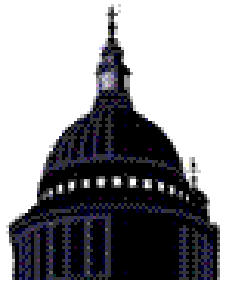


The St Paul's Speaker

Newsletter for September 2010

District 71, Division B, Area 33 (Distinguished Club 2009-10)



NEW MEMBERS' INFO



The St Paul's Speakers meet at The Spectator, at number 6 Little Britain, London, EC1A 7BX

The meetings are at 6.15pm (for a 6.30pm start) on the 2nd & 4th Wednesdays of every month.

What can we do for you?

Launched in March 2009, the SPS Toastmasters Club aims to provide an environment for its members and guests to:

- Speak confidently in a wide range of situations
- Listen more effectively
- Think on your feet

Our typical club meetings are made of up 3 sections:

- Prepared manual speeches on self-selected topics designed to focus on specific speaking skills such as organising your speech or gestures or vocal variety
- Evaluations of the prepared speeches, as well as every role performed during the club meetings
- Impromptu speaking, known as Table Topics

This provides the opportunity to practice your skills in a friendly, supportive environment.

If you are interested in attending, please contact us at info@stpaulsspeakers.com and we will be in touch.

Our social networking details are:

WEB: www.stpaulsspeakers.com

Facebook: St Paul's Speakers

Twitter: @stpaulsspeakers

Alternatively, guests can simply turn up on the night and learn more about our club there and then.

Track our members' progress:

MEMBER PROGRESS (as of end Aug 2010)	COMPETENT COMM. (CC)	COMPETENT LEADER (CL)	ADV. AWARDS
*Kim Adams			
*Pankaj Asthana			
Paul Bowser			
Stephen Bradley			
Hilary Briggs			DTM
Wing Chan			
Ben Cockfield			
Simon Colenutt			
*Sherry Dina			
David Drew			
*Waseem Farooq			
Irmgard Herold			
Emma Hill			
Andrew Iconnikov			
Raj Jain			
*Kevin Kelly			
*Mark King			
Raphael Kopel			
Victor Kovalets			
Diana Lowe			
Lisa MacLeod			
Rory Marriott			ACB, ALB
*Rory McDonnell			
Matt Miller			
Ng Ngaruiya			
Emily Ni Fhaolain			
*Verena Noid			
*Lydia Ofori			
James Porter			
Malcolm Powell			
Greg Ros			
Emma Simpson			
Alan Thomas			ACG
Larissa Tihhomirova			
Chris Walker			
Joann Walsh			ALB
Dickie Wong			
Ayse Yasir			
*Lisa Young			
Yee Yui			

* indicates new joiner



The Humorous Speech and Table Topics Club Contest: our club members, above, took part in this contest, held on September 8 2010. Winners on the night were Diana Lowe and Emma Hill.

Top ten tips for great table topics

By Diana Lowe

Diana Lowe recently gave us an excellent and entertaining educational slot on how to handle Table Topics.

Love them or hate them, it is always an exciting time of the evening, but everybody can benefit from some extra help to make the most of your time on stage. Diana adapted these tips from Gilly Cutt's workshop at Cardinals.

Don't Panic - Everyone wants you to do well. Take a deep breath and don't fret.

Take Your Time - as you are walking up to the stage, breath and take your time to give you more thinking time.

Also, repeat the question to gain more thinking time.

Three of the Best - Give 3 reasons why you are interested in the topic you are given.

It's for You - How would you answer other people's questions? Think about it before you go up.

Be Prepared - Use another topic, the word of the day, talk about anything! Just make it interesting.

Six of the Best - You can always fall back on the famous who, what, where, when and why of a topic.

Your Blank Page - Try new and different things out, you go to Toastmasters to practise, use accents and body

language: experiment!

Some examples of a structure for an impromptu speech include P3P, which is Proposition, 3 points, Proposition, and S3P: which is Story, 3 points, Proposition

The best way to win is:

Be funny - Make the audience laugh and you will have them on side.

Connect with the audience - they want to hear out loud what they are thinking but don't say.

Tell outrageous truthful stories - if you dare to bare your soul!

Use examples from your childhood - everyone loves a good story about when they were children.

A new website for St Paul's Speakers

Dear members and guests of St Paul's Speakers,

Over the past few months, we've received feedback from members & guests that more could be done to improve our online presence.

Although our current D71 hosted site does provide us with invaluable club management tools, such as planning the agenda, the initial experience for newcomers can be somewhat confusing.

We've been listening to all your comments, from guests and members alike ... and have in response now officially launched our new public website on www.stpaulsspeakers.com !

As well as detailing all of the essentials about Toastmasters, our club and where to find us, how to contact us and what Toastmasters is all about, look out for guides on meeting roles, mentoring, leadership, all of our club newsletters, event photos, and more besides.

This public site will be in addition to the current D71 presence that we continue to use to run our meetings and can now be reached via members.stpaulsspeakers.com

So remember to update those Favourite Links to avoid confusion!

Any feedback and comments would of course be most welcome and can be directed to webmaster@stpaulsspeakers.com

Many thanks,
Greg Ros
Club President
St Paul's Speakers

Meet our members: Andrew Iconnikov

Where do you work and what do you do?

I'm Technical Architect for finance department of Deutsche Bank.

What are your interests?

Lot's of them: Argentinian Tango, Classical Guitar, Tennis, Brazilian Jiu Jitsu, Computer Science, meeting interesting people, the list is almost endless :)

Why do you think public speaking is important?

Because it allows you to "sell" yourself more efficiently. Skills which are used during public speaking are crucial for many other tasks as well.

When did you join Toastmasters and what was your motivation?

In May 2010. Public speaking always was my weak point. After moving to London I spotted a good opportunity to fix that.

What was your first Toastmasters experience like?

I googled for public speaking courses and eventually found a TM club via meetup.com The meeting was close to what I expected and I enjoyed it so I decided to continue TM practicing.



What is your advice for new members or guests considering joining Toastmasters?

It is all about practice... really... no matter what

are you speaking skills now, every single sessions helps you to make a step towards improvement.

What have you learned from Toastmasters?
I spotted two points that I didn't pay attention to before. They are: 1. importance of listening and paying attention to all aspects of a

speech delivered by someone else, this is useful skill which can be applied in many areas outside TM; 2. There are so many ways of delivering the same type of speech using the same techniques. Being able to find the appropriate one is crucial for speech success.

What was it like when you gave your first speech?

Surprisingly I felt myself quite confident. Initial appreciation of the audience helped me a lot to gain control over myself and speech. And after the speech I felt like "wow, I want to repeat that again!" :)