

LEADERSHIP '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



Oregon's #1 Leadership Conference!

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

Hosted by District 7 Toastmasters - www.d7toastmasters.org

LEADERSHIP '10

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WELCOME

November 6, 2010



Thank you for attending Leadership '10!

District 7 Toastmasters welcomes you. We have a phrase we live by, "Build a better you!". Here is what "YOU" means to us:

Yearn to Learn

You came to Leadership '10 today because you wanted to learn something. You may have come to learn how to become a better communicator, a better listener, or a better leader. It's the "yearning" to learn that brought you here and it's also what will drive you to continue learning, always striving to reach new heights.

Overcome Any Obstacles

Growth never happens without stretching limits. And when we stretch limits, we will hit obstacles. Obstacles shouldn't be seen as a annoyance, but rather as a building block to success. There's no such thing as failure. Failure only happens if we don't learn from our mishaps. If you fall, find a way to get back up, dust yourself off, and keep going.

Uncover Your Potential

With a yearn to learn, and a commitment to overcome any obstacles, you will find potential in yourself that you never knew was possible. The potential we have within us is amazing. And it's there, inside each and every one of us, waiting to be uncovered.

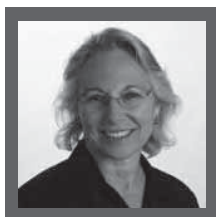
Thank you for coming today. Have a wonderful time, and keep on "Building a better you!"

District 7 Toastmasters STAFF,

Three handwritten signatures in black ink, corresponding to the staff members listed below.



CATHEY ARMILLAS
DISTRICT GOVERNOR



DEVENY BYWATERS
LT. GOV. EDUCATION
& TRAINING



ROSE WELLMAN
LT. GOV. MARKETING

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KEYNOTE

STEVE STEGEMAN

CHIEF EXECUTIVE OFFICER

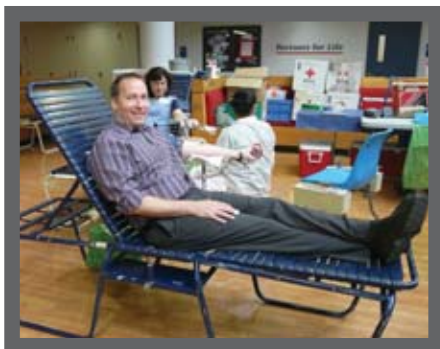
AMERICAN RED CROSS, PACIFIC NORTHWEST BLOOD SERVICES REGION



"LEADERSHIP IN THE MATRIXED ENVIRONMENT"

- Matrix organization structures have become quite common
- Matrixed organizations have a heightened need for connection and inspiration
- Leadership is independent of organizational structure
- Effective leaders continually connect and inspire

Leadership is about making connections and inspiring others to reach their maximum potential. Whether you are leading a company, a community service group, or a Toastmasters group-the principles are the same.



Toastmasters International is a prime example of leadership principles in action. Experienced communicators lead novice speakers to become more relaxed and confident while delivering a speech. Toastmaster teams encourage individuals to take risks and develop their skills within a safe environment.

"You may be able to grant someone a position, but you cannot grant real leadership. Influence must be earned." -John C. Maxwell

Since June 2008, Steve has served as the Chief Executive Officer for the Pacific Northwest Region. He has been an employee of the American Red Cross since 1999 holding various finance, planning and strategy development positions at the national headquarters and field. Steve relocated to Portland, Oregon in 2006 to serve as the Senior Director, Business Planning for the Western Frontier Division (providing finance and planning support for Oregon, Washington, Utah, Idaho and Montana operations.)

Prior to the American Red Cross, Steve worked in healthcare finance administration for integrated healthcare systems in Virginia and Ohio. He received his BS in Business from Miami University and his Master of Business Administration from Xavier University. He is also a Certified Public Accountant. Steve lives in Southeast Portland with his wife Julie.

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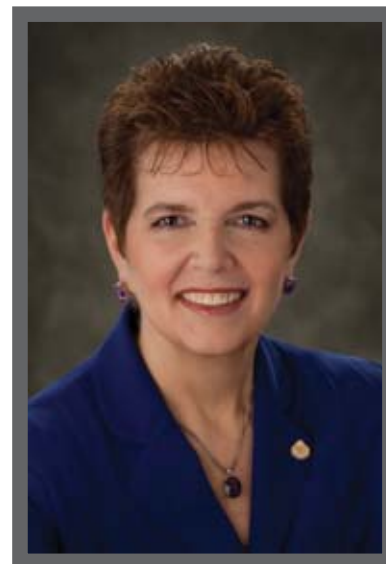
KEYNOTE

“THE TYPICAL TOASTMASTER DISCOVERS GREATNESS”

PAT JOHNSON, TOASTMASTERS 2010-2011 INTERNATIONAL PRESIDENT

When Pat joined Toastmasters, she thought all new Toastmasters were just like she was! What she discovered was a vast array of people with varying skills entering our program in order to improve themselves. And they had diverse needs. Are we able to meet their needs? Are we meeting the needs that brought you to Toastmasters? Pat shares examples of diverse individuals whom she has met and watched develop within the Toastmasters program.

Pat Johnson is a seasoned executive who has been a leader in the corporate, government, not-for-profit and self-employed-business worlds. She is an international speaker and communications trainer who is skilled in strategic planning, career development and conflict resolution.



Pat is well-equipped to lead the organization during this exciting time. A devoted Toastmaster for nearly 28 years, she applies her communication and leadership skills in her professional career as Assistant Director for Business Education at the British Columbia Pension Corporation in Victoria, British Columbia, Canada. She is only the fifth woman ever to serve as Toastmasters' International President.

