

COMMUNICATION'10



Oregon's #1 Communications Conference!

Oregon Convention Center
Saturday, May 1, 2010 - 8:00am-6:00pm

Hosted by District 7 Toastmasters - www.d7toastmasters.org

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WELCOME!

May 1, 2010

Thank you for attending Communication '10!

We are so glad you joined us today.

Imagine

Imagine the things you want to learn such as confidence, communication, leadership and service. Imagine learning about vision and teamwork. Imagine learning skills in business communications, career development and personal growth.

Believe

Believe in the power of possibilities. You can be a better storyteller, communicator, professional speaker, or leader. You can be better at engaging a room of people, better at procrastination resolution, or thinking like a powerful leader. The possibilities are endless and are only limited by what you can imagine and believe.

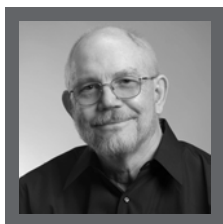
Achieve

At Communication '10, you can achieve learning about confidence, communication, leadership and service. You can achieve learning about vision and teamwork, marketing, business skills and personal growth. You can achieve learning about financial fitness, and communicating with powerful presence. You can achieve learning about time management, networking, and competing in a global economy.

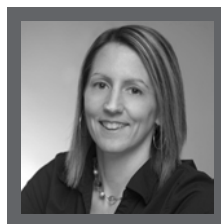
This is **your** conference. We hope you enjoy Communication '10!

District 7 Toastmasters STAFF,

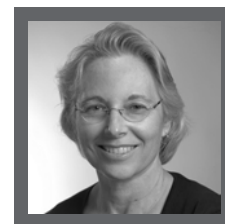
Scott Stevenson Cathy Armillas Deveny Bywaters



SCOTT STEVENSON
DISTRICT GOVERNOR



CATHEY ARMILLAS
LT. GOV. EDUCATION
& TRAINING



DEVENY BYWATERS
LT. GOV. MARKETING

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

OPENING SESSION



Ruth Robinson

Educator, Language Development Specialist, World Traveler, Octogenarian Member of Modoc Toastmasters Club and Toastmasters Famous “Little Old Lady!”

“Toastmasters: Its Promise, Its Risks, Its Legacy”

What was it that influenced you to come to this conference? What goals, needs, expectations do you hope to be met here? Members and non-members alike will have excellent opportunities for learning at this conference because of the excellent work done by our D7 officers and those working with them in planning. The schedule of this conference demonstrates the excellence that we have come to expect of Toastmasters.

Promises

Toastmasters PROMISES big and delivers well on its promises. When by enthusiastic and responsible participation, we take advantage of the

opportunities Toastmasters offers, we can expect to grow in skilled and positive communication, attentive and perceptive listening, effective and respected leadership, and ability to develop rich relationships. These skills can be assets to our jobs, to our communities, to our families, and to our personal lives.

Risks

Before becoming a part of any organization, it's a good idea to look at the RISKS involved in doing so. Yes, there are risks in joining Toastmasters! These include facing fears that come with speaking before an audience, evaluating someone else's speech, and relating to a new group of people. There are costs to be considered: time, energy, comfort, money; and there is the uneasy feeling about change which is necessitated by any new venture. If one looks at these challenges, these risks, not as stumbling stones but as stepping stones, a good outcome can be expected.



Legacy

To join Toastmasters is to join an organization with a wonderful LEGACY. Toastmasters has a commendable 85-year history and a sterling record of being the top-notch provider of communication and leadership training. This legacy was begun and continued by Toastmasters who were people of integrity, vision, and willingness to serve. The reality is that Toastmasters' members are its legacy. What kind of legacy are we leaving? Are we investing ourselves in things that make a lasting difference? Will our legacy be seen in lives which we've influenced and helped? Will faith, hope, and love have played a major role in the dash that comes between our birth date and the date of our death? Let it be so!

Ruth Robinson Graduated from UCLA with a BA in Education, History, Geography and an Elementary Teaching Credential. She earned her Masters degrees from Humboldt State University, Arcata, California, and from Azusa Pacific University, Azusa, California. Ruth taught English overseas in Taiwan for 25 years in both an English-language school and in two Chinese universities. She has spoken to audiences in Kazakhstan, Brazil, Cayman Islands, Taiwan, Mexico and the United States. Ruth has been teaching in one school setting or another since she was 18.

When Ruth turned 80, she joined the Modoc Toastmasters Club in Klamath Falls, Oregon. In just 4-1/2 years, Ruth has almost completed her Advanced Leader Silver, and by May 3 at exactly 5:46pm, after the last of the eight Youth Leadership Program sessions end, she will have completed her Advanced Communicator Gold. Once that happens, she says she will then be “ready to die and go to heaven!”

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KEYNOTE SPEECH



Lou Radja

International Speaker/Humanitarian
www.louradja.com

“Moving Beyond Communicating to Connecting”

One person doesn't make a country, one person doesn't make a symphony orchestra, one person doesn't make an economy, one person doesn't make a family each one of us needs all of us to succeed. Our ability to connect (or not) with people around us will greatly impact our lives personally, professionally and collectively. Whether you're leading a business, in sales, parenting, in sports, moving beyond merely communicating to connecting with others will help you achieve greater results in practically all areas of your life.

Me?

Do I have what it takes to make that leap from communicating to connecting? The answer is a resounding YES! While a select few may have a gift in their ability to connect with people, the majority of us can acquire and develop this essential skill through training. Toastmasters International helps people all over the world develop these skills.

“There is nothing that training cannot do. Nothing is above its reach or below it. It can turn bad morals to good, good morals to bad; it can destroy principles, it can recreate them; it can debase angels to men and lift men to angels.” –Mark Twain

How?

Below are a few principles to help us move beyond communicating to connecting:

Find the link and make the connection. One of the fastest ways to develop a relationship or establish trust with people is finding the common ground from which to build on.



Be genuinely interested in others. You and I must have sincerity and genuine care in our hearts for the people we're trying to connect with. You can not fake sincerity; people are perceptive enough to detect it.

Listen and ask questions. Whether a business or personal relationship, having a sincere interest in the person naturally creates a connection. One best way to show you're truly interested in them is simply to become a better listener and ask questions.

Serve others. The best way to find your own solutions in life is help others find theirs. By serving others, you develop great leadership and problem solving skills.

Call to Action

No matter where you are in your life, what skill level you possess and what position you hold, decide today to move beyond communicating and start connecting!

