



# China Capital Toastmasters Club CCTMC Newsletter Sept. 2009 Issue No.6



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### ***Care from Heart to Heart***

My journey with Toastmasters started with CCTMC. My search for self-confidence gained steam with CTMC. My need to connect with people was fulfilled by CTMC. Through this club, I am gaining invaluable skills, unforgettable friends, and never-before imagined inspirations.

The key selling point of Toastmasters and CCTMC is that we offer a mutually supportive environment to learn and grow.

It is not enough that people come together once a week, clap our hands before and after speeches, say 'Good job', and 'See you next week'. I don't think this superficiality was what the founders had in mind. In order to promote mutual understanding between people, the supportive environment starts from the heart of the members. And the promise I made in my 'election speech', was made on behalf of all members, that "we shall not fail each other." Every one of us must have in our hearts, the genuine care for others, the care which will be reflected in our evaluations, in the time and effort that we give to make others and the club stronger. It is the teamwork spirit that I wanted to foster. For the many newer members who have done so, I have seen it grow inside you: a quiet confidence, budding leadership qualities, and immediate strong bond with one another. For the older members who have taken on leadership positions, I see the passion burning brightly in your eyes, and I know you are on fire. The future of the club and of Toastmasters China is in your hands. Later I also realized that people do have work commitments and may not be able to invest as much time in the club. I understand. But to you, I still continue to urge that you do your best to be involved. Connection between people, just like all relationships, requires commitment. Even if you're not with us on Thursday nights, one thing that I require of you is for your heart to be the right place: authentically care about the other members, and then find ways to act on that, no matter where you are.

I strongly believe that the most meaningful personal development you can have at CCTMC is not the public communication skills, or leadership skills, but how to understand and foster another persons. Remember, that in order to be great speakers, we need to speak from the heart to the heart. We cannot do that unless we care about those we speak to. In order to be a good leader, we must inspire their hearts, which is not possible unless we genuinely care. Yes, it takes time. Yes, it takes effort. And most importantly, it takes heart. The combination of these three is what makes a difference between a good club and an outstanding club. We are on the right path. But we still have a long way to go. Join the circle. Commit yourself to one another. What you will get back in return is ten-folds I reward.

#### **CCTMC Meeting**

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Lin Gao is giving her lecture on How can Chinese pronounce English words well in session of Self Skill training.



Evaluation Contest held on Aug 20.  
Yann Boguilod won the first place.



### Mentorship Outing in Chao Yang Park



**Laura Sun and Loose Lu won the Champion of Humorous Contest and Mandarin Contest respectively.**



## ***Interview with Laura Sun – 2009 Humorous Speech Champion of CCTMC, by Crystal Fan***

Laura Sun won the 2009 Humorous Speech Champion in the Humorous Contest held on August 29 by the China Capital Toastmasters Club.

I am honored to have Laura Sun talk about her victory and share her inspirational thoughts with our CCTC members.

### ***Q1: What overall strategy did you take to make your powerful speech in the contest?***

**A1:** Frankly speaking, I didn't have a so-called "strategy" planned to "win" the contest. But when I thought of writing the script of humorous speech, I thought about issues like: (1) What kinds of materials to talk about; (2) How to make the humorous moment.

The process of writing a speech is like painting — I usually first get a point as the outline, then add some stories to enrich the rough script (namely, the background color), as well as adopt some skills to produce funny points, including exaggeration, reverse, definition etc. (namely, the foreground color). Besides, I have to say that the best humorous materials I've ever heard and used were self-deprecating humor.

### ***Q2: How did you have the courage to incorporate “corset” into your presentation?***

**A2:** Oh, yes. The “corset” was definitely an unexpected prop for the audience. But after the series of crazy "slim-down" methods, I thought this prop would-be no more surprising than one could expect.