A member of the Rise and Shine club in Victoria, Pat knows first-hand how Toastmasters can transform lives. She was so nervous attending her first meeting that she was frightened just to walk through the door. Today, she credits Toastmasters for playing a major role in her professional success and personal growth. Pat has held numerous leadership positions within the organization and has been honored with many awards for her efforts over the years.

Toastmasters International President, Pat Johnson, brings to her position many skills that will help her guide the Toastmasters organization to new heights. She is a seasoned executive who has been a leader in corporate, government, not-for-profit and entrepreneurial industries -and she is only the fifth woman ever to serve as Toastmasters International President.

A resident of Victoria, British Columbia, Canada, Johnson offers the Toastmasters organization more than 28 years of experience in working in policy, career development and strategic planning. She has international experience as a speaker and trainer and is skilled in conflict resolution, negotiation and mediation. In addition, her work experience includes organizational development and delivery and evaluation of programs in adult education. Pat credits Toastmasters with helping her learn how to support others and become a cheerleader for their projects. She adds, *“I am a better community member, parent, employee, leader, friend and manager because of what I have learned in Toastmasters.”*

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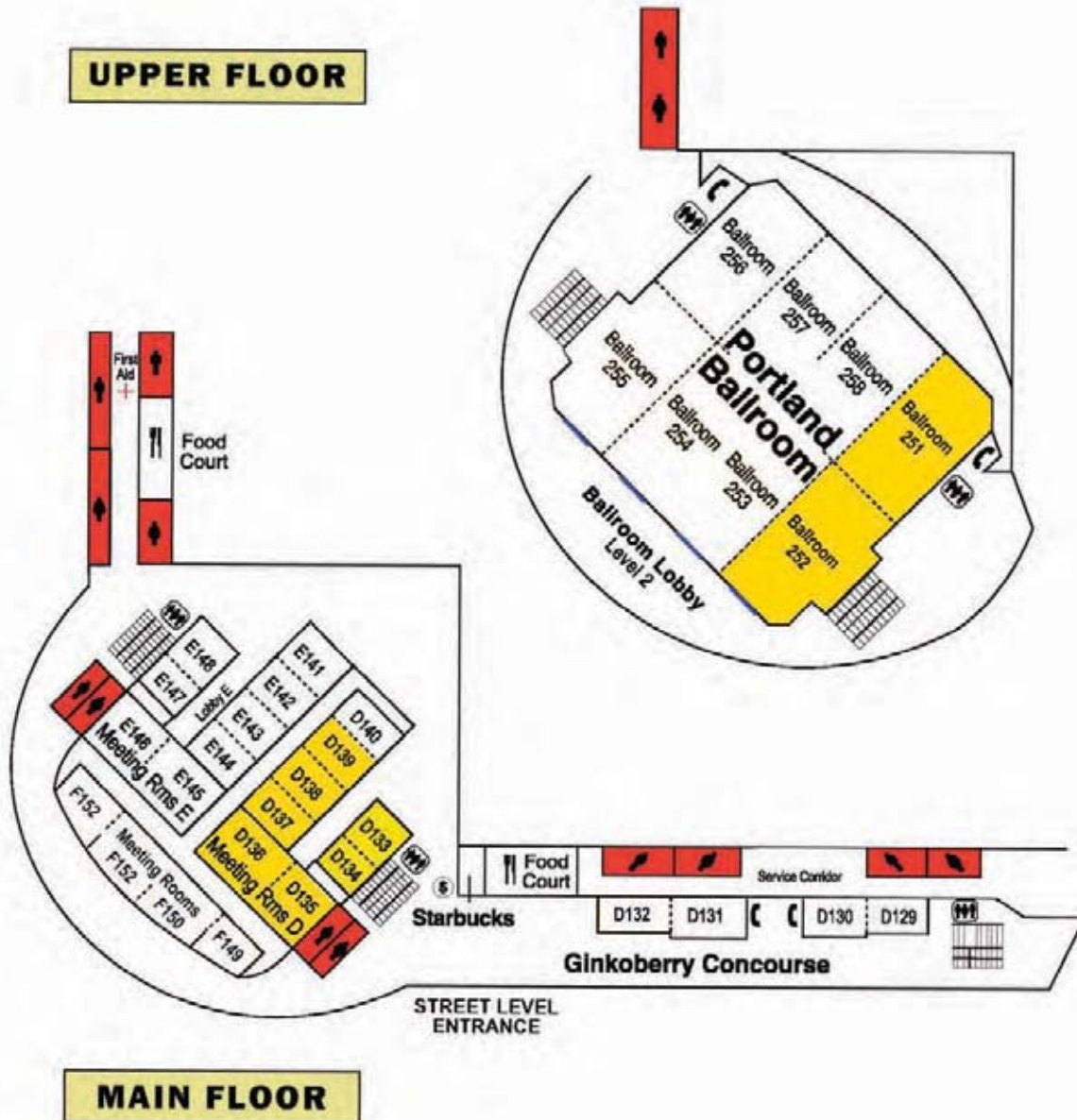
DETAILED AGENDA

