



LA 1924 NEWSLETTER

*For Excellence in Communication and Leadership The
Buck Stops Here!*

*We meet every Wednesday at
The Royal Orchid Central, Manipal Centre, MG Road, Bengaluru, Karnataka, India
From 7pm to 9pm*

SEPTEMBER 2014 ISSUE



DON'T GET RUSTY

- **TM SRIDHAR RANGANATHAN**

Recently I had to undergo treatment for a minor leg injury. The doctor had advised me not to move my leg for a few days and put me on braces. Just after a few days when I was feeling ok I removed my braces and I tried to walk. I was surprised to see that I could not balance properly while walking. The doctor mentioned that because I haven't used my muscles it has become weak and I needed to undergo physiotherapy to get it back to pre-injury state of strength. I was puzzled. A muscle that I was using routinely for more than 40 years, which was quite strong too, just by not using it for a few days could not cope up my walking and needed physiotherapy to get back to its routine.

I observed that this is true not just in this case. It is true in other walks of life as well. A game that you have played for long, you stay away from it for a while and then when you try to get back it needs additional effort to get back to your original game. This is true in relationships, in education and so on. Also just by interacting with all them. I do look forward to attending the club meetings on every Wednesday and continue my journey this with LA 1924.

It is all the more true in Toastmasters. As long as we continue to keep that "performance" muscle active it will become stronger and stronger. Even a momentary pause can take the performance rhythm out and it can lead to imbalance. More importantly, it may take more efforts and

additional intervention to get back to your rhythm, to get back to your winning ways.

Despite being a Toastmaster for more than 6 years now, despite taking part in contests

for many years now - if I don't attend for a few weeks and if I don't take up roles for a few weeks I struggle to get back to my form. I see many Toastmasters who regularly attend meetings and regularly take up roles. We can clearly see them getting stronger and stronger. For some reason if you have not been attending meetings / speaking regularly quickly get back to speaking. All of us including your mentor will provide you the necessary support to get you back to your winning ways.



We all are born to "be active" and become stronger and stronger to reach greater heights in life. Let nothing weaken us.



CONVICTIONS

- **TM CHANDRA MOULI**

Inevitably in life, we will face disapproval or rejection from others. It might be a family member, friend, employer, or even a stranger. They might disagree with the way we live our lives, the decisions we make for ourselves, or even who we are. They might laugh our dreams, criticize our goals, or make hurtful comments that reveal a low opinion of us. These experiences can be quite painful, because we all want to be liked and accepted. We all want to be supported, nurtured and loved by those around us. Being rejected or ridiculed by others (especially if it's a frequent occurrence) can cause us to question our own self-worth and value as a person. We begin to wonder if maybe they're right. Maybe we're not lovable enough, or talented enough, or "good" enough to be accepted. Following this line of thought for any length of time can be incredibly damaging to our self-confidence.

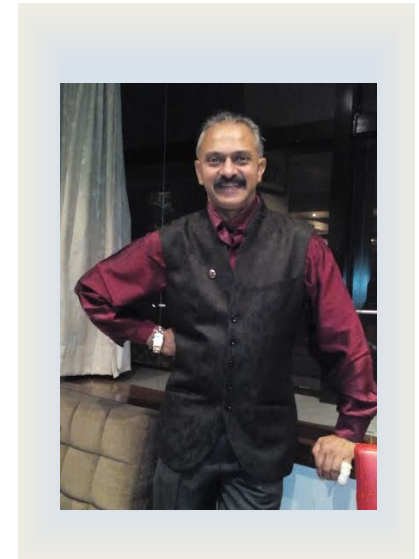
While it's normal to have a few moments of uncertainty when we are rejected, the worst thing we can do is internalize the negativity we receive from others. Just because someone has a low opinion of us does not mean we have to accept it as our truth. They can only come to their conclusions by looking at us from the outside. They don't feel our feelings, think our thoughts, or experience the things we have in our lives. They are seeing us from a completely different perspective than our own.

To complicate matters even further, their own life experiences, thoughts, and feelings can easily be projected onto us, so they may see something that doesn't truly exist, except in their own mind.