A Servant Leader, Lou Radja continues to work tirelessly to improve the lives of many across the globe. Lou's goal remains to uplift, educate and inspire his audience to live up to their greatness both individually and collectively. A recognized Motivational Speaker and founder of Lou Radja Enterprises, Lou has addressed and engaged global citizens all over the world on Leadership, Diversity, Service and Personal Development. As Executive Director of EduCongo, a U.S. based non-profit organization, Lou's energy is devoted to generating awareness and support to provide quality education for over 2,000 underprivileged children in the Congo.

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DETAILED AGENDA

8:00 - 8:25am	Opening Ceremony - Portland Ballroom Toastmaster: David Jamieson					
8:25 - 8:45am	Opening Session - Portland Ballroom Ruth Robinson					
8:45 - 9:00am	Break					
9:00 - 9:50am	D132	D133-134	F149	F150	F151	F152
	"What Do You Want To Be When You Grow Up?"	"Pumping Mental Iron"	"What Business Are You REALLY In?"	"Sparkle When You Speak!™"	"The 7 Top Mistakes Job Seekers Make Online"	"Connecting With Your Followers: Leadership and Communication"
Track	PD	CD	BC	CD	CD	BC
	Jennifer Anderson	Julia Marrocco	Mike Goss	Sheryl Roush	Joshua Waldman	Peter Okantey
9:50 - 10:05am	Break					
10:05-11:35am	Evaluation Contest Toastmaster: Alistair Paterson					
11:35am-12:30pm	Lunch Lunch Keynote: Lou Radja					
12:30-1:30pm	Business Meeting - Portland Ballroom					
12:30-1:30pm	General Session - Room D132 "Taking Toastmasters to the Bank!" Suezy Proctor					
1:30-1:45pm	Break					
1:45-2:35pm	D132	D133-134	F149	F150	F151	F152
	"How to Move People to Action"	"From Horde to Team—Building the Four Elements of Trust"	"High Performance Leadership"	"Personality—The Colorful Side of Life!"	"Got Debt? Get Back on Track With Your Finances"	"How to Deliver Powerful Presentations"
Track	PD	BC	CD	PD	PD	BC
	James Warrick	Tom Cox	Le & Ann Snelling	Jeff Corriher & Kondi Kulisewa	Debbie Hower	Dick Warn
2:35-2:50pm	Break - Ice Cream Social					
2:50-3:40pm	D132	D133-134	F149	F150	F151	F152
	"The 7 Wonders of Clear, Concise, Professional Communication"	"3 Steps to Beating Procrastination"	"The Power of Engagement"	"Personality—The Colorful Side of Life!"	"Communicating Through Video: A Behind the Scenes Look"	"Stage Presence for Speakers"
Track	BC	PD	BC	PD	CD	CD
	Seamus Kennedy	Tom Cox	Le & Ann Snelling	Jeff Corriher & Kondi Kulisewa	John Waller	Rick Huddle
3:40-3:55pm	Break					
3:55-5:45pm	International Speech Contest Toastmaster: Bruce Rottink					

Tracks:

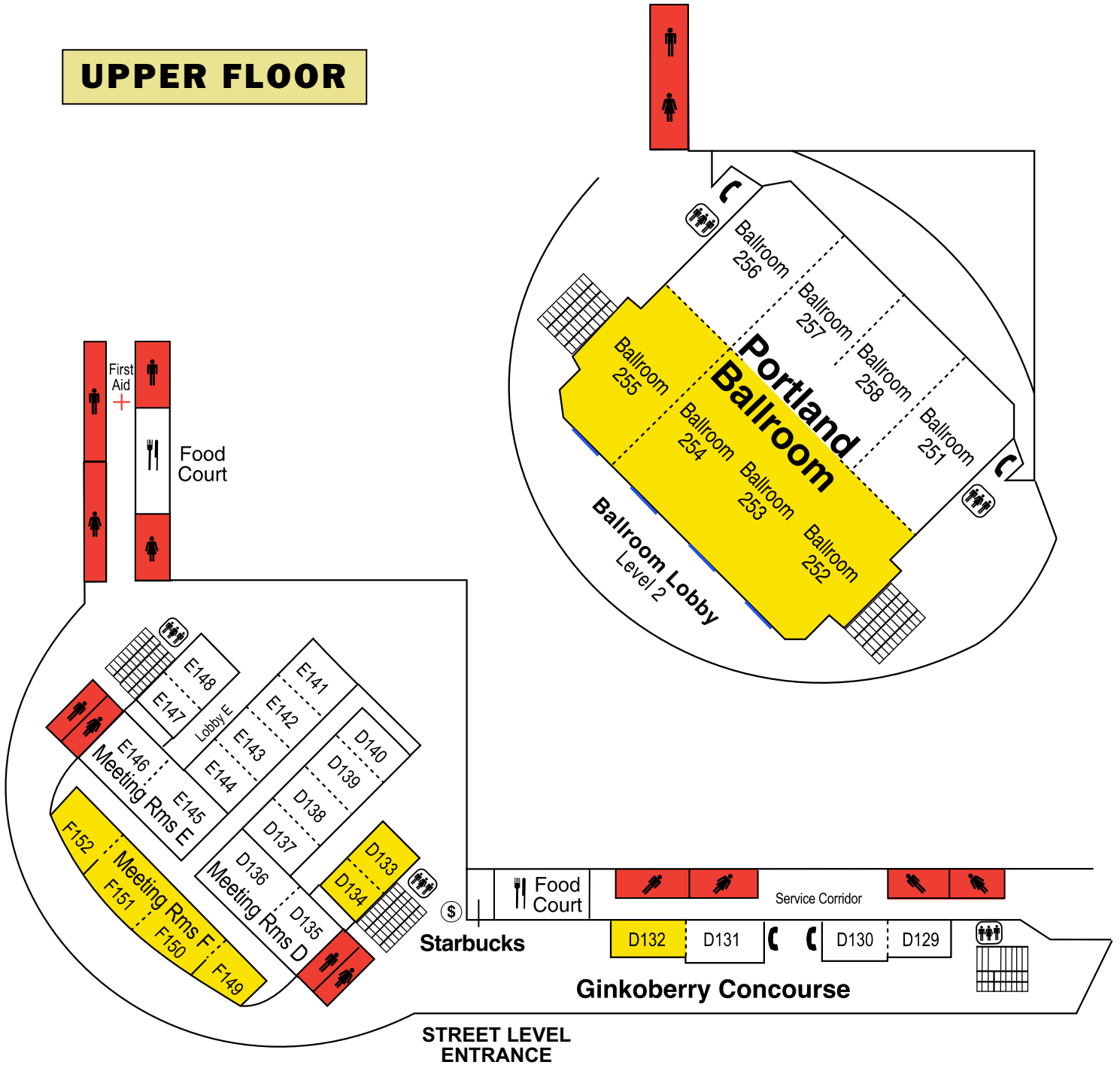
PD = Personal Development CD = Career Development BC = Business Communication