8:00 - 8:25am	Opening Ceremony - Portland Ballroom Toastmaster: Robert Killen						
8:25 - 8:45am	Keynote - Portland Ballroom Steve Stegeman						
8:45 - 9:00am	Break						
9:00 - 10:15am	D133	D134	D135	D136	D137	D138	D139
	"Extraordinary Coaching"	"POW! The Power of Words"	"The One Thing Holding You Back"	"Life Happens! Live It!"	"Leadership in Challenging Times"	"Facilitating Team Effectiveness"	"Four C's of Success"
Track	Professional	Professional	Personal	Personal	Professional	Professional	Personal
	Leb Tannenbaum	Alistair Paterson	Raphael Cushman	Jake French	John Contreras	Feroshia Knight	Bud Bilanich
10:15 - 10:45am	Networking Break						
10:45 - 11:50am	Table Topics Contest Toastmaster: John Contreras						
11:50am - 1:00pm	Lunch - Portland Ballroom Keynote: Pat Johnson						
1:00 - 2:00pm	Business Meeting - D136						
1:00 - 2:00pm	General Session - Portland Ballroom "Toastmasters - What's It All About?" Q & A with Pat Johnson, Toastmasters International President						
2:00 - 3:15pm	D133	D134	D135	D136	D137	D138	D139
	"The Power of Intentionality and Language"	"Getting to the Top without a Ladder"	"The One Thing Holding You Back"	"Situational Leadership"	"Building Dialogue in an Age of Demons"	"Leading to Workplace Happiness"	"Your Biggest Problem is Your Greatest Opportunity"
Track	Personal	Professional	Personal	Professional	Personal	Professional	Personal
	Leb Tannenbaum	Susan Bender Phelps	Raphael Cushman	Dave Chin	Robert Killen	Ellen Raim	Andrea Norris
3:15 - 3:45pm	Networking Break						
3:45 - 5:50pm	Humorous Speech Contest Toastmaster: Jonathan Abuyan						
5:50 - 6:00pm	Closing Remarks District 7 STAFF						

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OREGON CONVENTION CENTER MAP



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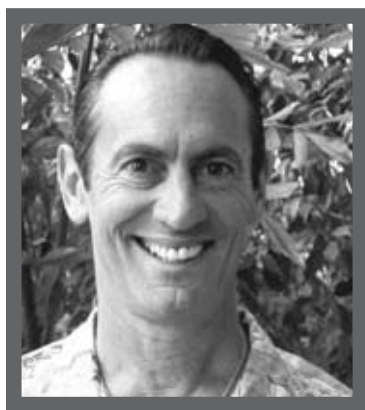
AGENDA OVERVIEW

Time	Event	Location
7:00am	Registration/Breakfast/Networking	Portland Ballroom
7:00am	Raffle Area/D7 Store opens	Portland Ballroom
8:00-8:25am	Opening Ceremony Welcome by the District 7 STAFF	Portland Ballroom
8:25-8:45am	Opening Sessions - Portland Ballroom Steve Stegeman	
8:45-9:00am	Break	
9:00-10:00am	Morning Breakout Session	All Rooms
10:00-10:45am	Networking Break	
10:45-11:50am	Table Topics Contest	Portland Ballroom
11:50am-1:00pm	Lunch Afternoon Keynote by Pat Johnson	
1:00-2:00pm	Business Meeting	D136
1:00-2:00pm	Q & A with Pat Johnson	Portland Ballroom
2:00-3:15pm	Afternoon Breakout Session	All Rooms
3:15-3:45pm	Networking Break	
3:45-6:00pm	Humorous Speech Contest/Closing	Portland Ballroom

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WORKSHOP



"Extraordinary Coaching"

Leb Tannenbaum

PROFESSIONAL

SESSION #1

In this session we will work our way through the Extraordinary Coaching Process™, which will give you practice and a methodology for taking your coaching skills to the highest level.

In this session you will leave with:

- A better understanding of what coaching is and isn't;
- The context those being coached may be entering the coaching process from;
- Strategies for moving people forward; and
- All the steps in the extraordinary coaching process.

We will practice and play together in an interactive, safe and fun environment.

About Leb Tannenbaum

Leb has been consulting with individuals, teams and organizations since 1988. His work has occurred across many industries and throughout North America and Europe. He has also gone "inside" as a working executive in two publicly traded technology companies and one large privately held pet health care company.

He is passionate about helping to take organizations to their next level of financial growth and overall performance. Leb specializes in executive level coaching, culture design and development, leadership development and team performance.

Leb is a published children's author and is currently working on a new book for young people. He is passionate about basketball and continues to play and occasionally coach. He has taught leadership in a discipleship school to 19-26 year olds. He is happily married and the proud father of seven children. His extended family includes three former host daughters from Ecuador, Germany and Denmark and a sponsored daughter in Colombia.

"When you talk, you give yourself away. You reveal your true character in a picture..."

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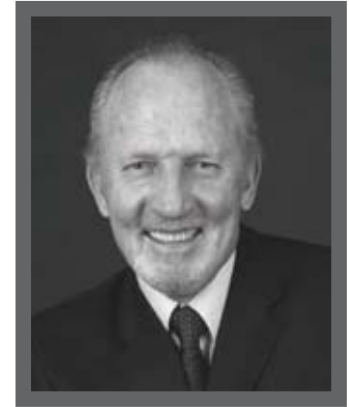
WORKSHOP

PROFESSIONAL

SESSION #1

"POW!: The Power of Words

Alistair Paterson



With the current bias toward new technology such as email, Facebook, LinkedIn and others, the importance of verbal communication (even on the phone) and public speaking are often over looked. Especially in today's challenging business environment, we need improved communication skills to develop lasting relationships in both our individual and business lives.

In this session you will:

- Hear anecdotal examples of why these skills should be a primary focus for any business or organization
- Learn proven communication techniques for personal and business situations
- Learn how to implement these techniques to strengthen your own public speaking skills

This conversational presentation will illustrate the power of words and the role they play in creating powerful verbal presentations critical to achieving success in today's technological business environment.

