

China Capital Toastmasters Club

Newsletter – January 2011

Contents

Message from the President

Your New Executive Committee

New Members

Events

Toastmasters Value

Message from the President

What are you expecting to get from CCTMC?

We all know, it's public speaking and leadership skills. But what else?

We have members from different countries around the world, different places within China - just by listening to their speech, we can share their various cultural backgrounds, and we can travel the world with Toastmasters by following their words. Everyone has different occupations and life experiences, so by listening to Toastmasters' speeches, we can imagine and experience the worlds of each other; it gives us the ability to look at situations from a different point of view. And this unleashes the power inside us to face our challenges.



Sometimes, we may wonder how some members make continuous progress? You will find out, he/she is actively taking roles and delivering speeches. After all, Toastmasters is a place where you learn how to fish, not just get fish (in Chinese, the difference between “授之以渔” and “授之以鱼”. After a whole day working, no matter how exhausted you are, Toastmasters Club is a place that offers you comfort and laughter, a place of friendship.

What are you expecting to get from CCTMC? You may hold totally different opinions of the question; because it's also a place that allows different thoughts - we support diversity. But I firmly believe in one thing: CCTMC can lead us to explore the past and the future, and what we achieve inwardly will change our outer reality.

Cathy Li

About CCTMC

China Capital Toastmasters Club is one of the oldest and most revered Toastmasters clubs in Beijing. We meet every Thursday between 7pm and 9pm in the Zhaolong Hotel training room. Our motto is: Speaking, learning, leading.

Please visit www.cctmc.org for more details, or write to tm@cctmc.org.

About Toastmasters International

The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.

Your New Executive Committee



President – Cathy

Growing up in two beautiful tourist resorts, Shangri-La and Ljiang in Yunnan province, gave me a keen interest in nature and a peaceful mind. That built my character - live a generally quiet life, but always have passion inside. Then I went south for four years of university life in Guangzhou, on a campus nicknamed CPU- "crazy presentation university". All these crazy things and the crazy weather helped me learn a lot and enrich my life. Then I came to Beijing, and after more half a year later I was forced to join Toastmasters. I delivered my first table topic speech, first speech, took my first role...lots of first time trying and learning things finally led me to the first time in my life to run for president of a club. In the past, no one would believe this, but what I can say is, CCTMC has changed me, brightened my life, and released the passion inside of me.



Vice President Education – Louis

My name is Louis Liu, and it is more than 2 years since I joined CCTMC. I still remember that time and how hesitant I was to make my first speech, and for about two months I hid in a corner at every meeting without speaking a single word. However, with the support of other members, I have become a seasoned speaker. Most importantly, I realized that we will only achieve spiritual growth by helping, motivating, encouraging and inspiring others to improve. That is the core value of Toastmasters. As the VPE in the new term, I will strengthen the mutually supportive education system.



Vice President Membership – Justin

Born and bred in Lishi, Shanxi, I am a cosmopolitan, an iconoclast, a skeptic, a freedom fighter, a truth teller, a writer, a traveler, a public speaker, a The Economist lover, a café goer, a footballer, and an English teacher. I always search for true love and seek truth. The most rewarding undertaking in life is to learn to be a bit more humorous. I joined Toastmasters to become a humorist and better speaker. Now I have another proud mission - to serve as Vice President Membership. I will devote myself to CCTMC and enjoy every moment with fellow CCTMCers.



Vice President Public Relations – Elaine

I'm happy and satisfied with my current life, which is made up of three parts - work, family, and Toastmasters. Sometimes, we do need to sacrifice and suffer to grow and to be better. But joining CCTMC definitely is one of smartest decisions I ever made and is worthy all of the effort. I have been here for almost 1 year. I have learned a lot, and the most impressive part is You never know HOW GOOD YOU WILL BE. Keep trying, you'll find out!



Treasurer – Iris

As a Beijing native, I have spent most of my life here in Beijing. Working in a little cubicle and facing the computer everyday makes me feel very restricted. Fortunately, I found CCTMC. CCTMC opens a window for me and lets a breeze blow into my life. It offers me a channel to meet more friends from different backgrounds. It gives me a chance to explore myself more. I gained a lot from CCTMC. Now it's my turn to give something back. So I decided to take the role as a treasurer in 2011. Hope I can serve you well.