### ***Q3: What’s your best advice for overcoming the fear of public speaking, especially for people who aren’t professional in humorous speeches?***

**A3:** 1. Be brave - Don't prejudge yourself before you try it - "oh, I cannot do this, or I can never do that". Maybe we haven't found a best way yet, but at least we have to take the first step to open our minds. No one is borne professional. 2. Practice - After taking the first step, we usually don't have the luck to be right at everything immediately, so keep practicing and find the way that most fits. Above all, practice and rehearsal will help us decrease the nervousness before getting up to the stage.

### ***Q4: Would you share some practice and immediately applicable advice for improving one’s presentation skills?***

**A4:** 1. Make simple and clear structure of your speech. 2. Use short and effective words and sentences. 3. Say what you believe and believe what you said. 4. Be open-minded and keep learning from others.

**Q5: How would you prepare for the upcoming area contest?**

**A5:** Keep polishing it, even though I found the process never be fun. But life is like a contest until the end, we will not stop competing with ourselves.

I am very grateful for Laura taking her time and sharing some beneficial experiences with us. I hope that she will have good performance in the upcoming contests.

**Views from others about this Humorous Contest:**

**Hubert:** I was honored to be the chairman of the Humorous Speech Contest. There were three challenges for the contest. First, I have to be humorous, since this was a humorous speech contest. Second, I had to wake people up, since it was on Saturday morning. Thirdly, the crowd was expected to be much smaller, since it is not a regular meeting.

As for being one of the contestants, I'll first address these points:

1. I was fortunate to have already worked on my humorous speech, but unfortunately, the jokes were not as warmly received as I had hoped for.
2. As a MC of any event, the biggest obstacle, is always to establish the mood at the outset of the meeting. I tried being interactive with the audience, by asking them to do some 'vocal' and 'laughing' exercises. They actually enjoyed it. In hindsight, I thought I should have done more of that to loosen everyone's inhibitions, so

that they would feel free to laugh during the humorous speeches.

3. A smaller crowd almost always means that laughter would not be as infectious. This would pose a problem for the speakers. After my opening jokes 'bombed', I knew I didn't do an adequate job of preparing the audience, didn't get them into the mood to laugh. So, throughout the contest, I was worried that the audience won't enjoy the speeches enough to laugh.

I had hoped we had more contestants. But I was also proud of the members who decided to enter the contest. As they spoke on stage, I was more focused on how they must be feeling on stage; I could almost feel how they felt: the nervousness, the adrenaline, the excitement, because I had felt it so many times before. And towards the end, no matter the results, I knew they had learned so much along the way, and they will be a better speaker next time around.

**Caesar:** Laura's voice/acting was very dramatic, vivid and carried a strong message. However, it could be better if she could build up more emotional connections with the audience. Sometimes, speech is only about speaker, but most time, speech is not only about speaker herself, it's about all the audience/listeners. Giving us more clear messages/vivid samples will inspire us. Besides, speech would be more unforgettable if audience could know why they laugh, why they like your speech. And a good summary or an impressive ending will impress judges to give a high score.

## ***Interview with Nathan Zhang - Second Place Winner of 2009 Evaluation Contest of CCTMC, by Allan Wan***

As a speaker, Nathan really likes to receive feedback from others, especially the experienced ones. As an evaluator, he said that he struggled to give helpful evaluation which wouldn't make people lose face, and found it challenging. So, he took part in the evaluation contest. The test speech was so wonderful as he felt he almost screw it up when he gave his evaluation, thinking there were no logic in his comment and a lot of repetition. He thought he would lose the game! Well, in fact Nathan won the second place. So, I asked him how to improve evaluation skills and shared it with us. To make it short, I list them as followed:

1. Before the meeting, read again the detailed instructions on how to prepare the target speech project on the CC manual.
2. Evaluate the speech based on the speech objectives on the CC manual.
- 3 Speak to the speaker before the meeting and ask if there are any specific areas that he/she hopes that the evaluation could cover.
4. Be careful about wording when pointing out problems.

**Nathan:** I try to avoid saying things like "you didn't do this..." or "you should

have done that..." I will try to change the negative tone into positive by saying things like "I feel your speech would be even more persuasive if you..." or "I would understand your point more easily if you could..."