About Alistair Paterson

Alistair was born in South Africa, raised in Zambia and schooled in Zimbabwe. He is the founder and president of the Aspirational Alliance in Bend and devotes his time sharing his worldwide experiences and communication techniques. He is a communication coach and holds the highest rank of Distinguished Toastmaster. Alistair is an award winning writer.

...which is more true and realistic than anything an artist can do for you."

-Ralph Smedley, 1945

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WORKSHOP



***“The One Thing Holding You Back:
Rewiring the Evolutionary Glitch in Your Brain”***

Raphael Cushnir

PERSONAL

SESSION #1

Emotional Connection, described in the book, *The One Thing Holding You Back*, helps managers and team members determine and remove personal and organizational blind spots. This session will include personal stories, case studies, and humor to provide an overview of Emotional Connection principles and practices.

By the end of this session, you will:

- Understand the essential role of emotional connection in social interaction
- Access, experience and release all emotions
- Increase skills in leadership, collaboration, and creativity
- Increase distress tolerance
- Increase authentic and meaningful communication

About Raphael Cushnir

Raphael Cushnir is a leading voice in the world of emotional connection and present moment awareness. He has shared his unique approach to personal and professional development with millions of readers in O, The Oprah Magazine, Beliefnet, Spirituality and Health, Psychology Today, and the Huffington Post. He has also authored five books, lectures worldwide, and is a faculty member of the Esalen Institute, the Omega Institute, and the Kripalu Center for Yoga and Health. In addition, he coaches individuals and teams at Fortune 100 companies, governments, religious organizations, and leading non-profits.

“A good leader is a person who takes a little more than his share of the blame...”

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WORKSHOP

PERSONAL

SESSION #1

"Life Happens. Live It!"

Jake French

Your attitude affects everything that you do and how you can make a positive attitude part of your life. Jake does more than simply tell his message, he lives it every single day! His advice is not just from books, but from hard earned experience. Let Jake relate how he became the leader of his life and how you can do it too.

In this session, you will learn:

- Leadership starts inside
- Why attitude is everything!
- Every challenge brings a choice. Realizing is our secret weapon
- Simple 3 step process to overcoming challenges



About Jake French

In 2008 Jake was on top of the world. As a small town kid from Dufur, Oregon, he dreamed of a job where he could work outdoors. After graduating from the University of Idaho he got his dream job working as a forester, and then life happened. In an instant his life was turned upside down when he sustained a devastating spinal cord injury because of someone else's reckless decision. An experience like this makes you really look deep down inside yourself. It made him realize something, ***you are as happy as you choose to be.***

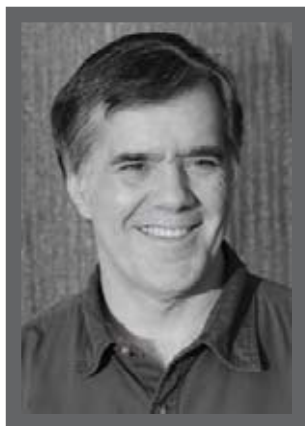
After becoming a quadriplegic, Jake found out that it was up to him to take charge of his life. Becoming a leader in your own life is the first step to overcoming tough obstacles. Jake has not let this injury derail his plans to have a successful career, accomplish personal goals, or ultimately achieve happiness every day. Once you hear his story, you will come away with a new outlook on challenges. Happiness is contagious, and once you put it back into your life you won't believe the change in how people look at you!

...and a little less than his share of the credit." -John C. Maxwell

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WORKSHOP



"Leadership in Challenging Times"

John Contreras

PROFESSIONAL

SESSION #1

Have you noticed that leadership sometimes becomes scarce just when we need it most?

This session will equip you to break through any hesitation you have about stepping out to lead in these challenging times. It will also help you to empower others to overcome those fears that keep them frozen in their tracks in times when opportunity may be obscured by apprehension.

This interactive presentation will heighten your awareness and understanding of:

- Why people retreat from opportunity
- How to draw them out to meet it positively
- The three C's that are the foundation of success
 - Clarity
 - Commitment
 - Consistency

You'll leave with tools in hand to empower yourself and lead others out from under gray clouds of doubt and toward the clear blue sky of opportunity.

About John Contreras

John Contreras is a dedicated and experienced personal development speaker and facilitator, author of *Gathering Joy* (2003) and *Awakening Your Personal Power* (2009). As a Toastmaster he has held offices including Club President, Area Governor and Division Governor as well as teaching educational sessions at Toastmasters Leadership Institute (TLI) and the D7 southern division Toastmasters Educational Advancement Meeting (TEAM) in 2010.

"Whatever your grade or position, if you know how and when to speak, and when to remain silent, your chances of real success are proportionately increased."

-Dr. Ralph C. Smedley

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WORKSHOP

PROFESSIONAL

SESSION #1

"Deciphering Complexity: The Hidden Codes Unveiled"

Feroshia Knight, MA, PCC



When the going gets tough, the whiners are loud and clear. But what is it that makes people focus on the problem rather than the solution? This dynamic presentation imparts the tools and tactics necessary to recognize negative recurring patterns in communications and transform them into positive change for the individual and company as a whole. Designed for supervisors, human resource professionals, company trainers and anyone who has to unwind human dynamics to create a productive and inspired workplace and/or community, this session is based on Baraka's signature Whole System Change Mastery program. It conveys exclusive techniques and insights into creating a harmonious culture that promotes satisfaction in the workplace.

