

The Spotlight

Club #: 585369, Dist #: 86 – North Bay and Area Toastmasters Club

October 17th, 2012

Volume 6

Awards



Best Table Topics: William Hodgings

Spark Plug Award: Colleen Charland

Congratulations!

Tip of the Week



Surviving Table Topics!

Here are a some tips to improve your speaking abilities during Table Topics:

- 1. Begin by greeting the audience.** Smile. This buys you time to think about the topic at hand.
 - 2. Avoid apologies** or comments like, "I'm not good at this," Don't say anything that lowers the audience's expectations.
 - 3. Buy yourself time.** Repeat the question or topic. Take a deep breath and speak slowly and clearly. Or include a comment like, "I never considered that question until now."
 - 4. Stay informed.** It's impossible to be knowledgeable about every topic under the sun, but a little preparation goes a long way. Stay on top of current local, national and international news.
 - 5. Create a repository of topics.** Build a list of topics that you are comfortable speaking about, and try to use them whenever possible.
 - 6. Segue from the presented topic to one you can talk about.** For example, "I don't have an opinion on the World Cup in soccer, but let me tell you about my recent mountain climbing experience..."
 - 7. Use your imagination.** You could use your imagination to create a tall tale, contemplate the future or formulate an opinion on any topic.
 - 8. Connect with the audience.** The more alive and original you are, the better your performance will be.
 - 9. Think of it as a mini-speech.** It's more than an answer to a question. While you may not know the exact answer to the question, you probably have enough information, thoughts, feelings and opinions to develop a two-minute speech. Try to develop an opening, body and conclusion.
 - 10. Practice!** You have a list of topics and you have an opinion on all of them. Now, practice as if you were asked to speak on one of them. Sooner or later, one of those topics may surface at a Table Topics session near you.
- Have fun!** Relax! What's the worst thing that will happen if your Table Topic doesn't win an award? Remember, the audience is in the same boat as you!

For more information, see www.toastmasters.org

Highlights



Are you delaying giving a speech because you just don't know what to talk about?

*At our last meeting, an Educational Advisory on **Selecting Your Topic** was presented by Julie Reasbeck. Here are a few suggestions to help you find a topic for a speech:*

- Talk about something familiar to you or something that interests you.
- A speech doesn't always have to be technical or informative. The Competent Communicator Manual only specifies objectives to become a better speaker, you can pick any type of speech to meet those criteria (ex. telling a story, sharing an anecdote, etc.).
- Watching the news or reading magazines and newspapers can spark an idea for a speech.
- If you find yourself saying "I can't believe they can get away with that!", "Cool! I didn't know that!", "You'll never believe what happened!"...you just found some information you can use to give a speech.
- Practice your speech anytime and anywhere (ex. Driving home from work, cooking a meal, in the shower, etc.). The more you practice, the easier it will get!



Thank you!

We would like to thank all the members and guests that have attended the last meeting. Thank you to: Brenda, Colleen, Peter, Joanna, William, Karina and Julie.



Next meeting: November 7th, 2012 @ 7pm

Theme: Daylight Savings Time... Take Back The Hour!

Place: Clarion Resort Pinewood Park, Pinewood Park Drive, North Bay (Room announced on the monitor at the entrance)

www.northbaytoastmasters.org