So, how do we overcome this? How do we avoid letting other people's negativity erode our belief in ourselves? There are three major points to keep in mind:

1) Reinforcement = Strength. Think of positive thoughts as the antidote to any negativity that comes your way. Feed your mind empowering, positive thoughts daily, preferably several times a day - and most especially after you encounter negativity from another. The stronger you can build up your belief in yourself, the less you will care about others who insult you, ridicule you, or reject you. You won't be looking to others for your sense of validation or approval, because you will already have your OWN approval.

2) Conserve Your Energy. While it might be tempting to try to explain, defend, or prove yourself to someone who rejects you, this is usually a waste of your time and energy. Once someone forms an opinion of you, they are unlikely to change it. The more you try to change their minds, the more stubbornly they will dig their heels in and resist. So, simply release your need to prove yourself and accept that they are entitled to their opinions. Their comments and opinions cannot detract from your belief in yourself, unless you allow them to





3) Limit Your Exposure. Once a person reveals their negative opinion or directs hurtful comments your way, you might want to avoid spending excessive time with them in the future. This becomes more difficult if it is a family member that you can't just shut out of your life completely. But you can still set boundaries and limit the amount of time you are faced with negativity.

Finally, remember that no one else can define you, or live your life for you, or take away the beauty and uniqueness that is you. They may try, but they won't be successful unless you allow it. You alone can define you!

If you instead choose to turn away from the negativity and focus on building a solid foundation of belief in yourself, the negative comments will cease to matter to you. You will go on to create a fulfilling, successful life that reflects exactly who you are, regardless of what others say or do.

Inevitably in life, we will face disapproval or rejection from others. It might be a family member, friend, employer, or even a stranger. They might disagree with the way we live our lives, the decisions we make for ourselves, or even who we are. They might belittle our dreams, criticize our goals, or make hurtful comments that reveal a low opinion of us. These experiences can be quite painful, because we all want to be liked and accepted. We all want to be supported and hurt.

Stay positive in aspects of life.

Our Toastmasters is a platform to overcome the fear and negativity.

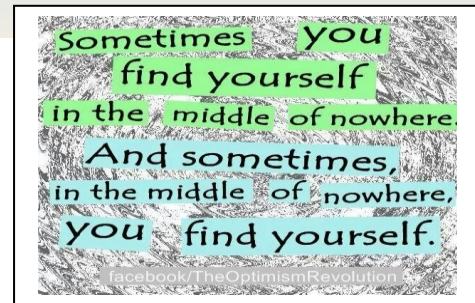
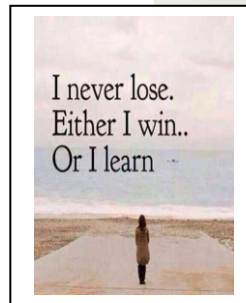
B - Believe in yourself

P - Power to influence

P- Perseverance to move on



Wow! TM – Suresh just completed his half Marathon in 2hrs:45mins:45secs.





LOVE AT FIRST VISIT

- TM NAMAN MIRCHANDANI

My first taste with toastmaster was with the Bandra Mumbai club and I was impressed instantly with their detailed precise schedule coupled with the professionalism and the diversity of people present. I wanted to join it but I had to move to Bangalore in the next few days.

Later, I attended my first Toastmasters meeting with LA 1924 Toastmasters meeting at Royal Orchid hotel Bangalore as a guest; I had same prior expectation from Bandra TM club. On the contrary, LA 1924 exceeded my expectations. I was impressed by the warm greetings by then president TM Karthik, who greeted me and made me comfortable instantly. In addition to it, there was positive buzzing vibe and energy throughout the meeting which made me to decide join this club on the spot – *“Love at First Visit”*.

Today, 4 months into the club, I feel happy and it has

been a wonderful short sweet journey for me till now. I do appreciate the importance that toastmaster places on nonverbal communication which actually forms 93% of our communication.

