

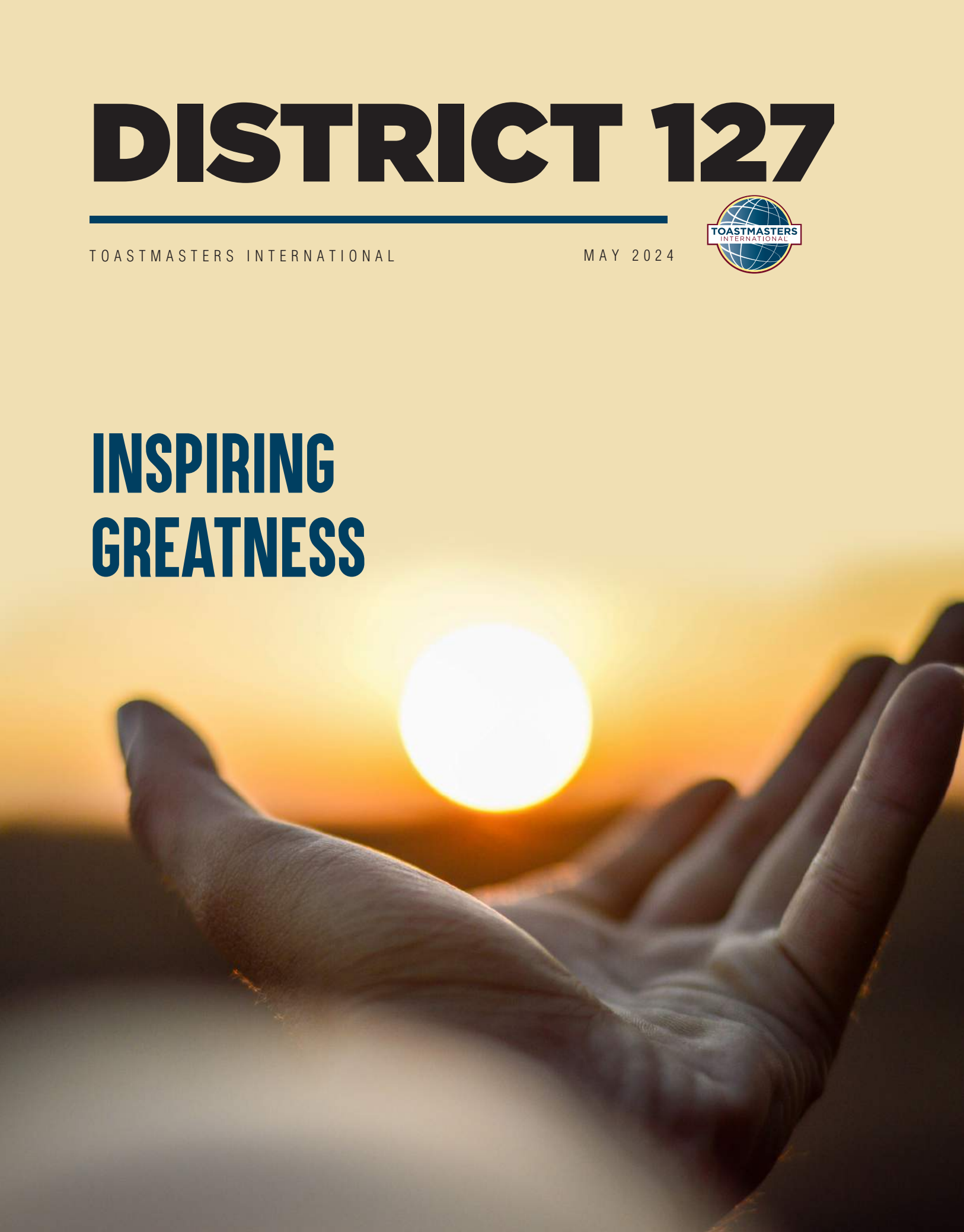
DISTRICT 127

TOASTMASTERS INTERNATIONAL

MAY 2024



**INSPIRING
GREATNESS**





Toastmasters Celebrates 100 Years

All over the world, members have been communicating star power for 100 years and counting. You can start celebrating this milestone year with exclusive centennial memorabilia.

Shop now at: toastmasters.org/100YearsStore

Products shown from top left to bottom right: 100 Years pen, pin, keychain, t-shirt (which may differ from actual product shown).





DTAC 2024

DTAC 2024 EXTRAVAGANZA 18-19 MAY 2024

Ras Al Khaimah

- 2 Days entry to the marquee event of D127 with High Profile Speakers, Cultural events
- D127 Annual Awards function
- Induction ceremony of incoming Leaders
- Networking with 2000 plus Toastmasters and industry Professionals from around the globe
- Gala dinner with performing arts & celebrities
- Division got Talent showcase

**SPEAK, LEAD,
SUCCEED**

DISTRICT
ANNUAL CONFERENCE



DISTRICT 127

G

TOASTMASTERS INTERNATIONAL

MAY 2024

06FROM THE
EDITORIAL**07**EDITORIAL
TEAM**08**DEAR LEADERS OF
DIVISION G

Editor
TM Roji Satheesh
rojisatheesh1@gmail.com

Editorial Team
TM Rashmi Gurbaxani

Design
TM Joshy John

10Hello Leaders and Members
of G 127**11**PATH TO
IXIXIXI IXIXI

District 127 Director
Deepa Surendran, DTM
deepasurendran@gmail.com
<https://toastmasters127.org>

© Copyright *Inspiring Greatness* 2024. All rights reserved. Reproduction in any manner is prohibited without the prior permission of the Publisher.

The writer of each article is responsible for the point of view expressed. Only the writings of the Editors represent *Inspiring Greatness'* view point.

12Members of Division G
Toastmasters family, greetings
from District 127 PR Team !**14**

Inspiring Greatness

15Changing Lives and Bringing
People Together**16**The Journey of Greatness:
Embracing Small Acts and
Mentorship**17**Changing Lives and Bringing
People Together

INSIDE

18

Division Director and all the Area Directors Photos with District Director

20

From Banking to Toastmasters

21

The Power of Support in Our Toastmasters Journey

22

Area 26 Leaders

23

Learning Never Ends

24

GROW and TRANSFORM

25

The Power of Commitment

26

Are you an Empathetic Leader?

27

The Stage Time: Melting Pot of Communication and Leadership

28

Harmonizing Teamwork: Lesson from the Culinary and Toastmasters Kitchen

29

Area 24 District 127

30

My Journey of Self Discovery

31

Alongside

32

Mastering the Corporate Ladder: Lessons from Toastmasters International

33

The Key to Unlock Your Greatness

34

Area 25 Leaders

35

Dare to Dream Big

36

I Owe it to Toastmasters

37

Empowering Next Generation

38

Area 26 Directors

39

The Testament

40

This is the place!

41

Inclusive Society

42

The Toastmasters C.O.A.C.H.-ing Experience

44

Area 27 Leaders

45

Area 28 Leaders

46

An Inclusive world

48

The Ripple Effect

49

Awards

50

Events

53

Congratulations

54

My Toastmasters Journey: A Path of Growth and Confidence

56

Renaissance

57

Mastering the Art of Public Speaking: Techniques for Improvement

59

The Growth Mindset of Division G

Welcome to the District 127 Newsletter-May Edition.

With great excitement we have adjusted our lens to focus on Division G and the theme the Division has put forward is “Inspiring Greatness”.

A FOREST GREW TO ITS GREATNESS FROM A SEED.

Each one of us is a seed which has all the potential to grow and develop into a large forest collectively, sustaining and supporting mutually in their personal, professional, social zones and many such functional areas while taking care of themselves respectively. The flora and fauna in a forest exactly reflects this principle.

A single thought -“the seed” from Ralph C Smedley about creating a platform to help youth develop their communication skills later spread into creating a vast educational Platform called Toastmasters International along the way. Today that seed has grown into a forest of approximately 270,000 members in more than 14,200 clubs in 148 countries. You and me are all part of this forest! The power of a tiny miny seed!

FROM THE EDITOR



Flipping through these pages, you will see the various flora and fauna of this forest called Toastmasters International, primarily under the family District 127, genus Division G and unique species of 5 kinds, Area 24,25, 26,27 and 2! This Taxonomy will reveal how just a thought - the seed, of joining a non-profitable organisation has aided the members to sprout its shoot and grow confidently communicating through its leaves, branches, buds, flowers and leading as fruits which in turn produces more seed to help the community grow into a large canopy.

All of this is made possible because this educational platform simply thrives through the tool called “Mentoring”. The mentors are the guardians of growth tendering and inspiring their mentees to their Greatness.

You may find deep rooted trees through long standing who has seen the changes and worked on adaptability, ushered in resilience, enjoying the eco-system of diverse members and communicating the clear language of leadership. There will be pages that will enlighten you by their past leadership position at the district level taking each one of us into the ripple effects of inclusivity has peppered to in adding more spice to changing the lives for better and bringing people closer than before. While, another would direct you to rise and shine through the core values of Integrity, Respect, Service and Excellence.

There may be creepers, climbers and tender vines in this forest. The mentors and leaders empower them giving the right support leading them to be able to empowering the next generation. The forest saga goes on and on inspiring each other to win Greatness.

I welcome each one of you to the Division G genus under the Family District 127 and explore the flora and fauna, enjoy the scenic beauty that is inspiring us all the way and may you find the right seed. Let it pass through your heart and mind ushering in effective communication and leadership paving for more greatness.

Hold tight on to “Commitment” thereafter ...

District 127 wishes Division G the very best on the release of their Newsletter, the May Edition of 2024.

T M ROJI SATHEESH

Chief Editor/District 127- PR News Letter Team

EDITORIAL TEAM



TM RASHMI GURBAXANI
Club Secretary
India Club Toastmasters Club

Igniting Greatness: Unleashing Your Potential

In a world teeming with possibilities, greatness lies within each of us, waiting to be ignited. It's not about grand gestures, but the small, consistent steps towards our aspirations. Embrace challenges as opportunities, failures as lessons, and setbacks as setups for comebacks. Inspire greatness by nurturing a growth mindset, where obstacles become stepping stones to success. Remember, greatness isn't a destination but a journey of self-discovery and evolution. So, dare to dream big, believe in yourself, and unleash the greatness within. Together, let's create a ripple effect of inspiration, lighting up the path for others to follow.