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OREGON CONVENTION CENTER MAP

UPPER FLOOR



MAIN FLOOR

COMMUNICATION '10

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AGENDA

Time	Event	Location
7:00am	Registration/Breakfast/Networking	Portland Ballroom
7:00am	Country Store/Raffle Area opens	Portland Ballroom Lobby
8:00-8:45am	Opening Ceremony Welcome by the "STAFF"	Portland Ballroom
9:00-9:50am	Workshop Sessions #1	All Rooms
10:05-11:35am	Evaluation Contest	Portland Ballroom
11:35-12:30pm	Lunch Keynote speech by Lou Radja	Portland Ballroom
12:30-1:30pm	Business Meeting	Portland Ballroom
12:30-1:30pm	Open Session by Suezy Proctor	Room D132
1:45-2:35pm	Workshop Sessions #2	All Rooms
2:35-2:50pm	Ice Cream Social	All Rooms
2:50-3:40pm	Workshop Sessions #3	All Rooms
3:55-6:00pm	International Speech Contest/ Closing	Portland Ballroom

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h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WORKSHOPS



"What Do You Want To Be When You Grow Up?"

Jennifer Anderson - www.careerepiphany.com

**CAREER
DEVELOPMENT**

SESSION #1

Whether you're in your 30s, 40s or 50s, it's not too late to find the perfect work for you! In this workshop we will share ideas about how you can stay ahead of the trends and possibilities in the current work environment; how you might unintentionally be confusing yourself about the work you want to do; and strategies for moving forward in your new career search.

In this workshop, you will gain:

- Clarity about a career direction
- An understanding of your current unique window of opportunity
- An understanding of which job mode you're in and where you're headed next

About Jennifer Anderson

Over the past 12 years, Jennifer Anderson has coached hundreds of individuals to discover meaningful and financially rewarding work. In her career coaching practice, Jennifer offers individual career coaching as well as a unique workshop designed to create "Career Epiphanies" in each of the participants. Jennifer is a Professional Certified Coach through the ICF and a faculty member for both Portland Community College and Coach University. Jennifer has been a member of Toastmasters for 10 years and has achieved Distinguished Toastmaster. She is a member of Timber Talkers Club in Beaverton, Oregon.

**PERSONAL
DEVELOPMENT**

SESSION #1

"Pumping Mental Iron"

Julia Marrocco - www.mentaliron.com

Are you a human being, or are you becoming a "human doing"? In this economy, many people are finding themselves busier than ever with less time to think, read, and activate their "gray matter". We go to the gym and pump iron to build muscle, but what are we doing to develop our brain?

In this interactive workshop, you will learn about:

- Different types of intelligences, how to leverage yours, and "work in the gaps"
- The latest research on the brain and how it affects your bottom line results
- The six secrets to unleash your brainpower and increase your effectiveness



About Julia Marrocco

Julia is an executive performance coach and management consultant with over three decades of business and leadership experience. She works specifically with senior-level executives, top talent, and business/community leaders to leverage their time, energy, talents, and social capital, to bring their "A" game when they show up. Julia has managed and owned businesses in a variety of industries, from ballet to farm machinery. She spends 1/2 her time working with the homeless and is a social activist against violence and exploitation of women and children. She was introduced to Toastmasters over 20 years ago, and can't imagine life without it.

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WORKSHOPS



"What Business Are You REALLY In?"

Mike Goss - www.breakingthroughwalls.com

**BUSINESS
COMMUNICATIONS**

SESSION #1

If you own a hardware store, are you really in the hardware business? If you define your business differently than your customers do, you will miss an enormous opportunity to increase your customer base, your sales and your profits. Join speaker and author Mike Goss on this lively and interactive journey find your personal answer to the question, "What business are you really in?"

In this workshop, you will learn:

- How to figure out what makes you different...and better...for your customers
- How to communicate that difference to your customers and prospects, so they'll choose you
- How to stay perpetually different...and better...for your customers

About Mike Goss

Mike is an experienced speaker, trainer and consultant. His career includes sales and leadership positions with four multinational corporations and many small businesses. He has owned and operated three small businesses and taught college-level sales, marketing and leadership classes for two decades. For three years, Mike was a Senior Vice President and Sales Manager for an eighteen-branch community bank. When they eliminated his position, he started his own company, and recently published his first book, "Breaking Through Walls".

**CAREER
DEVELOPMENT**

SESSION #1

"Sparkle When You Speak!™"

Sheryl Roush - www.sparklepresentations.com



Ready to take your speaking skills to the next level? Be brilliant in your delivery? Establish instant credibility? Win speech contests?

Improve your connection factor, rapport and authenticity.

In this interactive workshop, you will learn:

- How to grab and retain audience attention
- What your audiences need from you, and how to deliver it
- How to mind map, craft and organize your program
- Speechwriting tips to cut your time in half
- 7 secrets of speaking success to engage listeners

About Sheryl Roush

Sheryl Roush, DTM, is a Past District 5 Governor from Southern California, and was the 3rd woman to earn our elite Accredited Speaker designation. In 2009, she received the Presidential Citation on stage at the International Convention, presented for service to global membership. International President Gary Schmidt honored her in his Toastmaster magazine column for helping him get his current job. President/CEO of Sparkle Presentations, Inc., she is a 13-time published author, 20+ year Professional Member of the National Speakers Association, and was selected Member of the Year in both San Diego and Greater Los Angeles Chapters. Sheryl is also a Past President of the San Diego Professional Coaches Alliance, of the International Coach Federation.

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h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WORKSHOPS



"The 7 Top Mistakes Job Seekers Make Online"

Joshua Waldman - www.careerenlightenment.net

**CAREER
DEVELOPMENT**

SESSION #1

It's not as hard as you might think to stand out from the crowd and get the job of your dreams. But first you have to know the mistakes other job seekers make. We go through a humorous odyssey of follies correcting each one as we go. Even professional recruiters walk away from this one with pages of notes.