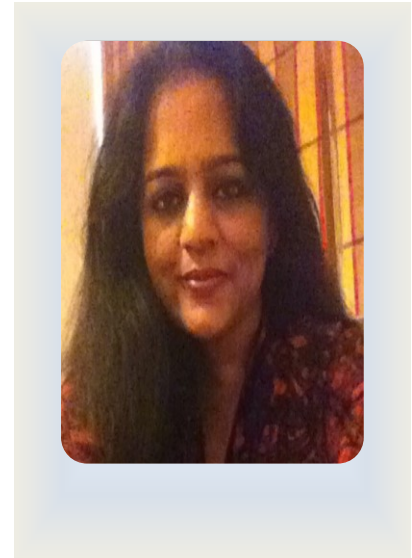
Also TM teaches us the importance of listening to understand unlike the outside world where people listen to reply and not understand. There is so much to learn not only from the speeches given by the club members but also just by interacting with all them. I do look forward to attending the club meetings on every Wednesday and continue my journey this with LA 1924.





IMPROVE YOUR IMPROMPTU SPEAKING

- TM USHY MOHAN DAS



IMPROMPTU SPEAKING DELIVERY:

PREP (Point, Reason, Example, Point)

- **Point:** The main point I wish to make is that impromptu speaking is an extremely valuable skill to have.
- **Reason:** Being able to speak easily in public is empowering.

Example: I can remember the struggle to overcome the fear of standing to speak in front of others. I was the original But that is a dim and distant memory. Today I am more confident, more vibrant, more alive, more willing to take risks and to learn.

- **Point:** When a person is personally empowered to speak for themselves and others, they are stronger.

Past, Present, Future

- In the **past** the answer to the problem we face was...
- As of **now**, we have XXXXX answers to the problem...
- In the **future** we predict we will have XXXXX answers to the problem...

Cause, Effect, Remedy

- The **cause** of the problem facing us today is XXXX.
- The **effect** of the problem is XXXX.
- The **remedy** for the problem is XXXX.

Before, The Event...The Result

- **Before** how good or stable the situation was
- **Then** (The Event) struck...
- The **result** was devastation....

One Way to Begin and End

- 'Thank-you for invitation to speak to you about XXXX. To grasp more firmly the nature of what we are dealing with, I'm going to take you on a journey. Firstly we'll go back in time, then we'll focus on what's happening now and lastly, we'll go forward ...'
- To close, summarize your points briefly and if possible, make your final remark the clincher.



Impromptu Speaking Delivery

Go slowly!

Hurrying will increase any feelings of unease you have. Take your time. Breathe deeply. Get up from your chair slowly. Walk to the front calmly.

Take your time to begin!

Look around, smile. Make eye contact with one or two people in the room.

Stand tall!

Make sure you are standing on both feet about a shoulder width apart. Resist the urge to slump or fiddle or put your hands in your pockets. And remember to breathe!

Use your notes as reminders only

Do not try to remember a whole speech. If you forget you'll get anxious. Instead move through the points you noted making clear transitions between each.

Talk conversationally

Assume your impromptu speaking is a conversation with a friend. This will keep your language natural and flowing.

Watch the words

avoid using vocabulary or jargon unfamiliar to your audience.

Personalize your speech

Use examples/stories from your own experience. This works on two levels. Firstly, it lets the audience see you as a real person and secondly, it gives you authority or a right to speak on the subject. You become credible. Keep it short and to the point.

An audience is far more likely to listen if you stay on target and are succinct. In fact they'll love you for it!

What Do I Do If My Mind Goes Blank?

Firstly, never apologize.

If you do you transmit your anxiety to your audience.

Remember the power of the pause.

Take the time you need to marshal your thoughts together. Remember time appears slower to you. You may think you've stopped for an eternity but it's seldom perceived that way by the audience. They will think you are pondering your next statement or giving them time to consider your previous point.

Ask for a drink of water.

Explain your throat is dry. Take the time between someone fetching it and you taking a sip to gather your ideas.

Paraphrase what you've already said.

It will jog your memory into providing the next point you want to make.

Ask for questions.

Get the audience involved and then answer their questions.

Acknowledgement: TMI resources



CORDIAL CONVERSATIONS

- **TM AMEYA TAMBEKAR**

Policies and processes are believed to govern any company and they come handy especially when conflicts arise. It's widely believed that 90% of conflicts occur due to the tone in which things are said than 10% of difference in opinion. And it's absolutely correct. But how can we avoid getting to a situation where tone matters so much? The secret is cordial conversations. And they have to start, right from the time we meet anyone for the first time.

