters International articles	<ul style="list-style-type: none"> • Challenges of the Virtual World – How can we connection emotionally online ? • Build your confidence – 4 ways to practice this key leadership trait • How high performers overcome insecurity – Imposter syndrome <p>Check out the Toastmasters International site for more!</p>

Looking forward to seeing you again soon in our Club!

Your

Lyon English Toastmasters Club

Where Leaders are Made