In this session we'll answer the following burning questions:

- Why should I even bother using social media for anything other than chatting with old high school friends?
- This stuff changes so fast, how can I possibly stay on top of it all?
- How can I truly leverage my network to find work fast?
- What are the 7 biggest mistakes I need to avoid online?

About Joshua Waldman

Joshua Waldman is owner and principal of Career Enlightenment, which specializes in helping job seekers, frustrated by the traditional job search, leverage social media to find work FAST! He blogs, trains, gives webinars and presents to job seekers and career advisors all over the country. His blog is internationally syndicated and frequently appears on top career websites. Joshua has an MBA from Boston University and is a graduate of Cisco's premier leadership training program. He believes that technology is just a tool, like a chisel or paint brush, and what really matters is how you use it. Work smarter, not harder.

BUSINESS COMMUNICATIONS

SESSION #1

"Connect With Your Followers! Leadership and Communication"

Peter Carlos Okantey - www.theokanteygroup.com



"Everything begins and ends with leadership," says Peter Carlos Okantey. Effective communication is the means by which a vision becomes a reality, especially in an organizational setting. This workshop emphasizes the development of appropriate media for effective communication to assist in achieving set organizational goals and objectives.

Peter Carlos will work with you to:

- Develop a dynamic vision for the future and how to communicate it to followers
- Become an effective communicator
- Develop a culture of effective communication at your workplace
- Remove obstacles to effectively communicate
- Learn five powerful steps that will change your communication forever

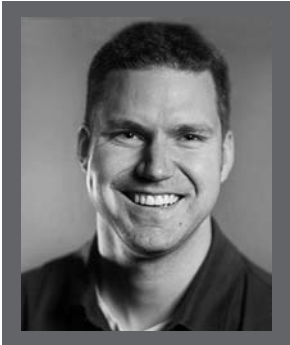
About Peter Carlos Okantey

With his extensive leadership background, Peter Carlos Okantey consults for businesses in the area of leadership and management. He holds a Bachelor's Degree in Business Administration, a Master's Degree in Management and Organizational Leadership, and is currently working on his Doctoral Degree in Strategic Leadership at Regent University. Peter founded NAPE Foundation, a non-profit higher education foundation based in Accra, Ghana and Portland, Oregon that creates access to higher educational opportunities to Ghanaians in West Africa through the award of scholarships and a access to online degrees through Portland State University's School of Extended Studies.

COMMUNICATION '10

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WORKSHOPS



“How to Move People to Action”

James Warrick - www.takeflightcoaching.org

**PERSONAL
DEVELOPMENT**

SESSION #2

When speaking or leading a group, do you feel like you are dragging people? Would you like to have more impact? Real impact that moves people forward? There is a way, and for most...it's a paradigm shift.

In this workshop, you will learn:

- How to be remembered
- How to get asked back
- Why the focus should not be on you

Learn the art of serving others as you speak to large groups or one on one. We barely have enough time to take a peek, but each minute will give you more to think about.

About James Warrick

James Warrick is no stranger to launching people. His Masters in Coaching has opened many doors for him to speak to audiences around the country. James is the owner of Take Flight Coaching, a company passionate about launching individuals and training leaders how to coach. Whether James is teaching graduate level courses, keynoting at conferences, or participating life-to-life, he is energized by helping people find clarity and take action. And when he is not traveling or coaching you will find James at home in his backyard playing with his three incredible kids.

**BUSINESS
COMMUNICATIONS**

SESSION #2

“From Horde to Team—Building the 4 Elements of Trust”

Tom Cox - www.coxbusinessconsulting.com



Teamwork—build the four elements of trust at work, home and play. Humans love to form groups—families, clubs, teams, businesses. And as soon as we form or join a group, we need trust. Teamwork rises or falls on trust, and trust is built out of four elements.

In this workshop, you will learn those elements:

- Predictability
- Value exchange
- Delayed reciprocity
- Exposed vulnerability

Learn ways to diagnose problems within a team, and practice techniques for restoring and building trust.

About Tom Cox

Tom Cox, successful radio host, consultant, and speaker has worked with IBM, Oracle, Textronix, and other international employers to increase their footprint in the marketplace through strategic planning, operational excellence, and process improvement. Tom has a unique ability to work across industry boundaries. If your business involves people, Tom can help you. His internet radio program “Tom on Leadership” is one of the most listened to leadership programs on the web. He sits on the Board of Governors for the City Club of Portland, and is the CEO of Cox Business Consulting.

COMMUNICATION '10

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WORKSHOPS



"High Performance Leadership"

Le and Ann Snelling - www.snellinggroup.com

**CAREER
DEVELOPMENT**

SESSION #2

The Hallelujah Hot Dog Company is an imaginary company that is looking to you and your management team to launch them to success (or is that 'lunch' them to success?). You will be part of a management team tasked with developing an Action Plan with Key Results, Project Plan and Timetable. Your team will be led by a team coach with advanced knowledge of the Vision, Mission and Values of this imaginary venture. Each team will prepare and present a part of their plan and be evaluated by the group.

In this workshop, you will learn:

- The value of a High Performance Leadership model
- Project development
- Team building
- Action Strategies

About Le and Ann Snelling

Ann Snelling, a 10-year Toastmaster, is the immediate past District 7 Governor who successfully led the district to distinguished status. Le Snelling, a veteran speaker and Toastmaster, is the current District 7 Public Relations Officer. Le and Ann Snelling are a dynamic team whose combined experience and talent give them a unique place in the training market. They own Snelling Presentation Services which provides workshops and training on leadership.



**PERSONAL
DEVELOPMENT**

SESSION #2

"Personality—The Colorful Side of Life!"

Jeff Corriher and Kondi Kulisewa - www.cokusolutions.com

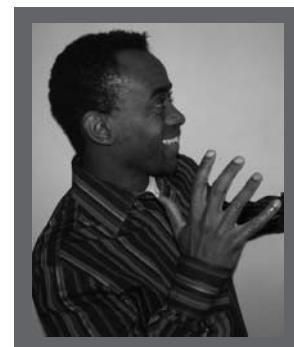
Our personality is our emotional fingerprint. It is what makes us unique. However just like fingerprints, personalities have certain traits that when grouped, make it easier for us to accept and understand each other. Come join us for an intuitive and entertaining look at who you are and why you do the things you do.