In this workshop you will learn how to:

- Understand what keeps a negative behavior-pattern in place
- Recognize and shift poor attitudes, gossip and other undermining behaviors
- Fix the problem as opposed to just patching it
- Discover what's really beneath an argument or poor choice and help others step out of that dynamic to connect with what really matters
- Redirect and redefine away from a negative environment, guiding towards the desired goal

This presentation enables its participants to quickly locate vital information and feed it through the proper channels to diffuse anger, frustration and fear. This transformational learning lab is key to success in developing and maintaining effective teams. Guaranteed to bring laughter through thought-provoking moments, participants will enjoy engaging whole heartedly in learning!

About Feroshia Knight

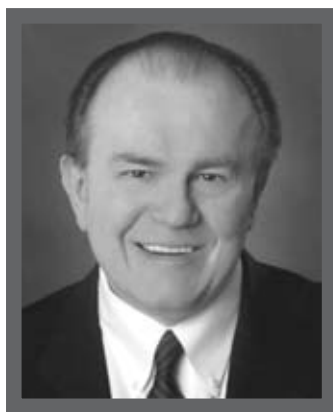
Feroshia's favorite motto is: "Live and love out loud in all that you do." She is currently working on a series of educational films designed to stimulate curiosity and action, targeting those ready to take action toward reaping the numerous rewards life has to offer. She believes that the natural world is one of the most powerful teaching tools available for learning about ourselves and how we interact in the larger community. Her leisure time is often spent in the great outdoors - hiking or biking or off in some distant land learning about other cultures. Though an avid traveler, Feroshia is native to Portland, Oregon and believes there is no place like home.

Feroshia is an internationally known coach, consultant, facilitator, and trainer, with a focus in leadership and team development based in Whole Systems and Whole Person Methodologies. Feroshia holds a Master's in Organization Change and Renewal from Seattle University/OSR-NW with expertise in systems thinking, system dynamics, transformational learning theory and change management. She is an ICF Credentialed Professional Coach, NLP Practitioner and Certified Project Manager, and is the Executive Director, Founder of Baraka Institute: Leadership Development and ICF Accredited Coach Training Center. She works in partnership with Clear Stream Coaching as an executive and team coach to bring clarity in communications into progressive companies.

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WORKSHOP



“The Four C’s of Success”

Bud Bilanich, The Common Sense Guy

PERSONAL

SESSION #1

Create the successful life and career you want and deserve! Building the successful life and career you want and deserve should be fun and exciting. Unfortunately, these days, too many people find themselves plateaued, unable to secure that elusive promotion. Worse yet, many people are looking over their shoulders worrying that they will be a victim of the next round of layoffs or downsizing. In this session you will learn how to get to the top of the promotion list and avoid the layoff list. Bud will share his framework for creating a successful life and career - and he'll show you how to put it to work.

Bud will discuss his “Four C’s of Success” in detail:

- Clarify the purpose and direction for your life and career
- Commit to taking personal responsibility for your life and career success
- Build unshakeable self confidence
- Get competent in four areas: creating positive personal impact, outstanding performance, dynamic communication, and relationship building

Participants will leave the session with a plan for applying each of the Four C’s - Clarity, Commitment, Confidence and Competence - to create the life and career success they want and deserve.

About Bud Bilanich

Bud is a management consultant, success coach, motivational speaker, author and blogger. He helps his clients succeed by applying their common sense. He has been featured in the *Wall Street Journal*, *Success Magazine* and *Self Improvement Magazine*. He is the Official Guide for Career Development on SelfGrowth.com, the Preferred Partner for Career Development at Success IQ University and a member of the *USA Today* Small Business Advisory Panel.

Dr. Bilanich is Harvard educated but has a no nonsense approach to his work that goes back to his roots in the steel country of Western Pennsylvania. His approach to individual, team and organizational success is a result of over 35 years of business experience, and a lifetime of research and study of successful people, teams and organizations and the application of common sense.

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WORKSHOP

PERSONAL

SESSION #2

"The Power of Intentionality and Language"

Leb Tannenbaum



Are you looking for more effectiveness and clarity in your current position? Do your circumstances include seeking new employment or a change in your career path? If so, this session will help you move forward. With plenty of interaction and dialog, together we will create insightful learning and new clarity!

In this session you will discover and take new territory in recognizing the value of clear and specific intentional thinking. You will learn how to:

- Examine powerful and powerless language and
- Confront the things you say that are not aligned with your true intentions

About Leb Tannenbaum

Leb has been consulting with individuals, teams and organizations since 1988. His work has occurred across many industries and throughout North America and Europe. He has also gone "inside" as a working executive in two publicly traded technology companies and one large privately held pet health care company.

He is passionate about helping to take organizations to their next level of financial growth and overall performance. Leb specializes in executive level coaching, culture design and development, leadership development and team performance.

Leb is a published children's author and is currently working on a new book for young people. He is passionate about basketball and continues to play and occasionally coach. He has taught leadership in a discipleship school to 19-26 year olds. He is happily married and the proud father of seven children. His extended family includes three former host daughters from Ecuador, Germany and Denmark and a sponsored daughter in Colombia.

"A speech without a specific purpose is like a journey without a destination."

-Dr. Ralph C. Smedley

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WORKSHOP

PERSONAL

SESSION #2



"Getting to the Top Without a Ladder"

Susan Bender Phelps

Even before the worst economic crisis many of us have ever faced, the very structure of companies began to flatten. It used to be; you took a job, worked hard and climbed the ladder of success one or two rungs at a time. Well, they've pulled that ladder out from under us - and it will take new leadership skills and strategies to succeed. Learn how to develop the leader within - after all, we *are* the leaders we have been waiting for.