Taking Nathan's view, personally I get most inspiration from the third and fourth tips. I hope that you could take a little time and think about them.

Here I brought my personal experience to share with you that may help you to think how to be a good evaluator, standing at the side of speakers.

In one meeting, I gave evaluation full of positive points and with only some vague suggestions. After the meeting, the speaker approached me and said: "I appreciate your encouraging words very much. However, I think if you could give me some feedback on my weakness, it would be even better." Do you realize that he was evaluating my evaluations!? And his evaluation was more tactful than mine! I said: "Yes, all right!" Then I gave him some specific suggestions. After that, he said to me truly: "At the beginning, I even thought that you were not open to me or you didn't listen carefully to my speech and felt down. But now, I felt so happy! Thanks for your help!" That really taught me a lesson.

As a speaker, we want the evaluator to comment on both sides of our performance, while we don't want to lose face. So, it would be more beneficial if we could be careful about our words on the improvement area.

## ***Say It Right - to The Right People - at The Right Time*** ***By Lynn Fix***

At a recent Toastmaster's meeting, I was delighted to hear someone talk about their efforts to get the words just right – sometimes they knew what they wanted to say – but the right word, the concise metaphorical phrase or the potent description just didn't come forth. They froze, drifted back into 'uh-yes' stammering, became even more tongue – tied, failed to capture the moment and lost their audience. They had faltered at the art of "saying it right."

An example illustrates the point. At an international meeting with leading officials, a speaker was talking about bilateral relations when the translator misspoke – using the word our "bitter relationship" instead of our "better relationship". There was a strained atmosphere and the country representatives did not speak to one another until the error was corrected at the end of the summit. The misuse of one word – just one letter had a powerful impact (negative) on the listeners. It is important to express yourself using the correct word or words.

Secondly, the audience must be able to understand what you are saying. Orators must remember to understand their audience and direct their speech to them. Just like a marketing campaign the speaker must be respectful of who the audience is. If the audience is a professional group – adjust the speech accordingly. If the speech is directed toward a generalized group- reduces the jargon, use short and clear phrases and use generous examples and illustrations so the listeners can understand more easily. There are many professional meetings where the speaker has alienated the audience by using technological jargon and acronyms, not realizing that the general audience did not know the subject matter or special terms of art being used. To avoid this – prepare the explanations in advance and be prepared to change your speech to match the level of your listeners.

Timing is the essence of saying it right at the right time. Saying "Hi Jack (hijack)" in an airplane in flight will cause pandemonium and panic. While saying the same words on the street to a familiar neighbor conveys friendliness and familiarity. It's all a matter of timing.

Timing is the glue, the nexus that supports the message of the speech. Timing of body movement, eye contact, vocal variety, pauses and interaction with the audience is what gives the feeling of organization and well-preparedness to a public speech. The correct timing of a talk can reinforce the message and inspire, persuade, inform or, on the contrary, kill the speech and deaden the audience.

Toastmaster's training examines and explores different ways to select wording, gauge audience appeal and methods to alter and adjust the timing of your speech. A good

speaker as well as a good leader is able to say the right words – at the right time - to the right audience.

## ***Summarization of Self Skills' Training*** ***By Lynn Gao***

Our new Executive Committee successfully carried out first training on July 11th. Three experienced speakers gave us an impressive and valuable training.

Our President, Hubert, gave us a “psychology class”. The whole session of his training was based on Maslow’s hierarchy of needs. His training is on “how to choose topic”, and the law of public speaking.

To use the theory of Maslow’s hierarchy of needs, a speaker should know what the audience really need. Although we have basic needs, we also have information needs. Hubert analyzed what the information needs is and how we can build messages to satisfy the audience. He located the details of real life things that corresponding hierarchy of needs. The most appreciative speech always focuses on the top hierarchy of needs.

Professional American trainer, Andrew, talked about basic **techniques in presentation and preparing PPT** with his drama skills. For example, he walked around the room, and stood in different parts of the room to test if the audience could see the PPT clearly. During the meeting, he constantly involved the audience in the back to make sure they were not ignored during his presentation.