Attend this workshop and you will learn to:

- Easily recognize and remember personality styles
- Increase your relationship efficiency
- Reduce conflict by appreciating style differences
- Appreciate and enjoy diversity

About Jeff Corriher and Kondi Kulisewa

Jeff and Kondi created COKU Solutions as an extension of their careers in personal growth. Individually they have engineered and facilitated well over 3,500 hours of workshops aimed at helping people create better for their lives. Prior to their roles with an international non-profit, Jeff and Kondi held various production and management positions in the for-profit sector. However, Jeff and Kondi took way too long to realize they were in the wrong professions. Coming to that realization, they converged on the path of empowering people to embrace their uniqueness, and leverage their strengths, in order to perform at their best.



COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WORKSHOPS



“Got Debt? Get Back on Track With Your Finances”

Debbie Hower - www.ds-c.org

**PERSONAL
DEVELOPMENT**

SESSION #2

Don't keep your head buried in the sand when it comes to your debt or credit issues. You have more options than you may know. It will be worth your time to learn how to reduce your debt burden, raise your credit score and eliminate the stress and frustration in your life. Get financially healthy!

In this workshop, you will learn:

- What options you have to handle debt
- How does your credit score really affect you
- How to raise your credit score
- Do's and don't's with your debt and credit

About Debbie Hower

Debbie has been in the financial world for many years from trading professionally in the Forex, teaching trading world wide, to mortgage loan officer. She has worked with clients of bankruptcy attorneys, educating each client how to establish and build credit after a bankruptcy. Debbie now helps those nationwide that have been affected with the economic crisis to find the best option for managing their debt, both personal and business. Her services have helped many families get their financial lives back on track.

**BUSINESS
COMMUNICATIONS**

SESSION #2

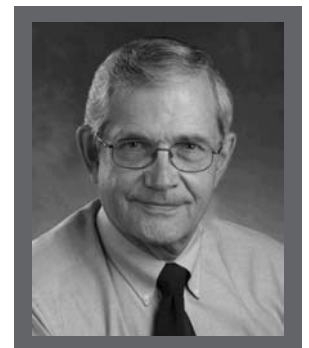
“How to Deliver Powerful Presentations”

Dick Warn - www.themiracleminute.com

Find your "true" voice and use it to better connect with more people. Your "true" voice results from the way you choose your words, describe what you see, and share how it makes you feel. It defines who you are and differentiates you from everyone else. In a practical, hands-on approach, Dick Warn will share ways to fine tune your "true" voice and deliver your material with greater impact.

In this workshop, you will learn to:

- Analyze the elements of voice: authenticity, simplicity, humor, and courage
- Leave your fears behind
- Package your best material



Whether you are a seasoned professional or someone just starting out, you will learn specific elements that will make a huge difference in your ability to impact others. Don't miss this opportunity to refine your speaking skills.

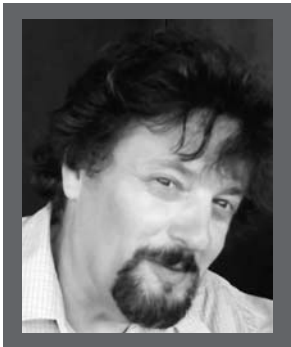
About Dick Warn

In the summer of 1980 Dick Warn delivered his first keynote address at Washington Business Week's week-long training sessions for high school students at Gonzaga, Central Washington, Western Washington, and Pacific Lutheran Universities. His impact on 200 students was so great that he was invited back for every session—for 28 years. That same power—the ability to truly connect and inspire—is something each of us has. Dick Warn has written three books and authors a free weekly inspirational email: The Miracle Minute.

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WORKSHOPS



“The Seven Wonders of Clear, Concise, Professional Communication”

Seamus Kennedy - www.seamus.conquent.com

Troubling communication abounds in our professional world. From firings over terse, angry emails, to company partnerships failing on communication issues, we can benefit from being clear, getting concise, and being personable while retaining strong professionalism in the way we communicate!

In this workshop, you'll discover:

- Why communication starts and ends with listening
- When your roadblocks (we all have them) are harming your communication
- Where your written, verbal, nonverbal and visual messages can create powerful effectiveness
- How you can align your non-verbal cues to emphasize your message and call-to-action

About Seamus Kennedy

Seamus Kennedy is a business communicator who deals with effective use of written, verbal, nonverbal, and visual communication. What we say and how we say it can add strength to even our clearest message, and Seamus helps individuals and organizations to bolster their ability to get their message across. Seamus is also an artist and writer, and, believe it or not, considers himself a homeboy of Portland, Oregon in the U.S. of A.!

BUSINESS COMMUNICATIONS

SESSION #3

PERSONAL DEVELOPMENT

SESSION #3

“Three Steps to Beating Procrastination”

Tom Cox - www.coxbusinessconsulting.com

Procrastination can cause shame, waste time, and become a downward spiral that harms your performance. Severe or chronic procrastination can hurt your career.

Yet there is hope for fighting even chronic procrastination--it just isn't what you think. Procrastination does not mean you are lazy. It does not mean you lack willpower or ambition. The fix for procrastination is not hard work. To fix procrastination, you have to understand it, and then take three simple steps that can help you to bypass it forever.

In this workshop, you will learn to:

- Utilize the three steps to beating procrastination
- Understand the five triggers of procrastination and find yours
- Create a personalized anti-procrastination toolkit
- Be able to help others address their procrastination problems

About Tom Cox

Tom Cox, successful radio host, consultant, and speaker has worked with IBM, Oracle, Textronix, and other international employers to increase their footprint in the marketplace through strategic planning, operational excellence, and process improvement. Tom has a unique ability to work across industry boundaries. If your business involves people, Tom can help you. His internet radio program “Tom on Leadership” is one of the most listened to leadership programs on the web. He sits on the Board of Governors for the City Club of Portland, and is the CEO of Cox Business Consulting.



COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WORKSHOPS



"The Power of Engagement"

Le and Ann Snelling - www.snellinggroup.com

PERSONAL DEVELOPMENT

SESSION #3

The Power of Engagement was born out of the recognition that many leaders are not engaging their constituents, members and presentation attendees. This session focuses on that critical aspect of organization leadership.