In this session we will explore the following questions:

- Who must we become to succeed in these difficult times?
- What is the definition of success?
- What paths can we forge on our own to achieve it?

About Susan Bender Phelps

Susan Bender Phelps has delivered training programs to hundreds of clients on the art and science of leadership and the power of professional mentoring. Throughout her career, she has delivered success after success in marketing, advertising and public relations, increased sales, broadened customer bases, community action, fund raising and media campaigns. She has more than 20 years of hands-on experience in business management, training and public speaking. She holds a Master's Degree in Management and Organizational Leadership.

"Toastmasters changed my life. They really did. Put me on the stage. I don't know..."

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WORKSHOP

PERSONAL

SESSION #2

***“The One Thing Holding You Back:
Rewiring the Evolutionary Glitch in Your Brain”***
Raphael Cushnir



Emotional Connection, described in the book, *The One Thing Holding You Back*, helps managers and team members determine and remove personal and organizational blind spots. This session will include personal stories, case studies, and humor to provide an overview of Emotional Connection principles and practices.

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About Raphael Cushnir

Raphael Cushnir is a leading voice in the world of emotional connection and present moment awareness. He has shared his unique approach to personal and professional development with millions of readers in *O, The Oprah Magazine*, *Beliefnet*, *Spirituality and Health*, *Psychology Today*, and the *Huffington Post*. He has also authored five books, lectures worldwide, and is a faculty member of the Esalen Institute, the Omega Institute, and the Kripalu Center for Yoga and Health. In addition, he coaches individuals and teams at Fortune 100 companies, governments, religious organizations, and leading non-profits.

...what I would have done without that positive boost." -Chris Matthews

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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

WORKSHOP



"Situational Leadership"

Dave Chin

PROFESSIONAL

SESSION #2

Become a highly effective leader in every situation. Unleash the power of teamwork! Never before in the history of the workplace has the concept of teamwork been more important to the functioning of a successful organization. Join us as we delve into *Leadership and The One Minute Manager* by best-selling author, Ken Blanchard. This workshop will teach you how to identify the leadership style suited to a particular person and how to effectively tailor your own management style to bring out each team member's highest performance.

Participants will learn:

- A simple, highly effective system to elicit the best performance from and communication with your team
- When to delegate, support, or direct to create highly motivated and productive team members
- How to improve your relationships and effectiveness in leading teams to achieve success
- The four steps to learning and what leadership style is most effective in each step

About Dave Chin

Dave is a business coach and owner of ActionCoach of Portland. His passion is to help fellow business owners grow their businesses and achieve their personal goals through it. He teaches through workshops and coaches in both group and individual settings. In the corporate world, he helped Intel build its network products market to achieve dominant market segment share. His education includes an Oregon Executive MBA and BS degrees in chemical engineering and biochemistry/biophysics. He is a joint inventor on two Intel process patents. Dave serves as the current President of the Oregon State University Business Roundtable and a member of the Beaverton Chamber.

"The conventional definition of management is getting work done through people, but real management is developing people through work." -Agha Hasan Abedi

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PERSONAL

SESSION #2

"Building Dialog in an Age of Demons"

Robert Killen



"The greatest threat we face is not from foreign lands. It is the *supreme arrogance of unquestionable* rightness which threatens to tear us apart from within." -Robert Killen, 2010

We live in a society which has allowed civil dialog to be replaced by demonization. No one can be blamed, yet the responsibility to address it belongs to all of us. How do we cure a disease which perpetuates ill-gotten power, persistent anti-intellectualism and polarization that has turned the process of governance into a battlefield where blood is expected and collaboration is equated with weakness?

In this highly interactive presentation expect to be challenged by your presenter. The pervasive nature of the problem requires us to consider deeply our own convictions and to open ourselves up to an entirely new evolution in human communication.

This session will delve into many compelling themes including:

- Demonization as a power tool
- Manufacturing public opinion
- Humility...are you strong enough?
- Curiosity as matter of national security
- The courage to be wrong

About Robert Killen

Robert Killen's accomplishments as a presenter are well known both in and out of Toastmasters. Robert (ACG) has won three of the four possible District 7 contests: Humorous (2008), Table Topics (2006) and the International Speech Contest (2007). In the International competition he went on to compete as one of the final 10 in the 2007 World Championship of Public Speaking.

Beyond Toastmasters, Robert is a sought after speaker on topics from Organizational Culture to The Power of Storytelling. In his position as Executive Director of the City Club of Central Oregon, Robert is dedicated to advancing the art of dialog in an increasingly polarized social climate. His most recent offering, "Building Dialog in an Age of Demons," has been widely praised as a pointed and poignant analysis of the destructive path we tread as a culture. In addition, as a passionate and gifted teacher, he also provides direction to lead us to new paths.

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WORKSHOP



"Work Happy—Your Success Depends On It"

Ellen Raim

PROFESSIONAL

SESSION #2

Research shows that people who learn how to work "HAPPY" not only thrive, they are much more successful. In other words, wellbeing at work improves your engagement and performance. To quote Albert Schweitzer, *"Success is not the key to happiness. Happiness is the key to success."*

True leaders inspire their employees to become engaged and create an environment where their employees can thrive. Are you that kind of leader?

Here are some of the things you will learn to improve your happiness on the job-and therefore your ability to lead in all situations:

- The science of happiness - positive feelings actually are "genetically hard-wired"
- What makes really happy people different from everyone else-and how we become like them
- Attitudes about work that affect our happiness
- The 8 steps to "work happy"

About Ellen Raim

Ellen is an expert on what makes people happy at work. She has twenty three years of experience with organizations and keenly understands how leadership affects employee commitment, wellbeing and engagement. She has worked with employees to teach them how to "work happy" and with leaders to explain how to create an environment that allows happiness to take root.