Our only lady of trainer - Lin Gao, has given a very impressive and humorous course. She focused on “**How can Chinese pronounce English words well**”. A picture of hippo with big open mouth was shown to us, and we were required to open our mouth like that hippo when we speak English. She emphasized that to improve spoken English, we need to imitate native speaker's mouth movement. Chinese people only up-down move their mouth, but native speakers also move their mouth to both sides. So we do need to open our mouth when we speak English, and pay attention to native English speakers’ mouth movement.

### **Q&A from Hubert**

1. Q: As I know your training was made in July, before making a training survey. So without the result of survey, how does this theme "choosing topic" enter your mind?

A: My mentees and a couple of other members always talk to me that “I don’t know what to write about”; “I don’t know what to talk about”; it’s from there. Then I

bring some brainstorm ideas of how to really think of a topic or speak of something that people really interest in.

2. Q: Don't you worry it might be unwelcome or can't satisfy most of them?  
A: No. Because here is one thing I found it's even for advance speakers they still have this kind of feedback that they still can't find really good interesting topics. So I was pretty sure that it still adds value no matter what the audience is a beginner or in the middle or even more advance.
3. Q: How long did you take to prepare this training?  
A: 3 weeks. There is a lot of thinking of how to put everything together.
4. Q: Through your training, what purpose do you want to get?  
A: I would say I want people to really think about what the audience wants. Because speaking is about focusing on the audience, it's not focusing on yourself.
5. Q: What's your plan for the future training program?  
A: The top one is humor speech. The second one is storytelling. In the survey those are on the top two that people really want to training on.

### **Feedback from members on this training:**

Jennifer:

I enjoyed Lin's session most. I've heard so much about her but this is the first time that I listened to her speech. She has an innate sense of humor supplemented with her professional style, making the session most enjoyable.

Caesar:

For Andrew, good training. Good thought to demo how the PPT should not be done like that. A little bit disconnected with audience in the middle of training. Maybe he could organize the training more focused. Maybe he could pick some major mistakes and emphasize them to us, then audience will be more impressed by the training.

Bill:

For Hubert's part, I enjoyed it a lot! What I like is his passion; I could clearly feel he loved what he was doing. That's probably the most important factor for any of us to be a successful presenter.

Jessie:

No doubt, it was a very successful training! We have learnt a lot from Lin Gao, Hubert, and a very professional American trainer.

Lin Gao pointed out that, when we speak Chinese, we have a clear stop word by word. But an English sentence sounds like a curve; it comes out of our mouth smoothly and

fluently. If we want to speak wonderful English, we must use all the muscles of our face, not only our mouth!

Lisa:

I think I'm the one who really got a lot of benefits and immediately practice what I had learnt from Andrew and Hubert's training. Because 3 days later after the training I was required to do a presentation of Budget Plan at CCTMC to get member's vote. So with a beautiful PPT, with many figures and information what member's most concern about, I successfully delivered my first budget plan and got it approved by members.

### ***A Farewell Letter from Mary Tang - We Are Growing up Together***



As a member in CCTMC for nearly 2 years, I enjoyed a lot from our club which is like my home of soul offers the best place to grow. Not only my English speaking and leadership got improved, moreover I gained a lot of courage, fun, and care from club members. And I also love our club members as well as our club; that we are always growing together. Now, I am going to leave Beijing and our club after Oct. holiday, still I am not sad, but enjoying the every meeting and contest, keeping in touch with club friends—and I believe I will lead a happy life with these skill, courage learned from Toastmaster like all members.

As one of the most active toastmaster clubs in Beijing, CCTMC is absolutely a wonderful place for us to grow and enjoy life. It provides us opportunities to try and show without any risk. Every time you perform, you get sincere and helpful evaluation. And we use the Sandwich method to evaluate that includes both recognition and suggestions, thus our confidence can be build up, while speaking and leadership skills get sharpened. When I firstly visited our club in May, 2007, I can remember I was so shy and unease on stage, spoke terribly fast and unclearly; also I was not confident to take any roles. Now, I enjoy myself much more on the stage, taking roles in arranging club events. My pace of speaking can normally be controlled to be not that fast which was my biggest problem that I've been struggling with for years without a way to overcome it. It is so great for me!