Specifically you will learn::

- Why you need to engage
- Rules for successfully engaging people one-on-one
- Deflectors for disengaging
- Benefits of engaging
- Interactive practice time

About Le and Ann Snelling

Ann Snelling, a 10-year Toastmaster, is the immediate past District 7 Governor who successfully led the district to distinguished status. Le Snelling, a veteran speaker and Toastmaster, is the current District 7 Public Relations Officer. Le and Ann Snelling are a dynamic team whose combined experience and talent give them a unique place in the training market. They own Snelling Presentation Services which provides workshops and training on leadership.



PERSONAL DEVELOPMENT

SESSION #3

"Personality—The Colorful Side of Life!"

Jeff Corriher and Kondi Kulisewa - www.cokusolutions.com

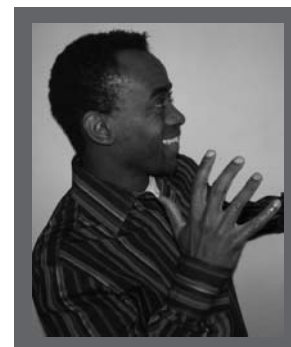
Our personality is our emotional fingerprint. It is what makes us unique. However just like fingerprints, personalities have certain traits that when grouped, make it easier for us to accept and understand each other. Come join us for an intuitive and entertaining look at who you are and why you do the things you do.

Attend this workshop and you will learn to:

- Easily recognize and remember personality styles
- Increase your relationship efficiency
- Reduce conflict by appreciating style differences
- Appreciate and enjoy diversity

About Jeff Corriher and Kondi Kulisewa

Jeff and Kondi created COKU Solutions as an extension of their careers in personal growth. Individually they have engineered and facilitated well over 3,500 hours of workshops aimed at helping people create better for their lives. Prior to their roles with an international non-profit, Jeff and Kondi held various production and management positions in the for-profit sector. However, Jeff and Kondi took way too long to realize they were in the wrong professions. Coming to that realization, they converged on the path of empowering people to embrace their uniqueness, and leverage their strengths, in order to perform at their best.



COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

WORKSHOPS



“Communicating Through Video: A Behind the Scenes Look”

John Waller - www.uncagethesoul.com

**CAREER
DEVELOPMENT**

SESSION #3

In only a few short years, digital video has claimed a significant market share in the way we communicate, educate, and tell stories. This workshop will take a behind the scenes look at producing a video from exploring concept and storyboard, to production, to leveraging the finished video.

In this workshop, we will explore:

- Audience, message, and marketing strategies
- Simple techniques to boost the quality of your video
- Ways to help separate your video from others

About John Waller

John Waller owns and operates Uncage the Soul Productions, a Portland-based video production company dedicated to bringing unique and exceptional visions to life through video. From 14,000-foot mountain summits to claustrophobic cave passages, John brings his love of adventure, keen eye, and his camera gear. As the son of two self-employed entrepreneurs, John has always charted an independent path and his professional career in video production has been no exception. Maturing in an industry that seemingly changes by the day, John is a master of innovation, adaptability, and persistence.

A former high school teacher and adventure guide, John has a strong background in education and introducing complex topics using a clear and engaging presentation style.

**CAREER
DEVELOPMENT**

SESSION #3

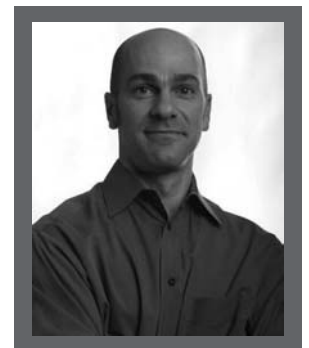
“Stage Presence for Speakers”

Rick Huddle - www.rickhuddle.com

Stage presence isn't about showing off. It's about connecting with the audience to deliver a message. It's about using our body, face, and personal energy to communicate. In this workshop, participants will learn techniques to be more expressive while remaining grounded. We'll discuss what it means to be graceful and strategies to do so, even when the projector doesn't work.

In this workshop, you will learn:

- How to channel nervous energy into enthusiasm
- Grounding techniques
- How to be more graceful and confident when something goes wrong



Select participants will be asked to deliver a 1-3 minute speech to the rest of the group. They will then be given feedback and suggestions to use in the future. The entire audience will learn from these examples.

About Rick Huddle

Rick Huddle performs and speaks for both adults and children. He loves coaching adults on the communication and problem-solving benefits of play. He has performed all over the country, and was most recently seen on stage in Portland at the Imago Theatre. His greatest passion is delivering assemblies that teach kids how to recognize and respond to their emotions. Next year, he will be on a year-long nationwide tour of elementary schools.

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

GENERAL SESSION



“Taking Toastmasters to the Bank!”

Suezy Proctor

What separates you from the crowd? What about you is different from them? In this session we will explore the real world transferable skills that the Toastmasters experience brings to those who seek them. Advantages that translate into confidence, ease of communicating ideas and needs, potential promotions, higher incomes, successful entrepreneurships, and so much more.

This session will identify the hard and soft skills you can develop through Toastmasters membership. Skills that you can:

- Develop in a safe learning environment
- Try a few out in this session
- Share with people, like your boss, spouse, co-workers, etc.
- Take to the bank once you learn how to apply them!

Suezy Proctor is a Past International Director and Past Distinguished District Governor from Western Washington. She is a highly-skilled marketing, sales, training, and business development professional with more than 35 years experience, many with an entrepreneurial focus. She has a proven ability to build strong relationships, successful teams, and empowering others to reach their fullest potential. Suezy has strong leadership qualities and extensive experience working with diverse populations in the U.S. and internationally, in the areas of sales, consensus building, diplomacy, policy and public relations. She is skilled at developing effective new programs, motivating and coordinating large numbers of volunteers and making organizational procedures more efficient.

Why Join Toastmasters?

Everyone has their own personal reasons for joining Toastmasters, but here are a few of the most common:

1. Become a Better Public Speaker

Members work through a series of educational programs designed to improve their ability to write speeches, design presentations, and deliver them.

2. Overcome Public Speaking Fears

The most positive and supportive audience in the world is a Toastmasters club audience. Speaking regularly in front of a group helps you calm your nerves and communicate effectively.

3. “Practice” Presentations for Other Audiences

Everyone has different motivations for wanting to speak better. Maybe you want to hone your presentation skills for your career, or perhaps you want to speak out in your volunteer organization. Maybe you want to complement your portfolio as an author, manager, or other professional with speaking gigs? Whatever the case, Toastmasters is a wonderful laboratory for you to practice your presentations and gain valuable feedback.