TM RASHMI GURBAXANI
Secretary & Asst Area Secretary (Area 11)
India Club Toastmasters Club



TM JOSHY JOHN
Lead Design
Sharjah Advanced Toastmasters Club

Cultivating Greatness: Toastmasters Club Sparks Inspiration

In every individual lies the potential for greatness. At our Toastmasters Club, we ignite this potential, fostering an environment where members dare to dream, grow, and excel. Through supportive feedback and empowering speeches, we encourage each other to reach new heights of communication and leadership. Together, we celebrate victories, learn from setbacks, and continuously inspire greatness in ourselves and others. Join us on this journey of personal and professional development, where ordinary individuals become extraordinary leaders.

TM JOSHY JOHN
Lead Design
Sharjah Advanced Toastmasters Club



DEAR LEADERS
OF DIVISION



As we continue with the pursuit of excellence with Toastmasters, I am filled with immense pride and excitement to witness the greatness that lies within each and every one of you. The path to excellence is not always easy, but it is through our dedication, perseverance, and unwavering commitment to personal growth that we truly shine and embrace inspiring greatness within each one of us.

In Division G, we have a community of individuals who strive for greatness in every aspect of our lives. We understand that greatness is not achieved overnight, but rather through consistent effort and a willingness to step outside of our comfort zones. It is through our shared experiences, our willingness to learn from one another, and our collective support that we are able to reach new heights and inspire others to do the same.

As your District Director, I am here to support you on your journey towards greatness. I encourage you to embrace every opportunity that comes your way, to challenge yourself to push beyond your limits, and to never settle for anything less than your best. Remember, greatness is not a destination, but a continuous journey of self-discovery and growth.

Division G, led by esteemed individuals such as two former District Directors, Balaji Naghbhushan, DTM, and Nelson Menezes, DTM, along with other respected members including DTMs Mallika, Hariharan, Lakshmi, Usha Mohan, Romeo Aggregado, current Program Quality Director Sujil, C DTM, and current Division Director Dileep, alongside his dedicated team of Area Directors - Henrietta, DTM, and Toastmasters Choong Nam Park, Silja Vignesh, Sangeetha Babu, and Suhas Limaye- has already made significant strides. The division is on the cusp of guiding all members towards achieving the prestigious President's Distinguished status. To attain greatness, it is imperative that all members collaborate, wholeheartedly dedicating themselves to this shared objective.

I wish - let all of you at Division G always come together as a community, united in your pursuit of excellence, and inspire greatness in yourselves and those around you. Together, you all can

achieve anything you set your minds to and make a lasting impact on the world.

I am excited to see the incredible achievements that lie ahead for Division G. Let us continue to inspire, empower, and uplift one another as we strive for greatness in all that we do.

Cheers,

DEEPA SURENDRAN, DTM

District Director
District 127
Region 11
Toastmasters International

"I ENCOURAGE YOU TO EMBRACE EVERY OPPORTUNITY THAT COMES YOUR WAY, TO CHALLENGE YOURSELF TO PUSH BEYOND YOUR LIMITS, AND TO NEVER SETTLE FOR ANYTHING LESS THAN YOUR BEST. REMEMBER, GREATNESS IS NOT A DESTINATION, BUT A CONTINUOUS JOURNEY OF SELF-DISCOVERY AND GROWTH."

Hello Leaders and Members of D 127

SUJIL CV, DTM

Program Quality Director
District 127, Region 11



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." – Quote by John Quincy Adams.

Many congratulations to Division G for inspiring greatness within you and all those around you!

We as Toastmasters can relate to this quote and understand that greatness isn't merely a destination; it's a journey fueled by passion, perseverance, and the unwavering commitment to continuous improvement.

Inspiration awakens us to new possibilities by allowing us to transcend our ordinary experiences and limitations. Inspiration propels a person from apathy to possibility, and transforms the way we

"Toastmasters serves as a platform for individuals to share their stories of triumph over adversity, resilience in the face of challenges, and the courage to pursue their dreams. Toastmasters is a place we "lean into" become better speakers and leaders."

perceive our own capabilities. Inspiration may sometimes be overlooked because of its elusive nature. The recent research shows, inspiration can be activated, captured, and manipulated, and it has a major effect on important life outcomes.

Toastmasters serves as a platform for individuals to share their stories of triumph over adversity, resilience in the face of challenges, and the courage to pursue their dreams. Toastmasters is a place we "lean into" become better speakers and leaders. Most people get into Toastmasters to become a better at public speaking; however, they get so many other benefits that aren't realized until they have been involved for a while. As a member, you begin to understand that it is a breeding ground where leaders are made and greatness is cultivated.

Let us enjoy this journey of personal and collective growth. Together, let's unleash the greatness that lies within each of us and inspire others to do the same.

Learn. Grow. Succeed. Inspire

Cheers

A Journey Within

DR. ABDUL SATHAR, DTM

Club Growth Director
District 127



Greatness isn't reserved for a select few; it resides within each of us. It's the spark that ignites our dreams, the force that propels us beyond the ordinary, and the unwavering belief that we can achieve something extraordinary. As Toastmasters, we have the power to inspire greatness in ourselves and others.

Embracing our inner potential requires courage. It's about taking that first step toward our aspirations, even when the path seems uncertain. We must recognize that greatness isn't a distant goal—it's woven into the fabric of our daily choices. Whether it's delivering a speech, mentoring a fellow member, or leading a club meeting, every action contributes to our journey of greatness.

Our imperfections don't diminish our potential; they enhance it. Each stumble teaches us resilience, and every setback fuels our determination. As we stand at the lectern, we're not just speakers; we're storytellers, motivators, and change-makers. Our words ripple through the room, touching hearts and inspiring growth. We become catalysts for transformation, unlocking greatness in others.

difference-makers. Together, we amplify greatness, one speech, one meeting, and one club at a time.

"Our imperfections don't diminish our potential; they enhance it. Each stumble teaches us resilience, and every setback fuels our determination."

Let's embrace the journey within. Let's celebrate progress over perfection, persistence over fear, and community over isolation. As Toastmasters, we're part of a global family—a network of dreamers, doers, and

Members of Division G Toastmasters family, greetings from District 127 PR Team !

TM VIJI JOHN

Public Relations Manager
District 127, Region 11



Congratulations on the successful publication of yet another insightful edition of our District

newsletter focusing on Division G this time! It is with great joy and admiration that I extend my best wishes to Division G Director DTM Dileep Kumar and the entire team for their dedication and hard work in bringing this publication to life.

In the pursuit of excellence, there is a beacon that guides us—the relentless pursuit of greatness. It is with immense pride and admiration that I address you today, reflecting on the incredible journey we are all embarked upon as we strive to inspire greatness within ourselves and those around us.

As Toastmasters, we are not merely speakers, leaders, or mentors—we are architects of inspiration, catalysts for change, and champions of excellence. Each time we step onto the stage, take the podium, or lend an encouraging word, we have the opportunity to ignite the flames of greatness in others, to spark the

“As Toastmasters, we are not merely speakers, leaders, or mentors—we are architects of inspiration, catalysts for change, and champions of excellence. ”

passion for self-improvement, and to unlock the boundless potential that resides within each and every one of us.

Inspiring greatness is not just about achieving personal success; it's about lifting others up, empowering them to reach new heights, and creating a legacy of impact that transcends the confines of our individual journeys. It's about fostering a culture of collaboration, support, and celebration—a culture where every voice is heard, every idea is valued, and every dream is within reach.

As District PR Manager, I am continually inspired by the unwavering dedication and tireless commitment of each member of our Toastmasters family to inspire greatness in themselves and those around them. Your resilience, your passion, and your unyielding belief in the power of communication and leadership to effect positive change are the driving forces behind our collective success, and for that, I am eternally grateful.

Let us continue to inspire greatness in all that we do, to lead by example, and to embrace the limitless potential that lies within each of us. Together, we have the power to shape the future, to transform lives, and to leave a legacy that will inspire generations to come.

Warm regards,



**ART N' CRAFT
WORKSHOP**

Drawing,
Painting,
Craft, Inspiring
& Creative activities
and more...

**IT'S A GREAT TIME
FOR KIDS TO GET A**

**JUMP
IN SUMMER**

**IN DTAC KIDS
CREATIVE
CORNER**

18-19 MAY 2024

Please bring Pen, Pencil, Brush and Colours.
(Paper will be provided)

Join us at Toastmasters' Annual Get-Together for an exciting Creative Kids Corner filled with engaging activities! Let your little ones unleash their creativity through interactive art and crafts. It's the perfect opportunity for children to learn, laugh, and make memories!

Contact : Josh 054 5562766, Rakesh Mishra 050 481 4407

Inspiring Greatness

DILEEP KUMAR, DTM

Division G Director,
District 127



Dear Fellow Toastmasters,

As we unfurl the pages of this newsletter initiated by District 127 which focus on Division G, themed “Inspiring Greatness,” I am reminded of the extraordinary journey we embark upon as revitalised individuals who look for personal growth and are ready to give back to the society from Division G of District 127.

Greatness is not a destination but a journey—a pursuit that each of us undertakes the moment we step through the doors of Toastmasters. It’s in the voice that trembles with anticipation, the hands clapping nervously behind the podium, and the collective breath we take as we share our stories. These are the seeds of greatness, and our mission is to nurture them.

In this edition, we celebrate not just the triumphs of eloquence but the silent victories of courage. Each article, each story, and each tip is curated to fuel your growth and ignite the spark of greatness within. From

“Greatness is not a destination but a journey—a pursuit that each of us undertakes the moment we step through the doors of Toastmasters. ”

the tenacity of new members finding their footing to the wisdom of seasoned mentors guiding the way, we encapsulate the spirit of our vibrant community.

Inspiration, dear members, is the torch we pass from speaker to speaker, leader to leader. Within these newsletter pages, you’ll find that torch aflame with insights and experiences, lighting the path to greatness. We share the successes that have coloured our Division pridefully and set forth the opportunities that beckon us to rise to new heights.

As Division G Director, I am in awe of the resilience and dedication you and I witness in each meeting and speech delivered by the members of the Division. Together, we are not just aiming for greatness; we are living it—one word, one gesture, one leadership role at a time.