Imagine two people, meeting each other for the first time without any specific agenda. We all have to go through this, be it the first day at office, spending time with parents of your child's friend or sipping coffee with a friend's friend when the introducer is not around. After a deadly "Hi", just to break the ice most of us ask "So what do you do?". Well there is nothing wrong in it, but the problem is, we are either completely blinded by prejudice by other persons appearance or we immediately will judge the person by what he/she is saying. "Hmm this guy seems to be boss's favorite", "Who dresses like that" and the list goes on. And the similar happens at the other side too. This creates a barrier which is very difficult to overcome and with the difference in opinions around, it becomes worst.

I am not an expert on human behavior but what I understand that if someone comes to me and asks a few questions that I would love to talk about and would also understand my views, I will consider that person as a friend. A cordial conversation on the place that I hail from, my hobbies and a few compliments on my dressing sense or on anything for that matter can make me feel much better about myself. And I guess I am not an exception.

This will get us more friends than mere acquaintances and with friends around, conflicts can be kept at bay. Even at the worst if any conflict arises, settling it over a glass of beer is much better than over a handful policy documents.



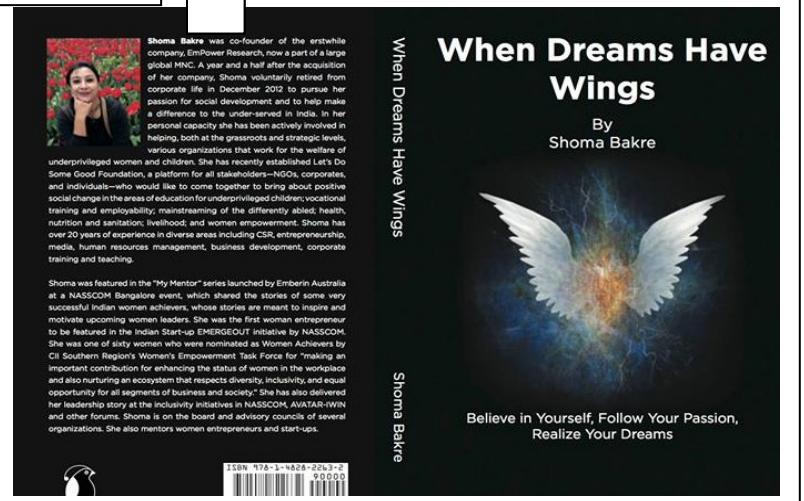
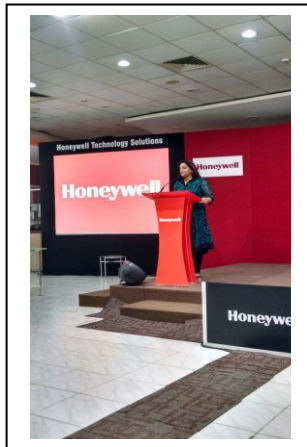


We Are Proud of You!

TM Dr. Ushy Mohan Das

We are very proud that one of our senior Toastmasters, Past President LA1924, *Dr Ushy Mohan Das* amongst her many other accomplishments, has been featured amongst the 7 Women from India in a book titled **"When Dreams Have Wings"** authored by Shoma Bakre.

Her story of grit and determination and triumphing against all odds has been written about. We are truly proud! Her quotes frequently appear amongst the Celebrated Glitterati of Twitter!





EVENTS PAST AND FUTURE

Events in the Past

- Installation of the new committee
- Ethnic Day
- Club level Contest

Events in Future

- Special meeting# 888





COMMITTEE MEMBERS
LA1924 TOASTMASTER CLUB - JUNE 2014 TO DECEMBER 2014



President TM Shivaprakash Deviah



VP Education TM Sridevi Shyamaprasad



VP Membership TM Namitha Acharya



VP PR TM Arun Jagadish



Secretary TM Raj Koushik



Treasurer TM Subrata Kabiraj



Sergeant at Arms TM Sagnik Datta