4. Gain the Confidence and Courage to Lead

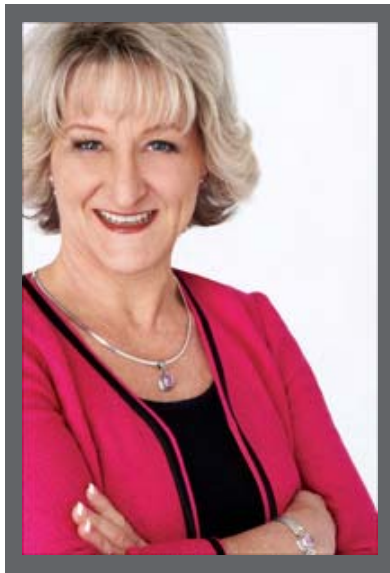
Leadership and communication skills are intimately bound. Some might argue that leadership is nothing more than the ability to effectively communicate a vision. As your communication skills improve, your ability to lead will improve as well.

There are over 175 clubs in District 7 which includes Oregon, SW Washington and N. California. To find a club near you, visit www.d7toastmasters.org.

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

SPECIAL SESSIONS



"Solid Gold Marketing for Speakers"

Sheryl Roush - www.sparklepresentations.com

SUNDAY
9am-12pm

How to design dynamite one-sheets and more! Discover what marketing materials you need to get hired in this economy. Whether you've already created your speaker pieces, or just getting started, this program will help you discover a goldmine of great design!

You will learn:

- What meeting planners are looking for to hire you
- The must-have significant six elements on one-sheets
- Effective design concepts made simple
- Easy-to-follow design rules and "templates"
- How to add "personality" to your image

Slide samples include:

- Branding
- One-Sheets
- Bio Sheets
- Book Sheets
- Business Cards
- Tri-Fold Mailer Brochures
- Large fold-out Brochures
- Video packaging
- Flyers

Great ideas worth their weight in gold!

Cost: \$99 May 2nd, 9am-12pm Room F150

SUNDAY
1pm-5pm

"Color-Find Yours!"

COKU Solutions - www.cokusolutions.com

"People watching" is something most of us enjoy. How many of us put into practice what we observe though? Not many of us, and we typically don't because we can't classify what we are seeing. If we can't classify it, it becomes hard for us to recall the information when we need it. If we have taken a personality assessment, in most cases it doesn't fit completely or is too complex to remember and use. Come join us for an easy, yet comprehensive assessment designed with easy implementation and retention based on simple and easy to remember colors! We will also engage in fun exercises aimed at further integrating this simple yet powerful tool.

Attend this workshop and you will learn to:

- Understand the true meaning of introvert and extrovert
- Quickly assess personality styles (just 4 easy colors)
- Learn core needs and stressors for each personality style
- Utilize the "Platinum Rule"
- Gain greater acceptance of self and others
- Easily recognize potential strengths and weaknesses

Cost: \$99 May 2nd, 1-5pm Room F150



COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s



EVALUATION CONTEST

Judge's Guide and Ballot EVALUATION CONTEST

JUDGING ITEMS	SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9
	EXCELLENT	VERY GOOD	GOOD	FAIR									
	ANALYTICAL QUALITY CLEAR, FOCUSED	40	28-39	17-27									
RECOMMENDATIONS POSITIVE, SPECIFIC, HELPFUL	30	22-29	13-21	0-12									
TECHNIQUE SYMPATHETIC, SENSITIVE, MOTIVATIONAL	15	11-14	6-10	0-5									
SUMMATION CONCISE, ENCOURAGING	15	11-14	6-10	0-5									
TOTAL SCORE (100 POINTS POSSIBLE)													

JUDGING CRITERIA

ANALYTICAL QUALITY refers to the effectiveness of the evaluation. Every evaluation should carefully analyze the strengths and weaknesses of the speaker's presentation. Were the evaluator's comments clear and logical? Did the evaluator identify specific strengths and weaknesses of the presentation?

RECOMMENDATIONS are an important part of an evaluation. An evaluator not only points out the strengths and weaknesses of a speech, he/she also offers specific recommendations for improvement. Recommendations should be practical, helpful and positive, and they should enable the speaker to improve his or her next presentation.

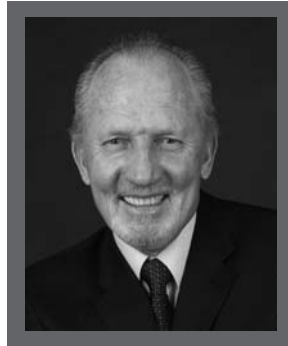
TECHNIQUE refers to the manner in which the evaluator presents his/her comments and recommendations. An evaluator should be sensitive to the feelings and needs of the speaker, yet inspire and encourage the speaker in his/her future speaking efforts.

SUMMATION is how the evaluator concludes the evaluation. The conclusion should briefly summarize the evaluator's comments and suggestions, and be positive and encouraging.

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

EVALUATION CONTEST



Toastmaster

Alistair Paterson

Chief Judge

Bob LaDu

Sergeant at Arms

Janet Cerasin

Contestants

Michelle Boyle

Erik Conrad

Cleon Cox

Marylill Elbe

Brinn Hemmingson

Tim Pusack

Bethany Reeves

Jamie Ross

Carol Van Atta

COMMUNICATION '10

hosted by district 7 toastmasters

INTERNATIONAL SPEECH CONTEST

Judge's Guide and Ballot INTERNATIONAL SPEECH CONTEST

JUDGING ITEMS		SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9
		EXCELLENT	VERY GOOD	GOOD	FAIR									
SPEECH DEVELOPMENT STRUCTURE, ORGANIZATION, SUPPORT MATERIAL	CONTENT 50	20	14-19	9-13	0-8									
		15	11-14	6-10	0-5									
		15	11-14	6-10	0-5									
PHYSICAL APPEARANCE, BODY LANGUAGE	DELIVERY 30	10	7-9	4-6	0-3									
		10	7-9	4-6	0-3									
		10	7-9	4-6	0-3									
APPROPRIATENESS TO SPEECH PURPOSE AND AUDIENCE	LANGUAGE 20	10	7-9	4-6	0-3									
		10	7-9	4-6	0-3									
TOTAL SCORE (100 POINTS POSSIBLE)														

JUDGING CRITERIA

SPEECH DEVELOPMENT is the way the speaker puts ideas together so the audience can understand them. The speech is structured around a purpose, and this structure must include an opening, body and conclusion. A good speech immediately engages the audience's attention and then moves forward toward a significant conclusion. This development of the speech structure is supported by relevant examples and illustrations, facts and figures, delivered with such smoothness that they blend into the framework of the speech to present the audience with a unified whole.