I invite each one of you to dive into this newsletter with an open heart and an eager mind. Let the stories of our members stir your aspirations, and the insights and advice empower your journey. In the pursuit of greatness, we are not alone—we are Toastmasters united in our quest to transform potential into reality.

Here’s to inspiring greatness within ourselves and each other.

Warm regards,

Changing Lives and Bringing People Together

NELSON MENEZES, DTM

District Leadership Chair, District 127
President- Star of Arabia TM Club



During a recent club meeting, I heard the Toastmaster of the day say – ‘Friends, you don’t need to do great things, but you need to do small things in a great way’. WOW. This statement resonated with me. Every time, our toastmasters offer wise words that inspire me. A Toastmasters meeting can provide a wealth of wisdom, inspiration, and

guidance, regardless of one’s level of fatigue.

When you first entered a Toastmasters meeting, do you recall being captivated by the people there? Every time you meet someone new, do invite them to attend a Toastmasters meeting. This includes friends, family, associates, and colleagues. Why? With the help of this organization, we can touch lives and connect people. Every day, regular folks like you and me are touched

in new ways. Continue to reach out and edify one another by our sharing and caring.

Attending a Toastmasters meeting can help you conquer your fear of public speaking and project confidence, regardless of where you live. You will get motivated to work harder here as well, not just for the benefit of the club but also for other members, yourself, and ultimately the Area, Division, District, and Organization as a whole.

I’ve had the chance to advance through the ranks, meet a lot of wonderful people across few countries, and watch them flourish in a variety of ways. The ideal outcome is when they

are able to make a positive impact on people’s lives.

Currently our Division G comprising of nearly 20 clubs and brilliantly led by Distinguished Toastmaster Dileep Kumar & leaders at Area and club levels provide ample opportunities to invite someone to a club meeting, and by doing so, we could change someone’s life. Let us then change lives by bringing people together.

Many Congratulations
Division G. Keep rocking.

“Attending a Toastmasters meeting can help you conquer your fear of public speaking and project confidence, regardless of where you live.”

The Journey of Greatness: Embracing Small Acts and Mentorship

ANUO HEGDE, DTM

Past Division J Director,
District 127



"Greatness is not a destination; it's a journey." These words remind us that within each of us lies the potential for extraordinary achievements. Breaking free from mediocrity, setting audacious goals, and daring to live beyond the ordinary are key steps in this journey.

In a world where greatness is associated with grand gestures and monumental achievements, it's easy to overlook the profound impact of small acts of kindness, courage, and perseverance.

Inspiring greatness is not about achieving fame or fortune; it's about making a positive impact, no matter how small, in the lives of others. It's about being the best version of ourselves and inspiring others to do the same. Remember "No act of kindness, no matter how small, is ever wasted."

In Toastmasters, mentors play a crucial role in inspiring greatness. They provide guidance and wisdom based on their own experiences, helping us

navigate challenges and avoiding pitfalls. They challenge us to stretch beyond our comfort zones, urging us to strive for excellence. Great mentors create a legacy by nurturing future leaders, knowing that their impact extends beyond their lifetime.

Mentors are the wind beneath our wings, propelling us toward the skies of greatness. Seeking them out, learning from them, and paying it forward are essential steps in our journey.

As we go about our daily lives, let us remember the power of small acts and mentorship. Let us be mindful of the impact we can have on others through simple gestures of kindness and compassion. And let us strive to inspire greatness in ourselves and those around us, one small act at a time.

"Mentors are the wind beneath our wings, propelling us toward the skies of greatness. Seeking them out, learning from them, and paying it forward are essential steps in our journey."

Rise

DTM KARPAGA LAKSHMI GURUMURTHY

Past Division J Director
District 127



Integrity, Respect, Service and Excellence

The four core values of Toastmasters inspired me to join Toastmasters.

A Toastmaster needs to exhibit the core values, in their behavior, in their interaction with others, in their willingness to come forward to help others and collectively ensuring

that the group reaches the pinnacle.

Toastmasters is not about winning competition or be an impressive speaker. It is learning to communicate effectively across a diverse audience, to ensure the audience grasp the message conveyed in a uniform manner. A leader doesn't talk of their individual greatness, but praises their team and inspire them to reach greater heights.

"Toastmasters is not about winning competition or be an impressive speaker. It is learning to communicate effectively across a diverse audience, to ensure the audience grasp the message conveyed in a uniform manner."

The key aspect of leadership that is an excellent learning for me personally, is the fact, the leader pushes the team from behind and is the last person to come forward to get the accolades. When integrity in behavior is coupled with respect for others a person interacts with, the service minded attitude automatically follows, leading for greater excellence for all concerned.

When a person commits themselves to this Toastmasters journey whole heartedly, following its value at all times, Excellence is seen in everything a person does.

Toastmasters is about team excellence and not about the individual. Each person sets their

own goals and learns by observing and following others. Want to be a better communicator and leader, do approach that Toastmaster who inspires you and ask to be their mentee. Believe me, the journey is worth it.



SUJIL CV, DTM

Program Quality Director
District 127, Region 11



DR. ABDUL SATHAR, DTM

Club Growth Director
District 127



DEEPA SURENDRAN, DTM

District Director, District 127
Region 11



TM VIJI JOHN

Public Relations Manager
District 127, Region 11

Current and Past Division Leaders



DILEEP KUMAR, DTM

Division G Director,
District 127



DTM KARPAGA LAKSHMI GURUMURTHY

Past Division J Director
District 127



ANUO HEGDE, DTM

Past Division J Director,
District 127



DTM NAGABALAJI BHUSHAN



NELSON MENEZES, DTM

District Leadership Chair, District 127
President- Star of Arabia TM Club

From Banking to Toastmasters

TM CHOONG NAM PARK

Area 24 Director
District 127



In 2008, I became the first Korean banker in my company in the UAE, facing both the excitement of this new role and the challenge of overcoming a fear of public speaking. Little did I know, this fear would lead me to the Toastmasters Corporate Club, where I found a path to personal growth.

Joining the Toastmasters Corporate Club was a turning point in my life as the first Korean Toastmaster. Over 9 years, I confronted my fear of public speaking head-on, gradually building confidence and refining my English communication skills. The Toastmasters community provided encouragement and guidance every step of the way, empowering me to speak with clarity and conviction.

"The lessons learned in Toastmasters have not only bolstered my leadership abilities but have also enriched my approach to banking. The skills of effective communication and leadership transcend industries, enabling me to make a positive impact in both realms."

My journey from a fearful speaker to a confident leader is a testament to the transformative power of Toastmasters. Now, as an Area 24 Director, I have found my purpose in establishing the first Korean Toastmasters Club in the UAE, offering numerous Korean expats working in the UAE the opportunity to benefit from the Toastmasters education program.

The lessons learned in Toastmasters have not only bolstered my leadership abilities but have also enriched my approach to banking. The skills of effective communication and leadership transcend industries, enabling me to make a positive impact in both realms.

My journey from banking to Toastmasters has been marked by personal growth and empowerment. Through dedication and perseverance, I have overcome obstacles and discovered my true potential.

I invite you to embark on your own journey of self-discovery and growth and share the benefits with your fellow countrymen working in the UAE. Whether it's overcoming a fear or pursuing a new challenge, Toastmasters offers a supportive community to guide and inspire you to your greatness along the way.

The Power of Support in Our Toastmasters Journey

TM SANGEETHA BABU

Area 25 Director
Division G



As we embark on our journey of self-improvement within Toastmasters, it's crucial to cherish the core values of our organization: Support and Togetherness. Every step we take, every speech we deliver, and every role we fulfill is not a solitary effort, but rather a collective experience woven together by encouragement, guidance, and mutual growth.

As an Area Director, I've witnessed firsthand how support transforms Toastmasters. Whether seasoned speakers refining their skills or newcomers entering public speaking, our shared goal is self-improvement.

In our pursuit of excellence, it's easy to become inspired by personal achievements and milestones. However, true progress isn't solely measured by individual success but by the collective advancement of our community.

Supporting one another goes beyond offering words of encouragement or applause—it's about actively engaging in each other's journeys, providing constructive feedback, and extending a helping hand when needed.

Furthermore, I learnt the spirit of support must go beyond the boundaries of our individual clubs and reflect throughout our entire Toastmasters community. As Area Directors, Club Officers, and members, we hold a collective responsibility to uplift and inspire one another, fostering an atmosphere where everyone feels valued, respected, and empowered to realize their full potential.

Let's pledge to uphold this support, inspiring greatness and celebrating success together. Through encouragement and togetherness, we guide each other towards fulfillment.

In the words of Helen Keller, "Alone we can do so little; together we can do so much."

Let us stand united as a beacon of support, guiding each other towards greater achievements and fulfillment.

"Let's pledge to uphold this support, inspiring greatness and celebrating success together."

DIVISION G DIRECTORS



DTM SUHAS LIMAYE



PAST DTM ANN WEERAMANTHRI

DIVISION G LEADERS

DISTRICT 127
AREA 26 LEADERS
2023-2024

Learning Never Ends

TM SILJA VIGNESH

Past Area 27 Director
Division G

I manifest the things I want by believing in their existence.

As we exist and flourish with a zest for Toastmastering, I was never interested in talking in front of a large audience, not even a small audience. Confidence is the key, I learned from Toastmasters. Whatever happens, don't be afraid, be assured, believe in yourself and you will achieve whatever you want. Every time, a leadership journey is like a ladder; once you climb up the top, it feels like it has been completed. This is what this journey taught me. Here, I met so many mentors, role models and supporters and learning from them is a never ending process. Hiring positive words boosts our confidence level so high.

TEAM BUILDING THEME ARE LIKE FESTIVALS

I always feel that this toastmasters journey is like a festival. Festivals bring more colours and team-building activities. Team building is an activity or process designed to help build connections between team members, create lasting bonds, and enable better teamwork and working practices just the way the Toastmasters platform does.

Team building activities might include running team games and activities, holding group discussions, hosting away days, or simply doing things together as a team. The key is that this exercise is designed to bring the team together in a fun and engaging way.

These kinds of meetings create a different atmosphere and vibe for the club. Theme-based dress-up creates a more positive bond between the members.



Sometimes, regular meetings feels monotonous. Change always gives a different perspective to the members and meetings.