Ellen started her career as a labor and employment attorney for what became one of the largest law firms in the United States. She left the law and moved into Human Resources because she wanted to have a greater impact on the link between business and people. Ellen is now the Vice President of Human Resources for Cascade Microtech. She has a B.A. in Economics from Brown University; an M.A. in Organizational Design from Seattle University and her J.D. from the University of Miami School of Law.

*"While most of us may have entered Toastmasters to learn to make speeches,
that benefit is but the beginning of the good..."*

LEADERSHIP '10

hosted by district 7 toastmasters

WORKSHOP

PERSONAL

SESSION #2

"Your Biggest Problem is Your Greatest Opportunity"

Andrea Norris



The consensus is that the economy is in crisis. It is a fight for many people to survive right now. Yet, great leaders become great leaders not despite lives checkered with great obstacles, but because of them. As butter is formed through the churning of cream, so great leaders are formed through the trials of great failures and defeats. The bigger the problems you solve, the greater your success will be. And, the greater your success, the bigger the problems you will face. Leave your mark on history; learn to see beyond your circumstance, to persist through difficulty, and solve crucial problems. Discover that your "Biggest Problem is your Greatest Opportunity!"

In this session you will discover:

- How you "see" things
- How you can see things you've never seen before, and
- How you can see your biggest problem as your greatest opportunity

About Andrea Norris

As an accomplished wilderness guide and outdoor educator, Andrea's comprehensive experience in the wilderness has afforded her insights that few possess. In addition, her expertise in team and leadership development has been refined in her multiple business ventures. Andrea intimately understands that the critical thinking and sound judgment skills necessary for travel and group management on remote expeditions are the same skills needed to negotiate challenging economic conditions. Strong leadership, effective communication, and creative problem solving skills are necessary not only for surviving but for thriving in difficult, dangerous, and challenging circumstances.

...which may come to us, and the good which we may do for mankind."

-Dr. Ralph C. Smedley

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TABLE TOPICS CONTEST

Toastmasters International Table Topics Judging Criteria and Ballot

JUDGING ITEMS	SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9
	E X C E L L E N T	V E R Y G O O D	G O O D	F A I R									
SPEECH DEVELOPMENT OPENING, BODY, CLOSE, ORGANIZATION, SMOOTHNESS	30	23-29	17-22	0-16									
EFFECTIVENESS LOGIC, DIRECTNESS, ENTHUSIASM, ACHIEVEMENT OF PURPOSE, AUDIENCE RESPONSE	25	18-24	11-17	0-10									
PHYSICAL APPEARANCE, BODY LANGUAGE	15	11-14	6-10	0-5									
VOICE FLEXIBILITY, VOLUME	15	11-14	6-10	0-5									
LANGUAGE APPROPRIATE TO SPEECH, PURPOSE TO AUDIENCE, GOOD GRAMMAR, PRONUNCIATION AND WORD SELECTION	15	11-14	6-10	0-5									
TOTAL SCORE (100 POINTS POSSIBLE)													

SPEECH DEVELOPMENT is the way the speaker puts ideas together so the audience can understand them. The Table Topics response is structured around a purpose, and this structure must include an opening, body and conclusion. The response is supported by relevant examples and illustrations, facts and figures if appropriate, and is delivered smoothly.

EFFECTIVENESS is your subjective judgment of how the response came across. Were you able to determine the speaker's purpose? Did the speech relate directly to the given question or topic? Was the response clearly and logically presented?

PHYSICAL presentation of a the response carries part of the responsibility for effective communication. The speaker's appearance should reinforce his or her response. Body language should support points through gestures, expressions and body positioning.

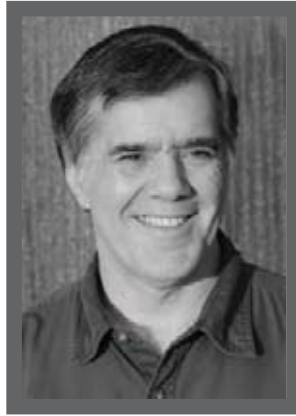
VOICE is the sound that carries the message. It should be flexible, moving from one pitch level to another for emphasis, and should have a variety of rate and volume. A good voice can be clearly heard and the words easily understood.

LANGUAGE refers to the choice of words that relate to the response. Language should promote clear understanding of thoughts and should fit the occasion precisely. Proper use of grammar and correct pronunciation will show that the speaker is the master of the words being used.