EFFECTIVENESS is measured in part by the audience's reception of the speech, but a large part is your subjective judgment of how the speech came across. You should ask yourself such questions as "Was I able to determine the speaker's purpose?" "Did the speech relate directly to that purpose?" "Was the audience's interest held by the speaker?" "Was this speech subject appropriate for this particular audience?"

SPEECH VALUE justifies the act of speaking. The speaker has a responsibility to say something meaningful and original to the audience. The listeners should feel the speaker has made a contribution to their thinking. The ideas should be important ones, although this does not preclude a humorous presentation of them.

PHYSICAL presentation of a speech carries part of the responsibility for effective communication. The speaker's appearance should reinforce the speech, whether profound, sad, humorous, instructional. Body language should support points through gestures, expressions and body positioning. Makes effective use of and stays within designated speaking area.

VOICE is the sound that carries the message. It should be flexible, moving from one pitch level to another for emphasis, and should have a variety of rate and volume. A good voice can be clearly heard and the words easily understood.

MANNER is the indirect revelation of the speaker's real self as the speech is delivered. The speaker should speak with enthusiasm and assurance, showing interest in the audience and confidence in their reactions.

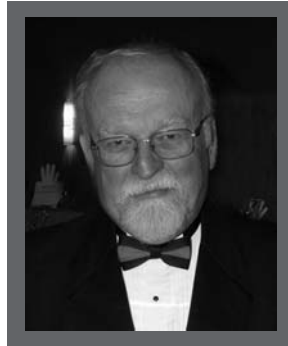
APPROPRIATENESS of language refers to the choice of words that relate to the speech purpose and to the particular audience hearing the speech. Language should promote clear understanding of thoughts and should fit the occasion precisely.

CORRECTNESS of language ensures that attention will be directed toward what the speaker says, not how it is said. Proper use of grammar and correct pronunciation will show that the speaker is the master of the words being used.

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

INTERNATIONAL SPEECH CONTEST



Toastmaster

Bruce Rottink

Chief Judge

Bob LaDu

Contestants

Glenn Ashford

Erik Conrad

John Contreras

Raylene Goodwin

Jason Leon

Brett Madsen

Alexis Mason

Ben Metts

David Taylor

COMMUNICATION '10

h o s t e d b y d i s t r i c t 7 t o a s t m a s t e r s

TOASTMASTERS TIMELINE

October 1924 - The first meeting of the Number One Toastmasters Club in Santa Ana, California.

January 1926 - The second Toastmasters club is chartered in Anaheim, California.

August 1927 - Representatives of five Santa Ana Toastmasters clubs plan the formation of a Federation of Toastmasters Clubs.

October 1928 - The first manual for Toastmasters clubs is copyrighted by Ralph Smedley.

October 1930 - The name Toastmasters International is adopted and officers are elected.

December 1930 - Publication of The Gavel, the first Toastmasters newsletter.

December 1932 - Toastmasters International is incorporated.

January 1933 - First Toastmasters club outside of California is established in Seattle, Washington.

April 1933 - The first Toastmaster magazine is published.

April 1935 - Oregon's first club, Portland Toastmasters (Club #31) chartered.

July 1935 - District organization is instituted, starting with District 1 of Southern California.

October 1935 - First Toastmasters club outside the United States is chartered in Victoria, British Columbia, Canada.

January 1938 - Charter No. 100 is presented to the Century Toastmasters Club in Santa Ana, California.



TOASTMASTERS INTERNATIONAL, INC.

August 1938 - Inter-Club Speech Contest started. First winner: Henry Wiens of Reedley, California.

July 1946 - District 18 of Scotland becomes the first district organized outside the United States.

February 1948 - First Toastmasters International Articles of Incorporation and Bylaws are published.

August 1950 - The first "Certificate of Achievement" is issued for the new advanced course, Beyond Basic Training.

June 1951 - First regional conference is held in Des Moines, Iowa.

October 1962 - Dedication of new World Headquarters building in Santa Ana, California.

November 1964 - The first Able Toastmaster (ATM) award is issued.



Dr. Ralph Smedley

August 1968 - The first Competent Toastmaster (CTM) award is issued for completing the manual Basic Training for Toastmasters.

August 1969 - The Communication and Leadership Program manual is introduced at the International Convention in Cleveland, Ohio.

March 1970 - The first Distinguished Toastmaster (DTM) award is issued.

August 1973 - Membership opens to women.

January 1978 - The multi-manual Advanced Communication and Leadership Program is introduced.

April 1979 - The first two Success/Leadership programs are introduced.

November 1981 - The Accredited Speaker Program begins.

October 1982 - Membership reaches 100,000.

July 1984 - The Communication and Leadership Program manual is revised, and two new educational awards are introduced: the Able Toastmaster Bronze (ATM-B) and Able Toastmaster Silver (ATM-S).

April 1989 - Membership reaches 150,000.

July 1989 - The Distinguished Club Program, Distinguished Area Program and Distinguished Division Program are introduced.

June 1990 - World Headquarters moves to Rancho Santa Margarita, California.

January 1993 - Toastmasters International charts its 8,000th club.

January 1997 - The revised Communication and Leadership Program manual is introduced.

July 1997 - An improved two-track educational recognition system begins. The communication track includes the CTM, Advanced Toastmaster Bronze, Advanced Toastmaster Silver and Advanced Toastmaster Gold awards. The leadership track includes the Competent Leader and Advanced Leader awards. Requirements for the DTM award also change.

July 1999 - The 10-goal Distinguished Club Program is introduced.

June 2004 - Toastmasters International charts its 10,000th club. Membership reaches 200,000.

January 2006 - The Competent Leadership manual is introduced.

July 2006 - Award titles in the communication track are renamed, and the leadership track is strengthened and expanded to include the Competent Leader, Advanced Leader Bronze and Advanced Leader Silver awards.

June 2009 - Toastmasters International charts its 12,500th club. Membership reaches 250,000 in 106 countries.

August 2009 - Proposal A: Global Representation and Support is passed at the 2009 International Convention.

November 2009 - District 7 Toastmasters hosts Leadership '09—the largest conference of its kind in the Northwest.