MY TOASTMASTER'S JOURNEY

Toastmasters is a platform that ensures you can do and learn it. I joined Toastmasters in 2016, much like everyone else, to improve my public speaking, communication, and leadership skills. Sometimes, I wondered how I would be able to do it. The beauty of this journey is that someone will always motivate and guide you, and you will be able to do it. Someone or the other will give that little push to achieve the goals.

The line of experiences from the Toastmasters Fraternity, have provided numerous opportunities for me to progress in various ways. Serving as a club-level Vice President -Public Relation, twice Vice President Education, being Clubs president twice, serving as Area 27 Director currently serving my Area and our Division, I learned so much, and the journey continues. I am not only the Area 27 Director of Division G but also Club Coach for Filter Coffee Toastmasters Club. I believe learning never ends.

I extend my warmest appreciation to the Division G Team for being powerful advocates of support and guidance which has led to my journey of success. As a proud Area 27 Director, I wish you all the success and an incredible learning journey.

GROW and TRANSFORM

DTM MUKAI HENRIETA

Area 28 Director
Division G



We have had many successes as well as challenges.

At a personal and professional level, this has been a growth and transformative experience for me.

The growth and transformation has occurred at an exponential rate.

Being Area Director is different from being, say, The President of a Club.

For starters, as Area Director, your responsibilities shift from managing just one Club to managing four or five clubs in one go.

This incredible responsibility can be overwhelming in the beginning as you are trying to come to grips with all the information that is being flung at you all at once.

The important thing is to remain calm when this happens; breathe; tackle one responsibility at a time according to your overall program.

Never complain.

Never blame.

Never condemn.

Why?

Because this weakens your creative ability to solve problems.

And why am I talking about your 'overall program'?

Because you find that your responsibilities as Area Director do not exist in isolation.

They co-exist with your other responsibilities ... family ... work ... business ... community ...

Managing all these at the same time can be a challenge; but if you reorganize your priorities and fit them into your overall program, then you will find that you gain more clarity, focus and ability to attend to your responsibilities.

As Area Director, one of my responsibilities is to CREATE a new Club.

Here one is learning the art and skill of: creating an entity that did not exist before.

The marketing, the advertising, the harnessing of people who will help to get the club started is mind blowing.

This skill is excellent to learn because you will be able to apply the skills learnt here when creating, say, your own business from scratch.

I have watched myself GROW and TRANSFORM in the last eight months and I am excited about what the future holds for me at a personal, professional, family, community level.

To those thinking of running for Area Director, I say GO FOR IT!!

It will be challenging, but at the end of it all, the rewards will be worth it.

The Power of Commitment

DTM ROMEO AGREGRADO

Past Area 28 Director
Division G, District 127



"Commitment is the state of quality of being dedicated to a cause or activity. When you're committed to something, you accept no excuse, only results. Commitment is the foundation of great accomplishments, unless commitment is made, there are only promises and hopes, but no plans. Most people fail not because of lack of desire but because of lack of commitment.

I was born in a poor family with 8 brothers and sisters. My father's earnings as a government employee was not even enough for our food and shelter. How much more to send us to school to finish our education. Education was my only hope of improving our standard of living and having a better future. So I committed myself that I will do my best to accomplish my dream career of being a Chemical Engineer. I worked in the morning and studied in the evening. It took me 5-1/2 years to finish my schooling through hard work, perseverance and dedication. I sacrificed all the physical happiness and enjoyment to be able to graduate myself.

I was hired immediately after graduation by the biggest Rubber Factory in the Philippines. I embarked on the next stage of my life by practicing my profession. I was committed to achieve all the demands of my job and even went beyond the monthly/yearly target.

When I landed in Dubai in June 1984, I committed to establish in the UAE a Rubber Factory based on the technical know-how I learned in my ten years of working in the Rubber Industry in the Philippines. I pioneered in the establishment of the First Rubber Factory in the UAE based in Dubai in 1986 producing Industrial Rubber Products for the various industries.

Being successful in my career, I felt that it is time for me to share my blessings and help people pursue their education. I established a scholarship program in the school where I graduated with the help of my school batchmates. We sponsor 6 to 8 students every year starting in the Year 2012. As of to date, we have graduated 64 students of various courses such as Engineering, Architecture, Education, Accounting, Management and Technical Courses. The scholarship is still ongoing due to my commitment with the support of some of my ageing school batchmates.

In 2006, I joined Toastmasters International to improve my public speaking skills and leadership skills. It helped me me in my career as I was the Sales and Marketing Manager. Toastmasters is still helping me. My personality got refined and was able to communicate and convince my customers to patronise our products. In the 18 years that I was active as a Toastmaster, I have established Toastmasters club, mentored and also supported

Are you an Empathetic Leader?

TM ANN WEERAMANTHRI

Assistant Director – Programme Quality
Past Area 26 Director
Division G, District 127



“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel” ~ Maya Angelou

Empathy is the ability to understand and share the feelings of others. It is the capacity to put yourself in someone else’s shoes and imagine how they are feeling. Empathy is not just about feeling sorry for someone, but rather it is about understanding their perspective and being able to relate to their emotions.

Empathy is an important trait of great leaders, as it helps them understand the needs and concerns of their team members and make decisions that are in the best interest of everyone. It also helps to build trust and strengthen relationships within the team.

Here are some tips for being considerate of others in your leadership journey:

Practice active listening: Pay attention to others, their ideas, and their perspectives. This helps you understand their needs and values and respond in a way that is respectful and supportive.

Be open-minded: Be willing to learn from others and consider different points of view. This helps you grow as a leader and fosters a culture of inclusivity and collaboration.

Put yourself in others’ shoes: Try to understand their experiences and challenges. This helps you connect with your team on a personal level and build trust.

Be transparent and honest: Communicate clearly and honestly with your team and be transparent about your decision-making process. This helps build trust and credibility.

Be inclusive: Foster a culture of inclusivity by valuing diversity and creating opportunities for everyone to contribute. This helps you tap into the unique perspectives and strengths of your team.

Be aware of your biases: Recognize your own biases and work to overcome them. This helps you make more informed decisions and treat everyone with fairness and respect.

Take responsibility: Take ownership of your actions and decisions and be accountable for the impact they have on others. This helps you build trust and credibility with your team.

By following these tips, you can be a more considerate leader who values the well-being and contributions of your team. Remember, leadership is not about you, it’s about serving others and creating a positive impact.

The Stage Time: Melting Pot of Communication and Leadership

DTM ARUN BHATIA

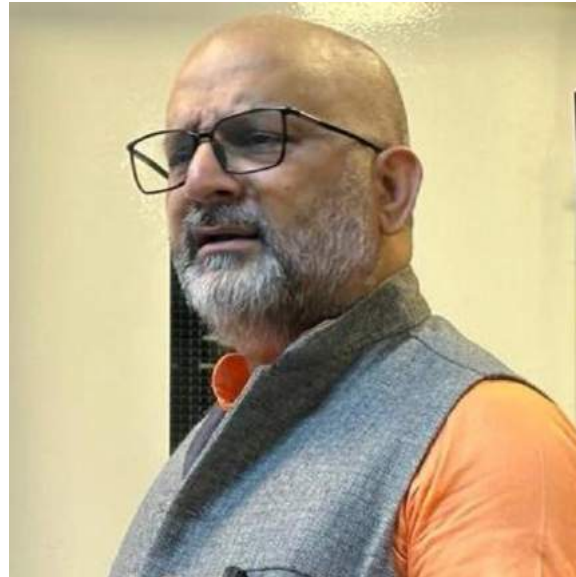
Club President
Dunes Toastmaster Club

Enrolling in Toastmasters can significantly aid in the development of communication skills. However, the key factor lies in the amount of stage time individuals invest and their willingness to embrace evaluation.

Stage time typically refers to the duration an individual spends speaking in front of an audience during club meetings or otherwise. Its significance extends beyond mere speaking; it offers valuable opportunities for learning, growth, and influence.

Engaging in stage time provides a platform for refining various skills, including public speaking, storytelling, persuasion, and leadership. The more time individuals spend on stage, the more proficient they become in expressing ideas, articulating thoughts, and capturing attention. Consistent exposure to stage time fosters confidence and self-assurance.

In Toastmasters meetings, the time spent on stage offers invaluable feedback for improvement, acting as a catalyst for personal and professional development.



In conclusion, stage time and communication skills are essential assets for personal and professional growth. By embracing opportunities for stage time, individuals can enhance their confidence, skills, and influence. Effective communication forms the cornerstone for building meaningful connections, fostering collaboration, and achieving success.

Therefore, whether attending a club meeting or organizing a Toastmasters Contest, the focus should always be on the podium: the melting pot of communication and leadership skills which adds value to the stage time spent there!

"Stage time typically refers to the duration an individual spends speaking in front of an audience during club meetings or otherwise. Its significance extends beyond mere speaking; it offers valuable opportunities for learning, growth, and influence."

Harmonizing Teamwork: Lesson from the Culinary and Toastmasters Kitchen



TM DEEPAK JAVA

President, HSBC Toastmasters Club

SPOTLIGHT

Just as a master chef employs the art of tempering to elevate a dish, so too does a skilled team leader harness the power of teamwork to achieve greatness. Picture a sizzling pan, each spice releasing its unique essence, akin to team members bringing forth their talents and strengths.

In this culinary analogy, imagine the mustard and cumin seeds as the bold members, cracking under pressure yet adding depth to the team dynamic. As for the salt and asafetida, they blend seamlessly, symbolizing those who quietly contribute, their impact felt but often overlooked, much like the unsung heroes of a Toastmasters meeting.

Then there's the chili powder – fiery and vibrant – representing those who inject passion and provoke thought, akin to the role of evaluators in Toastmasters, pushing others to strive for excellence. And let's not

“Then there's the chili powder – fiery and vibrant – representing those who inject passion and provoke thought, akin to the role of evaluators in Toastmasters, pushing others to strive for excellence.”

www.foggeneration

forget the transformative power of turmeric, mirroring those who don't seek the limelight yet contributing without claiming any credit, a valuable lesson in humility and integrity learned through Toastmasters' incredible culture.

But just as a perfectly balanced tempering enhances a dish, so too does a well-rounded team thrive on diversity and collaboration. Like Toastmasters, where members learn to manage their emotions and communicate effectively, successful teams master the art of conflict resolution and constructive feedback.