Your New Executive Committee

Secretary – Elyse

I have studied and worked in Beijing for more than 4 years. I'm originally from Quzhou city in Zhejiang province. But contrary to people's perception of Zhejiang people, I'm really into spicy food. I have worked in the CSR and sustainable development industry for more than 2 years. I like music (British rock, indie, pop punk, alternative, folksongs), jogging, hiking, swimming, singing and travelling. I am very good at swimming and am a newbie in self-help travelling. I have recently travelled to Vietnam, Cambodia, Guangxi, Guangzhou and Yunnan. I feel overwhelmingly involved in the club since I was elected as Secretary and am quite looking forward to the following six months during which I will definitely gain more experience serving as member of the committee.



Sergeant at Arms – Arnaud

I have been in China for the last 4 years and I'm thrilled to take this new opportunity of being SAA. My fingers are twitching and I'm dreaming everyday of cutting kilometers of paper. Besides cutting paper for CCTMC, I'm working on the event side of a French advertising network. I like the warm feeling of this club and my goal is to try to make more impromptu speeches.
Your devoted Sergeant At Arms



Scheduler – Cathy

The first reason I wanted to join CCTMC was because I am eager to learn, and I heard this is the right place to gain leadership skills. As a self-employed person involved in a Real Estate Brokerage, I hope to learn to enhance my skills in running my company as best I can. The second reason, the one that keeps me returning to CCTMC, is because I feel very comfortable with the people I have met here. This is a place I look forward to going to every Thursday evening. I am looking forward to growing with and as part of this team for the next 6 months.



Webmaster – Yann

I'm from France but I've been living abroad half of my life, including more than 11 years in China. So, I can be considered a cosmopolitan person. Toastmasters was very useful for me to realize what were the important skills for leadership. Of course, to become a good leader, you naturally need to be a good speaker, and the educational system of Toastmasters really brings together the development of those two skills. I've also attended three contests as a contestant and it was a great experience to fine-tune my speaking skills.



Librarian – Max

I'm from Wuhan City, Hubei Province, and work in a German company as a sports researcher on media, marketing, and communications. The most exciting things for me about being a Toastmasters member are growing together with the other club members, being helpful and supportive to each other, learning and improving with the other members and sharing creative ideas and suggestions. I love this club; I love all the members.



New Members

Elyse Chen

I've studied and worked in Beijing for more than 4 years. I'm originally from Quzhou city in Zhejiang province. But contrary to people's perception of Zhejiang people, I'm very into spicy food. I've worked in the corporate social responsibility (CSR) and sustainable development industry for more than 2 years. After working for a HK-based CSR institute for 2 years, I've now joined Global Reporting Initiative, a coordinating centre under the UNEP, to help GRI's promotion of sustainable development in China.

I like music (British rock, indie, pop-punk, alternative, folksongs), jogging, hiking, swimming, singing and travelling. I'm very good at swimming and a newbie in self-help travelling. I recently travelled to Vietnam, Cambodia, Guangxi, Guanzhou and Yunnan. One more thing: I'm a dogaholic.

For the time being, the goals I have in mind for life are to enhance my communication and leadership skills, to be an A1 at work, to travel around China in 2 years and probably travel around the world in 5 years... or could be 10 years. Deep down in my heart, I want to pursue freedom and peace of mind.

I joined Toastmasters because the club could be very helpful in reaching my goals. Or maybe because I can't think of any reason not to join the club! Why not?



Cathy Chen

I am 33 years old and come from Nan Chang, Jiang Xi province. I got to Beijing 10 years ago, and I am now a real estate broker. I like badminton, swimming, ski, and movies.

I am a "forced up" self-employer now and that was the "unusual" part to tell, define "forced up" was because I am running an real estate agency myself now but it was against my original will, it was a partnership business but my partner step out 3 months ago, so I am on my own now, that's why I joined the club, because I been told this is the place to build up a leadership skill and obtain the public speaking skill, those are the skills that I don't have and need to master as soon as possible in order to lead the company.