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TABLE TOPICS CONTEST



Toastmaster

John Contreras

Chief Judge

Maria Lee

Contest Coordinator

Adele O'Neal

Sergeant at Arms

Frank Hupp

Contestants

Alexis Mason

David Oster

David Taylor

Jamie Ross

John Rockwood

Marc Delphine

Mike Grubbe

Nathan Pylate

Scott Alexander

LEADERSHIP '10

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HUMOROUS SPEECH CONTEST

Toastmasters International Humorous Speech Judging Criteria and Ballot

JUDGING ITEMS	SUGGESTED POINT VALUES				1	2	3	4	5	6	7	8	9
	E X C E L L E N T	V E R Y G O O D	G O O D	F A I R									
SPEECH DEVELOPMENT STRUCTURE, OPENING, BODY, SUPPORT MATERIAL	15	12-14	10-11	0-9									
EFFECTIVENESS EXCITEMENT CREATED, SUSPENSE, THE UNEXPECTED TWIST, SURPRISE, CONNECTION OF HUMOROUS EVENTS ACHIEVEMENT OF PURPOSE	10	8-9	6-7	0-5									
SPEECH VALUE IDEAS, ORIGINALITY OF THOUGHTS AND MATERIAL	15	12-14	10-11	0-9									
AUDIENCE RESPONSE ATTENTIVENESS, LAUGHTER, INTEREST, RECEPTION	15	12-14	10-11	0-9									
PHYSICAL APPEARANCE, BODY LANGUAGE	10	8-9	6-7	0-5									
VOICE FLEXIBILITY, VOLUME	10	8-9	6-7	0-5									
MANNER DIRECTNESS, ASSURANCE, ENTHUSIASM	10	8-9	6-7	0-5									
APPROPRIATENESS TO SPEECH PURPOSE AND AUDIENCE, REFLECTING GOOD TASTE	10	8-9	6-7	0-5									
CORRECTNESS GRAMMAR, PRONUNCIATION, WORD SELECTION	5	4	3	2									
TOTAL SCORE (100 POINTS POSSIBLE)													

SPEECH DEVELOPMENT is the way the speaker puts ideas together so the audience can understand them. The speech is structured around a purpose or theme, and the structure must include an opening, body and conclusion. A good humorous speech immediately engages the audience's attention and then builds to a significant conclusion; it is not a series of jokes or a monologue.

EFFECTIVENESS refers to your subjective judgment of how the speech came across. What was the purpose or theme of the speech? Did the speech relate directly to that purpose or theme? Was humor used effectively?

SPEECH VALUE justifies the act of speaking. The speaker has a responsibility to say something meaningful and original to the audience, even in a humorous speech. The ideas should be important, even though they are presented humorously.

AUDIENCE RESPONSE reflects the audience's reaction to the speech. Did the speech hold the audience's interest? Did people understand and laugh at the humor?

PHYSICAL presentation of a speech carries part of the responsibility for effective communication. The speaker's appearance should reinforce the speech. Body language should support points through gestures, expressions and body positioning.

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, should fit the occasion and should be in good taste.

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.

LEADERSHIP '10

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HUMOROUS SPEECH CONTEST



Toastmaster

Jonathan Abuyan

Chief Judge

Maria Lee

Contest Coordinator

Adele O'Neal

Contestants

Allan Edinger

Chris Swanson

Curtis Short

Courtney Linville

Erik Conrad

Jeanne Corello

Marylill Elbe

Taran Harman

Todd Kimball

LEADERSHIP '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.

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.



Home of the first Toastmasters club: The YMCA in Santa Ana, CA



Dr. Ralph Smedly



TOASTMASTERS INTERNATIONAL, INC.

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.

August 2010 - Pat Johnson becomes President of Toastmasters International. Only the 5th woman to ever do so.



LEADERSHIP '10

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SPECIAL THANKS

Successful events take months of planning and preparation. They require a dedicated planning committee, presenters who gift their time and resources, volunteers who step forward when the call for help goes out, and a professional venue staff who assist with all the technical details and minutiae that crop up along the way.

District 7 Toastmasters recognizes and extends a special thank you to the following people, who without them, *Leadership '10* would not have been nearly as successful.

Conference Planning Committee

Adele O'Neal, Contest Coordinator
Ann Snelling, Dignitary Liaison
Cathey Armillas, District 7 Governor
Connie Blythe, Host a Toast Program
Dan Hahn, Conference Printer
Deveny Bywaters, Lt. Governor Education & Training
Dick Moser, A/V Coordinator
Karen Landey, Videographer/Photographer
Karmen Bickel, D7 Public Relations Officer
Leslie Keating, D7 Treasurer
Lyn Troxel, Conference Printer
Mandi Ellefson, D7 eNews Publisher
Maria Lee, Chief Judge
Marsha Ware, Facilities Coordinator
Michelle Bowden, D7 Talent Coordinator
Phyllis Harmon, D7 Education Coordinator
PJ Kleffner, Registration Coordinator
Rose Wellman Lt. Governor Marketing
Scott Alexander, Conference Director
Scott Stevenson, Immediate Past District Governor
Vince Ast, Contest Videographer

Oregon Convention Center Staff

Natalie McDonough
Marie McLean

Presenters

Alistair Paterson, www.alistairpaterson.com
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Bud Bilanich, www.budbilanich.com
Dave Chin, www.actioncoach.com/davechin
Ellen Raim, www.ellenraim.com
Feroshia Knight, www.barakainstitute.com
Jake French, www.jakefrenchinspires.com
John Contreras, www.johncontreras.net
Leb Tannenbaum, www.ncourageconsulting.com
Raphael Cushnir, www.cushnir.com
Robert Killen, www.betterwaytrading.com
Susan Bender Phelps, www.odysseymentoring.com

Volunteers

Banner Parade Coordinators
Greeters
Registration Table Helpers
Room Coordinators

LEADERSHIP '10

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NATIONAL ANTHEMS



O Canada

O Canada!
Our home and native land!
True patriot love in all thy sons command.

With glowing hearts we see thee rise,
The True North strong and free!

From far and wide,
O Canada, we stand on guard for thee.

God keep our land glorious and free!
O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.



Star Spangled Banner

Oh, say can you see by the dawn's early light

What so proudly we hailed at the twilight's last gleaming?

Whose broad stripes and bright stars thru the perilous fight,

O'er the ramparts we watched were so gallantly streaming?

And the rocket's red glare, the bombs bursting in air,

Gave proof through the night that our flag was still there.

Oh, say does that star-spangled banner yet wave

O'er the land of the free and the home of the brave?