In the crucible of teamwork, emotions run high, much like the heat under the spices. Yet, when channeled effectively, they fuel innovation and drive progress. It's through this journey of shared challenges and victories that individuals grow, honing their leadership and communication skills, much like the transformative journey of a Toastmasters member.

In essence, just as a perfectly tempered dish delights the palate, so too does a cohesive team achieve remarkable results. By embracing the lessons of teamwork and communication gleaned from Toastmasters, individuals can cultivate a culture of collaboration and excellence, creating a recipe for success that's truly unforgettable.

DIVISION G LEADERS

DISTRICT 127
AREA 24 LEADERS
2023-2024

INSPIRING
GREATNESS

29



DTM KARPAGA LAKSHMI GURUMURTHY



DTM NELSON MENEZES



TM DEEPAK JAVA

DIVISION G LEADERS

My Journey of Self Discovery

TM TASNEEM ANWAR

President
Creek Toastmaster's club



Life sometimes feels like a tangled mess, especially when we're afraid of what others might think of us. For years, I grappled with insecurities when it came to communicating with others. The fear of judgment and rejection loomed large, making it challenging to express myself confidently. However, as I approached my fifties, I realized that I couldn't continue living in fear. Therefore, I made the decision to take a leap and join Toastmasters.

Upon joining, I encountered skepticism from some of my relatives and friends. They couldn't understand why a homemaker like me, at the age of 50, would want to join a public speaking platform. Their questioning looks and remarks about the fees even made me doubt myself. But deep down, I knew it wasn't just about public speaking, it was about conquering my lifelong fear of facing an audience and boosting my confidence.

Reflecting on my journey, I realize how far I've come as a Toastmaster. The lessons I've learned have been indispensable, and I'm eager to share my experience with everyone.

At Toastmasters, I faced my fears head-on. I vividly recall my initial table topics session, which was nerve-racking and felt like the longest moment of my life.

Nevertheless, with each meeting, I grew more confident, thanks to the supportive community around me. Toastmasters became a place where I could grow personally. I learned invaluable lessons from my mentors. They taught me the power of storytelling, the power to touch hearts and minds. They instilled in me the importance of embracing feedback as a means of improvement. In this supportive environment, criticism didn't feel harsh, it felt like a steppingstone towards growth. This helped me navigate various life situations with confidence.

I am immensely grateful for my decision to join Toastmasters. Despite the doubts and questions, I took a leap of faith that has profoundly transformed me. It has enabled me to confront my fears and emerge as a more confident version of myself.

Therefore, if you find yourself feeling stuck or apprehensive about trying something new, remember—it's never too late to embark on a journey of self-discovery. With the right support and determination, you can break free from your fears and embrace the limitless possibilities that lie ahead...

"TOASTMASTERS" provided me with the tools and confidence to rewrite my story, and for that, I am eternally grateful.

Alongside

TM KARTHIK NARENDRANATH

VPE
Tristar Toastmasters Club

As the Vice President Education for Tristar Toastmaster Club, it is my honor and privilege to serve the members of our Toastmasters community. In this role, I am committed to fostering an environment that promotes growth, learning, and development. I believe that effective communication and leadership skills are integral to personal and professional success, and I am dedicated to providing our members with the resources and support they need to achieve their goals.

One of my primary responsibilities as Vice President Education is to execute and oversee the TMI educational program within our club. This includes working closely with club leaders to ensure that all members have access to the Toastmasters educational materials and resources. I am passionate about helping our members set and achieve their educational goals, whether it be earning their Competent Communicator or Leader designation, or completing a successful club officer role.

In addition to supporting individual member goals, I am committed to promoting a culture of mentorship and collaboration. I believe that learning from one another is one of the most powerful ways to grow, and I encourage all members to take advantage of the wealth of knowledge and experience within our division. By fostering an inclusive and supportive community, I hope to create an environment in which every member feels empowered to learn, grow, and succeed.



Another essential aspect of my role is to facilitate communication between clubs within our division. I am dedicated to promoting inter-club activities, such as speech contests, workshops, and social events, that bring our members together and encourage cross-club collaboration. By facilitating opportunities for members to interact with one another, I aim to strengthen the bonds within our division and create a sense of unity and camaraderie.

In conclusion, I am deeply committed to serving the members of our club as Vice President Education. I am passionate about creating a supportive and inclusive environment in which every member can thrive to releasing their GREATNESS and reach their full potential. By promoting educational excellence, fostering a culture of collaboration, and staying informed on the latest developments in communication and leadership, I am confident that we can INSPIRE our members to achieve great success together. As we continue on this journey of growth and learning, I am excited to work alongside each and every member in our division, and I am committed to making a positive impact on the educational experience of our Toastmasters community.

Mastering the Corporate Ladder: Lessons from Toastmasters International

TM SOBY AKBIK

President
Business Excellence Toastmasters Club



It is said, “winners never quit and quitters never win”.

For the last 25 years, I have witnessed and still witness professional employees who possess great knowledge, expertise and potential to become great leaders. However, when they meet the upper management in the Board Room, they stammer, and unable to utter or express their expertise in a meaningful way.

Needless to say, those who have not climbed their next rung in the corporate ladder, they got frozen in their current job. On the other hand, there were many others with less knowledge and expertise but have the courage, the real stamina and strengths to talk to the upper management. Their fearless attitude and oratory skills positioned them in the succession plans, and made their growth much easier. Now I ask myself, “Soby what steps will you take now to make your future much easier?”

After huge reflection I arrived at the following steps:

- 1. Improve your speaking and listening skills**
- Practicing and delivering speeches at Toastmaster International (TMI) and pledge to hone these essential skills.
- 2. Take on leadership roles to build management skills** - Leadership roles in TMI offer real-world

management experience. Go for it!

- 3. Use every chance to network** - TMI meetings are perfect space for expanding your professional network.
- 4. Find a mentor for guidance** - TMI's mentorship program provides effective personalized advice and support.
- 5. Keep learning and stay updated in your field** - TMI encourages continuous education and self-improvement.
- 6. Show initiative by tackling challenging projects** - Volunteer for roles and projects at TMI to stand out.
- 7. Present yourself confidently** - TMI provides a safe space to practice and boost your self-confidence.
- 8. Manage your tasks efficiently** - Organizing TMI events can improve your time management skills.
- 9. Be adaptable to changes** - TMI's impromptu speaking practices (Table Topics) foster flexibility.
- 10. Seek feedback and use it to grow** - Constructive evaluations at TMI meetings promote personal growth.

Embrace these steps that will pull out your greatness for the world to see, how TMI refined you. TMI and the educational program it encompasses is designed to inspire all these simple but powerful steps and much more]]so that you can pave the way for a successful career.

The Key to Unlock Your Greatness

TM REEM AL MANSOORI

VPE

Business Excellence Toastmasters Club



In a world where being average often seems common, inspiration for greatness is essential. Greatness ... What does it mean?

Greatness is the quality or state of being powerful, important and distinguished, whether it's in relationship, technology, art, sports or work.

Greatness is NOT just reserved for few selected people, its for people who have the right mindset to start a journey towards excellence in everything they do. To embark upon this journey, we must address the following key points:

1. Begin with belief:

Believing in yourself, your unique talents, skills and abilities, that is the real key.

2. Encouragement & Support:

Surrounding yourself with supportive friends, family and communities who will boost your potential towards greatness.

3. Readiness & Always say "YES":

Being prepared mentally, emotionally, physically, and

socially for new experiences and challenges is a must to advance to the next level. Moreover, saying "YES" to opportunities is necessary, to evolve and open potential doors to greatness.

In conclusion, inspiring greatness is about advancing with regard to our collective human experiences and capabilities. For which purpose, having a "relentless pursuit to excellence-mindset", believing in yourself, surrounding oneself with supportive environment and readiness to embrace opportunities is vital.

"Greatness is the quality or state of being powerful, important and distinguished, whether it's in relationship, technology, art, sports or work."

DIVISION G LEADERS

DISTRICT 127
AREA 25 LEADERS
2023-2024

LEADERS



TM TASNEEM ANWAR



TM SOBY AKBIK



DTM NAGABALAJI BHUSHAN

Dare to Dream Big

TM SATHEESH ACHARY

VPE
Dunes Toastmaster Club



Imagine a world where every person strives for greatness. Picture a society where every individual wakes up each day driven by the pursuit of excellence. That world is not a distant dream; it's a reality waiting to be shaped by each one of us.

Greatness isn't about the size of your accomplishments; it's about the magnitude of your determination. It's about rising every time you fall, pushing past every limitation, and refusing to settle for mediocrity.

Every one of us possesses untapped potential waiting to be unleashed. It's in those moments of challenge and adversity that our true greatness emerges. Embrace those challenges as opportunities for growth and transformation.

Inspiring greatness isn't just about personal achievement; it's about lifting others along the way. When you empower those around you to reach their full potential, you create a ripple effect of greatness that reverberates through generations.

So, I challenge you today to look within yourself and recognize the limitless potential that resides within. Dare to dream big, work tirelessly, and never underestimate the power of your actions to inspire greatness in others. Together, let's embark on a journey to create a world where greatness is not just a goal but a way of life. Needless to say, Toastmasters is the best platform for embarking such a meaningful journey into greatness!

"Every one of us possesses untapped potential waiting to be unleashed. It's in those moments of challenge and adversity that our true greatness emerges. Embrace those challenges as opportunities for growth and transformation."

I owe it to Toastmasters

TM AMJAD KHAN

President
Voltas International Toastmasters Club



Toastmasters has been an invaluable platform for enhancing both my leadership and communication skills. Through its structured programs and supportive community, I have experienced significant growth in these areas.

Moreover, Toastmasters has provided me with numerous leadership opportunities. Serving in roles such as club officer, meeting chair, or Judge has allowed me to develop essential leadership skills such as organization, delegation, and team management. These experiences have not only enhanced my leadership abilities within Toastmasters but have also translated into my professional life, enabling me to lead with greater effectiveness and impact.

Additionally, Toastmasters fosters a sense of community and camaraderie among its members. Engaging with fellow Toastmasters, participating in club activities, and attending events have enabled me to expand my network, forge meaningful connections, and learn from the experiences of others.

In conclusion, Toastmasters has played a pivotal role in enhancing my leadership and communication skills. Through its structured learning approach, opportunities for practice and feedback, leadership

development opportunities, and supportive community, Toastmasters has empowered me to become a more effective communicator, a more confident leader, and a more empowered individual overall. I owe it to the Toastmasters platform for the transformative impact that Toastmasters has had on my personal and professional development.