New Members

Laura Liang

I work in human resources for a foreign company for nearly one year, responsible for recruitment and training. Before that I was an assistant to the general manager in a company that imports and sells high-quality furniture in the luxury market. To improve my ability to make public speeches, and also to get to know more friends to enrich my life, I chose to join Toastmasters. I am an ordinary person, while I hope I can have some extraordinary experiences here with you all.



Jiarui Weng

I am a professional with many years of experience in the financial industry, specializing in fixed income. I grew up in Shanghai and lived in Boston for several years. In the middle of this year I moved to Beijing with my husband and now enjoy the northern style city life here. I also have a passion for Chinese medicine and am currently taking acupuncture classes. My other favorite fun activities include travelling, watching movies, and playing poker. CCTMC is the second Toastmasters club I've joined. I came here to make friends, have fun and look for inspiration.

New Members

Justin Meng

Born and bred in Lishi, Shanxi province, I am a cosmopolitan, an iconoclast, a skeptic, a freedom fighter, a truth teller, a writer, a traveller, a public speaker, a love of The Economist, a café goer, a footballer, and an English teacher. I always search for true love and seek truth. The most rewarding undertaking in life is to learn to be a bit more humorous. I joined Toastmasters to become a humorist and better speaker. My goal in life is to be successful by Ralph Waldo Emerson's definition: "To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy kid, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded. "



Aaron Zhang

I'm Aaron from Ping An Financial Group. My job is personal finance consultant. I spend most of my time helping people to plan their insurance, savings and investments.

I like sports very much. I play football, badminton and I swim. I love reading. Reading makes me quiet, relaxed and full of strength.

I decided to join Toastmasters after the first time I attended the meeting. I expected to improve my English speaking, but I finally found that I'll get more here including speaking skills, organizing abilities and friendship.



Events

Louis in the contest

Louis Liu was CCTMC's sole representative at the Beijing Fall Conference, flying the club's flag in the Mandarin Humorous Speech Contest. He described the experience as one of releasing emotion, and much more challenging than giving a speech at a regular club meeting. "The stage is much larger, and the audience is much bigger, which made me a bit nervous," he said. "You have to really increase your voice volume and act more aggressively."

Even though he didn't win this time, Louis still managed to put on a brave face. "Fair or unfair, I lost. But I'm not a loser, because I gained a lot of experience."

When asked what advice he would give to others thinking about entering a contest, he said: "It's all about confidence and courage. Just free yourself – free your soul. And enjoy yourself!"



KTV madness!

CCTMC members and their friends got together mid-December to sing songs and make merry, as well as mark the handover over power to the new committee. There was particularly spirited singing from new member Alicia, as well as new committee members Cathy Chen and Justin Meng, as well as new president Cathy Li.

Toastmasters Value

The aim of Toastmasters is to help its members become better public speakers and leaders. But what practical value do the skills learned at Toastmasters have in the lives of its members. We asked long-time CCTMC member Alan Wan for his views.



How long have you been a member?

Since April 1, 2008. It's about two and a half years now.

What is your job?

I am a service operation improvement specialist for FAW TOYOTA. My main job is to help dealers to improve their service processes and capabilities.

Why did you join Toastmasters?

I knew Toastmasters from a book and at first, and I joined the club to practice speaking English, presentation skills and have fun! But now I focus on leadership as well as presentation skills, and also networking and fun in CCTMC!

How has Toastmasters helped you in your professional life?

In short, it prepares me with confidence and essential ideas about public speaking. And when I need to give a report or present in public, it helps me a lot.

How has Toastmasters helped you in your personal life?

I think the most important thing is not presentation skills or leadership skills, but the idea of goals! When I joined Toastmasters, my goal was to achieve CC, after I took part in a contest, my goal was to advance to the next level, and now my goal is to pursue CL!

And the idea of setting goals I learned in Toastmasters also applies in my personal life and has helped me a lot!

What do you most get out of being a Toastmasters member?

Toastmasters is great fun, original and relaxing. I am glad that I made some friends in Toastmasters. It broadens my horizons and I see there are such great speakers that it inspires me to continue improving myself.

Do you remember your icebreaker? How have you improved since then?

I can remember my ice breaker clearly. I was totally reciting the script and not having eye contact with anything, just nervous. Now, I think I can handle my tension and look at the audience. And this makes me feel confident and comfortable on stage.