In these two years, I find our club is growing with more members and guests, also our members make huge progress by participating in meeting and events. When finished CC manual and CL manual, how happy they were! By electing as officers and organizing club contests and events, we also got different! Actually, everyone or us who come to TM all

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want to grow to realize our dreams but we just need more people together with us and push us. So we can move forward constantly!

And our mentorship just hit the target! Now we find our club members are closely connected with each other, and with the push from the mentors and excoms, we could not give up easily. I really have to say thank-you to my mentor Hubert, who is our current president. He spent a lot of efforts on me, to encourage me to prepare speech, take meeting roles and officer role, he also offered his care and help to my work and life. We have meetings when we have time in weekend with other mentees, so we knew each other better and shared different ideas.

I have always been wondering if every place is like TM, how wonderful the world would be! The time of departure is getting closer and closer, but I am not sad, I enjoy every minute in Beijing and with our family-like members, and will find a TM club in my new city, believing we will have a better future by growing up together!

## ***A Warm welcome to New CCTMC Members in Q3 2009***

Laura Qin, Cissy Zhou, Yucheng Guo, Carole Wai-hai, Phil Pan, Susie Liao, Allen Wan, Nathan Zhang, Benjamin Tien, Vivien Xu and River Jiang.



**Name:** Nathan Zhang

**Profession:** Sales, marketing, trainer

**Employer:** Intellect Associates, a training company that provides business writing training programs to multinational companies

**Company's website:** [www.intellect-associates.com](http://www.intellect-associates.com)

**Hobbies:** Listening to radio, hiking, reading and watching soccer games. I am now learning photography and hopefully will soon become a qualified photographer for CCTMC (Even better than Caesar☺)

**Why I joined CCTMC:** I transferred my membership from Beijing #1 to CCTMC in July 2009. The main reason behind my decision was that I was too familiar with the people, culture and setting of Beijing #1 after being with the club for 2.5 years. I wanted to step out of my "comfort zone" to experience a different club culture and meet new people. When I look back I think that was the right decision. I learn new skills in every meeting I attend in CCTMC and I enjoy being with the people in CCTMC very much. I would say that being a Toastmasters member is a life-changing experience. Apart from being more confident and skilled when speaking in the public, I learned to understand and respect people better and appreciate their strengths and merits. The ability to offer constructive feedback to others is also a skill I am picking up and will benefit from in my life time.

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**Name:** Carole Wai-hai

**Nationality:** French

**Profession:** Strategist

**Employer:** NHN China

**Hobbies:** Improvisation performance, KTV, hip hop. I love the TV show *How I met your mother*

Hi, my name is Carole. I have been living in Beijing for 2 years already. I come from a French Ireland called Reunion Island near South Africa. I went to my university in Paris where I studied International Relations. My dream has always been to work abroad in an intercultural organization. Now I am working as a strategist in a Korean company in Wangjing. I am currently developing an online English dictionary- *nciku.cn*, please try it^^. I have attended meetings in CCTMC for only three times and have already been impressed by the speech abilities of so many members. I hope I grow fast! I need your help and support. Thanks!



**Name:** Susie Zhou

**Profession:** HR

**Employer:** Fujitsu R&D

**Hobbies:** Cooking & traveling

I know Toastmaster by sheer chance. I was surfing the internet the other day. I saw someone highly recommended CCTMC. Out of curiosity, I searched more information about the club and decided to give it a shot. Now Here I am! I've played the roles of timer and Ah counter. After attending meetings of CCTMC for several times, I find this is a place where people practice public speaking and enjoy every minute of it. This is a place where people give a helping hand to each other and make commitment to the club. This is a place where people can push themselves to the limit and finally fly high in the sky. I really enjoy being one of us!

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