“Moreover, Toastmasters has provided me with numerous leadership opportunities. Serving in roles such as club officer, meeting chair, or Judge has allowed me to develop essential leadership skills such as organization, delegation, and team management.”

Empowering Next Generation

TM MOHAMMED SHAREEF

President
Ceka toastmasters Club



“We worry about what a child will become tomorrow, yet we forget that he is someone today” – Stacia Tauscher

Within the hearts of our children resides the boundless potential for greatness, waiting eagerly to be nurtured and encouraged. As parents, it's our privilege and responsibility to inspire and support them on their journey of self-discovery and growth.

Inspiring our children begins with fostering an environment of love, acceptance, and encouragement. It's about helping them believe in themselves and their abilities, instilling in them the confidence to dream big and pursue their passions. Gavel toastmasters' clubs are great space for churning their potential into real skills. It helps them with their effective listening skills, expression, communication skills that will guide the teenagers not only during their young age but beyond that.

Along their path, our children will encounter challenges and setbacks that may shake their confidence. Yet, it's during these moments that our unwavering support and guidance are needed the most. We must teach them resilience, showing them that failure is not an endpoint but a stepping stone on the road to success.

As parents, let's lead by example, demonstrating the values of perseverance, kindness, and empathy in our daily lives. Let's create opportunities for our children to explore their interests and talents, providing them with the tools and resources they need to thrive.

Above all, let's celebrate their uniqueness and individuality, recognizing that greatness comes in many forms. Whether it's excelling in academics, sports, arts, or simply being a kind and compassionate human being. Let's empower our children to shine brightly in whatever endeavors they chose.

In bringing their greatness, we not only shape the future leaders and innovators of tomorrow but also create a world where every child feels valued, supported, and empowered to reach their full potential.

Let's journey alongside our children, guiding them with love and encouragement as they unleash the greatness within....

DIVISION G LEADERS

DISTRICT 127
AREA 26 LEADERS
2023-2024



TM ARUN BHATIA



TM ANN WEERAMANTHRI



TM MOHAMMED SHAREEF



TM AMJAD KHAN



DTM MUKAI HENRIETA

LEADERS

THE TESTAMENT

TM SREEJITH RAVEENDRAN

President
Barsha Toastmasters Club



In the grand tapestry of life, Toastmasters had woven a thread of transformation, turning fears into strengths and dreams into reality. With every speech delivered, every role fulfilled, and every connection forged, the journey with Toastmasters stood as a testament to the power of perseverance, community, and personal growth.

I could still hear the beats of a racing heart struggling to overcome the fear of public speaking in front of others. Each time an opportunity arose to address a group, anxiety would grip, and cause to stumble over words.

With great gratitude, I remember the amazing day, a friend mentioned to me about Toastmasters. Intrigued by the prospect of growth, I decided to attend a Toastmasters meeting. Walking into the room filled with strangers, nerves threatened to overwhelm, but a warm welcome from the fellow Toastmasters instantly put me at ease.

In the beginning, participating in speaking exercises, was daunting for me. Yet, with each passing meeting, confidence slowly bloomed. Constructive feedback from peers helped me identify the areas for improvement, guiding me towards honing communication skills and crafting narratives grabbing attention of audience.

Beyond public speaking, Toastmasters provided opportunities for leadership roles which helped to learn the value of effective leadership, fostering collaboration and inspiring others to achieve their goals. Outside the Toastmasters meetings, newfound skills began to impact various aspects of life. Presentations at work became opportunities to rise and shine rather than drown in anxiety.

As years passed, the journey can only be reflected with gratitude. Gratitude towards the mentors, Gratitude towards the fellow toastmasters, Gratitude towards the organization itself. Toastmasters had not only enhanced my public speaking and leadership abilities but also instilled a newfound sense of self- assurance and resilience.

"I could still hear the beats of a racing heart struggling to overcome the fear of public speaking in front of others. Each time an opportunity arose to address a group, anxiety would grip, and cause to stumble over words."

This is the place!

TM JAMUNA PATNALA

VP
Barsha Toastmasters Club



IS THE BEST MEDICINE and many more, which will resonate with all types of audience.

Then came the Table topics, where I had to speak on a Topic for at least a minute and not more than 2 minutes thirty seconds. It was the most challenging and I often prayed that I am not called in to speak on the impromptu topic. Having said so, it is still an amazing experience... wondering what am I am blabbering and yet delivering it to be qualified for the given time limits

Being CRITICAL is important but we don't need to be brutal. Evaluating speeches by analyzing the speeches, counting on the excellent things delivered, and also recommending the areas to work on were the "WOW" moments for me. It changed my PERSPECTIVE as to how we can communicate to anyone without hurting them even while suggesting them their areas of improvements.

So, I am actually through a journey of learning to be a better version of myself traveling through various segments of Toastmasters education program. So, if you want to invest in yourself and discover yourself. THIS IS THE PLACE!

"Through the journey of Toastmasters, I have discovered myself and found it worthy to appreciate myself for what I am, from the lessons learnt from the toastmasters Club meetings..."

My Journey into Toastmasters was something long due. I knew this as my daughter was already into the Gavels Club. I used to religiously drop her to the Gavel Club venue and constantly motivate her in her 'Pursuit of Excellence'. Though, I had an intention to join, but not firm enough to leave my comfort zone. This took me long 8 years simply even to try attending a meeting as a guest. During the pandemic time. I joined in as a guest for few meetings and pushed myself to join on the count, NOW or NEVER. The format was online, and I was comfortable with it. But the REAL experience started OFFLINE.

Through the journey of Toastmasters, I have discovered myself and found it worthy to appreciate myself for what I am, from the lessons learnt from the toastmasters Club meetings, I always worked on myself to enhance my areas of strength and worked hard to improve areas of weakness. The podium, I understood it was the right place to make mistakes, learn, correct it and grow. A place where I could speak my inner thoughts, subjects that are close to me through the 5-minute project speeches. You start thinking, researching and presenting the topic and work on yourself too. On all what you spoke. I chose topics like SELF CARE and SELF LOVE, MENTAL AWARENESS, TIME MANGEMENT, LAUGHTER

Inclusive Society

TM ANETT TONY

VPE
City of Gold Toastmasters



Inspiring greatness is indeed a journey of self-discovery and empowerment, and my own path has been shaped by moments of courage and inspiration. When I made the decision to dedicate myself to empowering women despite doubts and uncertainties, it was a pivotal moment in my life. Through perseverance and dedication, I worked tirelessly to uplift and support women in my community, serving as a beacon of inspiration for others to advocate for gender equality fearlessly.

Yet, my journey towards empowering women was not solitary. Alongside my dedication, I was fortunate to have mentors who believed in the cause and guided me along the way. Their unwavering support fueled my determination to create meaningful change and uplift women from all walks of life.

Moreover, I've been deeply inspired by the resilience and strength displayed by the women I've had the privilege to work with. From survivors of domestic violence reclaiming their power to young girls pursuing education against all odds, their stories of courage and determination have left an indelible mark on my heart.

As I continue on my journey, I am committed to amplifying the voices of women and creating opportunities for them to thrive. Whether through

advocacy, mentorship, or community outreach, I strive to foster a culture of empowerment where every woman feels valued and supported in her endeavors.

For true greatness lies not in individual achievements, but in the collective impact we have on the lives of others. By empowering women to embrace their full potential, we pave the way for a more equitable and inclusive society where everyone has the opportunity to succeed and thrive.

"Yet, my journey towards empowering women was not solitary. Alongside my dedication, I was fortunate to have mentors who believed in the cause and guided me along the way."

The Toastmasters C.O.A.C.H-ing Experience

TM AL JANO TAN

President, IIEE-EPM
Friends Toastmasters Club



your coachee from the beginning of the coaching period until the very end. By communicating, you can establish an understanding between you and the coachee about areas for improvement, using specific techniques, and most importantly, when you provide feedback or evaluation the communication process becomes effective.

OBSERVE

As a coach, you must observe how your coachee progresses throughout each session. It involves active listening and watching closely how your coachee speaks and delivers the speech. The choice of words, the tone of voice, the emotions expressed, and the gestures used are some of the things to be observed to see some noticeable changes or improvements that happened during your time as a coach.

ATTITUDE

Having the right mindset or right Attitude can spell the difference between a bad coach and a good (or great) coach. You don't take a coaching job just because of the money or recognition you will get from it. You want to be a coach because you want to help other people reach their goals and succeed. In addition, it will also test your abilities on how effective you are as a coach.

"In Toastmasters, we provide a supportive environment for its members through hands-on learning experiences and wide access to a Club Mentor and/or a Coach."

Understand how these 5 aspects help you to become a Great Coach

We all know that there are different kinds of coaches in life. There is a coach in financial or business matters. There is also a coach in sports whether it is an individual or team sport such as boxing or basketball. And of course, there is a coach for becoming a better public speaker.

In Toastmasters, we provide a supportive environment for its members through hands-on learning experiences and wide access to a Club Mentor and/or a Coach.

Although both mentoring and coaching are proven ways to support an individual in developing a skill or achieving a goal, the latter is a bit more specific in terms of the task involved which follows a particular structure or framework on a given timeframe.

Coaching someone will be a success if the coachee achieves his or her goal at the end of the coaching period. To reach success, here are 5 aspects that we can learn, using the letters from the word "COACH".

COMMUNICATE

One important aspect of Coaching is to communicate. As a coach, you have to communicate regularly with

CRITIQUE

To critique a performance is another important aspect of being a coach. In Toastmasters, we do this in the form of Evaluation. Just like how we evaluate our fellow Toastmasters on their speeches during meetings, a coach must evaluate the coachee about their performance. Providing feedback to your coachee enables them to realize if they are meeting their goals or require them to put in more effort. It will also help them realize how much they have changed before and after the coaching sessions.

HONESTY

Lastly, as a coach, you have to be Honest in giving your feedback to your coachee. You cannot just say all the positive stuff and cover up what went wrong or not so well during the speech. However, you need to find ways to deliver your comments positively and properly. Avoid harsh or negative criticism since not all people can take

that kind of feedback warmly as it may discourage them from finishing the task.

Anyone can be a coach as long as you put in the work and remember the different aspects mentioned above. Coaching is also one way of giving back to the Toastmasters community as we help others, especially the new members to become better speakers and communicators.

Although it may be a short-stint, the experience of being a coach can be truly memorable and fulfilling. After all, it is by teaching others that coaches do most of the learning for themselves for they apply what they have studied while helping someone achieve their goals.

“TO SPEAK AND TO SPEAK WELL ARE TWO THINGS. A FOOL MAY TALK, BUT A WISE MAN SPEAKS.” — BEN JONSON

“THE GREATEST PROBLEM WITH COMMUNICATION IS WE DON’T LISTEN TO UNDERSTAND. WE LISTEN TO REPLY.”

— STEPHEN R. COVEY

“YOUR STORY IS THE KEY THAT CAN UNLOCK SOMEONE ELSE’S PRISON. SHARE YOUR TESTIMONY.” — UNKNOWN

DIVISION G LEADERS

DISTRICT 127
AREA 27 LEADERS
2023-2024

LEADERS



TM SREEJITH RAVEENDRAN



TM AL JANO TAN



DTM SUSHIL MARATHA

DIVISION G LEADERS

DISTRICT 127
AREA 28 LEADERS
2023-2024

INSPIRING
GREATNESS

45

LEADERS



TM SMITHA VAIDYA



DTM ROMEO AGREGADO



TM HASEEM



TM INACIO

An Inclusive world

TM SMITHA VAIDYA

Club President
Desert Divas Toastmasters Club



If they don't give you a seat at the table, bring a folding chair. - Shirley Chisholm

Transformation often occurs through series of incremental steps and small changes. There is a new cycle track in Dubai. Jumeirah beach cycle track. If you are able to go there early mornings, you get best of both worlds, beautiful view of Arabian gulf and exercise to maintain health.

If one visualizes Dubai as a health-conscious city, this cycle track is just one tiny piece. But it is these many tiny pieces together that have slowly transformed image of Dubai from a shopping paradise into that of health focused city state.

10 years back when a women's only Toastmasters Club was started, indeed it was just a small piece in the whole scheme of things. Nevertheless, a key piece that

added momentum to the journey of transforming our UAE Toastmasters world into a more diverse and moreover into a more inclusive place. Today that number has of course increased!

We are Dubai's First ladies only Toastmasters club that caters to learning needs of women who have time only during weekday mornings. And it has been successfully empowering this niche audience for last 10 years. Today I write to you as representative of 30 odd members who are currently on our rolls and scores who have benefited and in turn as mentors have given back to club and wider Toastmasters fraternity.

Like all the previous years, it has been a successful first half this year too. Each of the meetings have been a mini celebration in themselves. From a brilliant open house with a twist (Onam festival) with almost 12 guests



, considering ours is a niche audience – it is a huge number, out of which 5 became members! Education session from an array of experts-the Distinguished Toastmasters (DTMs) like Paddy Kennedy, Vinod Panicker, Sudarshan Seshadri, Usha Mohan, Deepa Umashankar, Nisha Varghese, a debate contest with 12 participants, we were one of the top 3 in the division, a speech contest spanning two days with more than 15 contestants, our champion speaker will now represent our Club and Area in the upcoming Division contest. We spearheaded a one of kind joint meeting with other women clubs in the district, our club was given the opportunity to demo for an esteemed corporate organization in this region, this goes on to show how our

meetings continue to enthrall, engage, empower not only our own members and guests, but also a much wider audience, no wonder Desert Divas is a common name in all District events, District PR awards and the most prestigious Membership Renewal Awards.

Although this sounds like success, it's BAU for us. We have been doing this for the last 10 years. Thanks to an ExCom team that brings their best in all their endeavors and committed members / mentors who year after year contribute with all their creativity, soul and connect to each task on hand.

And this is the legacy I wish, to cherish and laud, and also wish to take it forward. To not only celebrate our uniqueness but also curate more collaborative opportunities, to spearhead not only our own transformation journey but also that of the world around us.

A world that respects both rightful expression of individual choices and gender equality. A truly inclusive world.



“COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE LITTLE VOICE AT THE END OF THE DAY THAT SAYS I'LL TRY AGAIN TOMORROW.”

— MARY ANNE RADMACHER

The Ripple Effect

TM ARPITHA TRIVEDI

VPE

Desert Divas Toastmasters Club



“Sometimes the most scenic roads in life are the detours you didn’t mean to take”

Leadership was never my forte.

I joined Desert Divas TMC (The first all ladies Toastmasters Club of UAE) in 2016. Joining this vibrant ladies club was a decision born out of curiosity and a desire for personal growth, so leadership roles never excited me. Every subsequent meeting contributed to enhancing my communication skills, confidence and personal growth but the thought of becoming a leader always eluded me. Our club boasted of a fleet of skilled and articulate toastmasters who were also dynamic leaders of the District. I marveled at their uncanny ability to juggle speeches, mentor other members, participate in club contests and also serve in Area and Division while taking care of their family and house chores. Witnessing their dedication and commitment, I was occasionally motivated and inspired to enter this unknown territory but deeply embedded seeds of insecurity prevented me from stepping outside my comfort zone and taking the plunge.

They say, knowledge is power but knowing someone else’s weakness is super power. ... and well mine has always been a cup of Masala Chai. The current President of Desert Divas, TM Smitha Vaidya

possessed that mystic superpower. One fine day, she strategically invited me over a cup of chai (and samosa) and rest is history ...

My initial resentment and hesitance crumbled in front of TM Smitha’s trust and faith (and of course the chai and samosa) and before I even realized, I said “ I Do” . As I took oath for the Incoming VP Education of Desert Divas in August 2023, I was wary of the grand legacy left by past Leaders and Excom members of our club. After surviving initial hiccups and teething troubles, and with the constant encouragement and guidance from senior members of the club and Toastmasters fraternity, I gradually started embracing the opportunities while connecting with each and every member of my club, taking baby steps to becoming a leader that I had never thought I would be.

Joining the awards team of District Public Relations, imparting COT training and taking up various roles in Area and Division events further opened many closed doors and allowed me to share experiences and exchange ideas across the diverse members of District 127.

Today when I look back, becoming a VP Education was a turning point in my life. Little did I know that it would become a transformative journey, challenging my fears and reshaping my

outlook on leadership. A school girl who believed she could never even become a monitor of a class of 20 odd students is successfully leading a group of 30 dashing women of a reputed toastmasters club today , guiding them on their paths of self- improvement . Call it the Midas Touch of Toastmasters

We often underestimate the power of our actions to create a ripple effect in the lives of others. Through their exemplary leadership, my club and district leaders ignited a ripple effect within me. Today, it gives me immense pride when my club members look up to me for support

and guidance. The glint in their eyes and smile on their lips when they confess that I inspire them to be a leader, fills my heart with profound joy and happiness. It makes me realize that ‘greatness is nothing but inspiring others to be their best’

My journey of self-discovery and the metamorphosis from a timid member to a confident leader has been a memorable one and I am overjoyed to create the ripple effect in return

Let us continue to INSPIRE, UPLIFT, and EMPOWER each other as we journey towards greatness together.



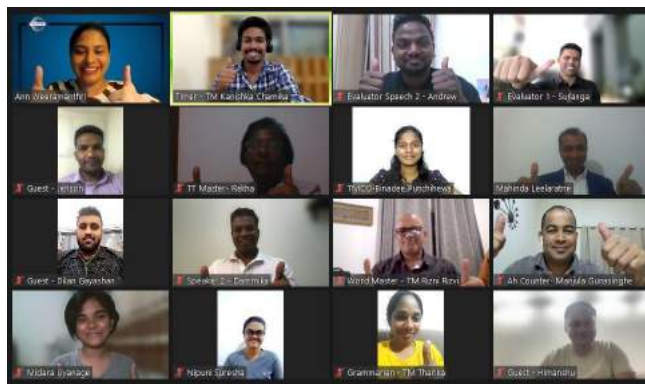
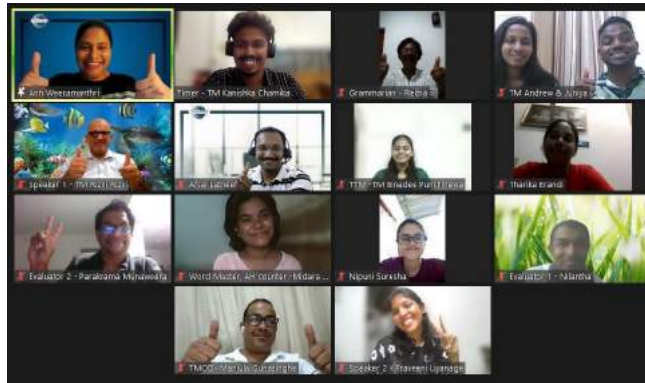
“THERE ARE THREE THINGS TO AIM AT IN PUBLIC SPEAKING: FIRST, TO GET INTO YOUR SUBJECT, THEN TO GET YOUR SUBJECT INTO YOURSELF, AND LASTLY, TO GET YOUR SUBJECT INTO THE HEART OF YOUR AUDIENCE.”

— ALEXANDER GREGG

THE MEMBER WINDOW











My Toastmasters Journey: A Path of Growth and Confidence

TM AR-JAY S RAYES

IIIE-EPM
??????????

THE MEMBER WINDOW

For the past three years, I have embarked on an enriching journey within the Toastmasters community. It has been a transformative experience, shaping not only my public speaking abilities but also my leadership skills. Allow me to share the highlights of this remarkable voyage.

The Humble Beginning

My journey commenced with curiosity and a desire for personal growth. As I stepped into my first Toastmasters meeting of IIIEE-EPM and Friends TMC, I was greeted by a warm and supportive environment. The meeting room buzzed with energy—a diverse group of individuals, all eager to improve their communication and leadership prowess. Our club was chartered on January 28, 2021, and most of the members are electrical engineers.

Mastering the Art of Public Speaking

Speech Delivery: I vividly recall my initial speech—a mix of nervousness and excitement. But with each subsequent speech, I honed my craft. Constructive feedback from fellow Toastmasters fueled my progress. I learned to structure my content, engage the audience, and conquer stage fright. From icebreakers to persuasive talks, I explored various speech genres, each contributing to my growth.

Table Topics: The impromptu Table Topics

segment challenged me to think on my feet. Random questions, a minute to respond—it was a thrilling exercise in spontaneity. Gradually, I became adept at weaving coherent narratives even under pressure. Winning in an Area contest is my greatest achievement in this category.

Beyond the Podium: Leadership Roles

Toastmasters isn't just about speeches; it's a holistic development platform. I eagerly embraced leadership roles within my club:

- 1. Meeting Roles:** From Timer to Grammarian, I assumed diverse responsibilities during club meetings. These roles taught me organization, time management, and attention to detail.
- 2. Club Officer:** Serving as a club officer was a defining moment. I served as the Club Secretary, Vice-President for Education, and Club President. I am the current Vice-President for Education of our club. The camaraderie among officers fueled our collective commitment to club excellence.
- 3. Area and Division Levels:** Stepping beyond my club, I engaged at the area and division levels. Collaborating with other clubs, attending contests, and sharing best practices broadened my perspective.

The Unseen Triumphs

Amidst speeches and roles, I celebrated subtle victories:

Confidence: Toastmasters instilled unwavering confidence. Whether addressing a room of ten or a hundred, I stood tall, knowing my voice mattered.

Feedback Culture: Constructive feedback became my ally. I welcomed evaluations, recognizing that growth lies in acknowledging areas for improvement.

Networking: Toastmasters connected me with professionals from diverse fields. Conversations over coffee (both online and in person) led

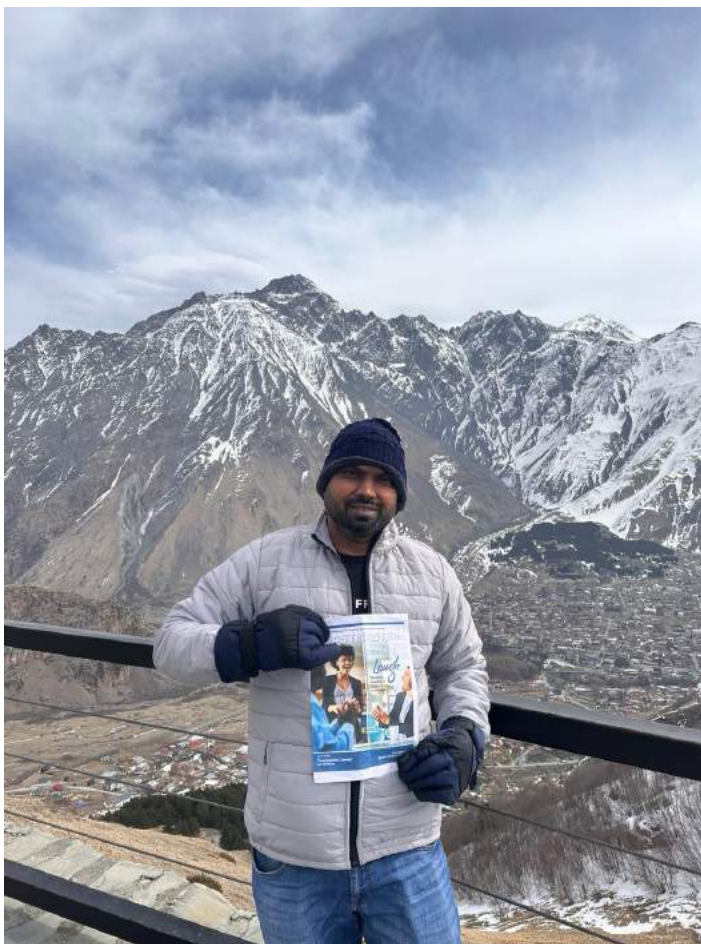
to collaborations, mentorships, and lasting friendships.

The Road Ahead

As I reflect on these three years, I realize that my Toastmasters journey is perpetual. There are no shortcuts, no secrets—just dedication, hard work, and a hunger for improvement. I look forward to more speeches, more roles, and more connections. And as Colin Powell wisely said, “There are no secrets to success. It is the result of preparation, hard work, and learning from failure”.

So, fellow Toastmasters, let’s continue this voyage together. Our podium awaits, and our leadership journey knows no bounds.

“As I reflect on these three years, I realize that my Toastmasters journey is perpetual. There are no shortcuts, no secrets—just dedication, hard work, and a hunger for improvement.”



THE MEMBER WINDOW

Mount Kazbek, Georgia

Renaissance

TM MICHELLE JACOB

??

?????



Walking down the memory, I used to always think I had to be perfect to take up leadership roles. There were a few colleagues or classmates who would always take charge and I would think that they were born leaders and it was a given talent that unfortunately I wasn't born with or at-least that was my assumption until I joined toastmasters.

Being a Toastmaster gave me a comfortable platform to hone my communication skills. Moreover, it has transcended much more than that. Toastmasters has changed all my "I can't do's" to "I can do it", and that includes all different leadership roles assigned to me in the club. Currently, the most challenging role so far, the Vice President Education; I must say, the immense support and encouragement from my fellow club leaders and members is what makes this journey so enthralling for me. I realized that being a leader is not about perfectionism but rather a journey of commitment, consistent effort to improvement and teamwork. This has infact influenced me in my career as well. I am no longer shy in taking up responsibilities and not afraid to ask/enquire or educate myself if am clueless about any particular subject. Toastmasters reinvented me!

So, if I could meet my past-self, I would say this; "Step out of your comfort zone and face your fears. Growth takes place when you are challenged, not when you are comfortable. So, embrace every opportunity you get to see your own greatness evolving and that of others too."

"Being a Toastmaster gave me a comfortable platform to hone my communication skills. Moreover, it has transcended much more than that. Toastmasters has changed all my "I can't do's" to "I can do it", and that includes all different leadership roles assigned to me in the club."

Mastering the Art of Public Speaking: Techniques for Improvement

SHAKEEL ANWAR CHAUDHRY, DTM

Barsha TMC, Area 27,
Division G, District 127.



Public speaking is an essential skill in today's world, whether you're delivering a presentation at work, speaking at a conference, or even just engaging in conversations with strangers. While it may seem daunting at first, with practice and the right techniques, anyone can become a confident and compelling speaker. Here are some strategies to help you improve your public speaking skills:

- 1. Know Your Audience:** Before you start preparing your speech, take some time to understand who your audience is. What are their interests, concerns, and expectations? Tailor your message to resonate with them, using language and examples that they can relate to.
- 2. Organize Your Thoughts:** Structure your speech in a clear and logical manner. Start with an attention-grabbing introduction, followed by the main points you want to cover, and end with a strong conclusion. Use transitions to smoothly guide your audience from one point to the next.
- 3. Practice, Practice, Practice:** The key to becoming a confident speaker is practice. Rehearse your speech multiple times, preferably in front of a mirror or with a friend or family member who can provide feedback.

Pay attention to your tone, pace, and body language.

4. Manage Your Nerves: It's natural to feel nervous before speaking in public, but there are techniques you can use to manage your anxiety. Practice deep breathing exercises to calm your nerves, visualize yourself delivering a successful speech, and focus on the message you want to convey rather than worrying about how you're being perceived.

5. Engage Your Audience: Keep your audience engaged by using storytelling, humor, or interactive elements such as questions or activities. Make eye contact with different members of the audience, and be aware of your body language to

"Public speaking is an essential skill in today's world, whether you're delivering a presentation at work, speaking at a conference, or even just engaging in conversations with strangers."

convey confidence and enthusiasm.

6. **Use Visual Aids Wisely:** Visual aids such as slides or props can enhance your presentation, but use them sparingly and make sure they complement your message rather than detracting from it. Keep slides simple and uncluttered, and avoid reading directly from them.

7. **Be Authentic:** Authenticity is key to connecting with your audience. Be yourself, and let your passion for the topic shine through. Speak from the heart, and don't be afraid to show vulnerability or emotion if it's relevant to your message.

8. **Seek Feedback:** After you've delivered your speech, ask for feedback from peers, mentors, or audience members. Be open to constructive criticism, and use it as an opportunity to improve your skills for future presentations.

9. **Continuous Learning:** Public speaking is a skill that can always be refined and honed. Take advantage of opportunities to attend workshops, watch TED talks, or join public speaking clubs such as Toastmasters to continue learning and growing as a speaker.

10. **Stay Persistent:** Remember that becoming a proficient public speaker takes time and effort. Don't be discouraged by setbacks or less-than-perfect performances. Keep practicing, stay persistent, and celebrate your progress along the way.

By implementing these techniques and committing to regular practice, you can build the confidence and proficiency needed to excel in public speaking. Whether you're addressing a small group or a large audience, the ability to communicate effectively will serve you well in both your personal and professional life.



TM MANJULA GUNASINGHE

The Growth Mindset of Division G

SOUMYA K. LODH

Assistant PQD
UAE Advanced Toastmasters Club



What a sheer coincidence of events unfolding and its subsequent revelations, as I pen down my thoughts for this article.

I was attending a Demo Meeting earlier today morning to support the efforts by an Area Director who is an Educator, whom I look upto, to bring to life, a New Toastmasters Club with the intention of bringing together the diaspora, of the one of the regional languages of the subcontinent.

The theme of the day was "Growth Mindset" so aptly coined by the Toastmaster of the Day, another Educator herself. In order to procure a little background in order to get started, I commenced, by visiting the Division G Dashboard to see how our beloved Division is performing with reference to membership and new members joining in.

What I ended up discovering with great astonishment and delight, is that our Division G has registered a steady growth percentage with reference to new members joining in this platform, to commence their journey of learning in communication and leadership, on this landmark centennial year, post our founder, Dr. Ralph C. Smedley, sowing the seeds and leaving a lasting legacy behind, that has, is, and will

continue to be embraced, the world over.

Furthermore, out of the 18 Clubs in the Division, one Club has already secured a perfect 10 goals achieved, 7 Clubs are standing at 7 Goals achieved, 5 Clubs are at 5 or more Goals achieved as on date – 24th March, 2024. We are still three months shy of completing the current Club Excom tenure.

This speaks volumes of the passion, commitment and learning of all the members of this Division, led by Distinguished Toastmaster Dileep Kumar and his brilliant core team of Division officers supported by the Area Directors and the Club Excom and members.

Let us continue to support each other in keeping this flame of learning and enrichment alive forward and upwards.

Warmest best wishes and much sunshine to DTM Dileep and to the Division G Team Ambassadors of Learning and Communication.

