

# TAR College Toastmasters Club

*Toastmasters Are Really Cool!*



## **And Here I Rocked The Stage:**

*TM Daryl Lim was presenting his speech while the audience looked on during our Toastmasters meeting on 12 March 2011.*

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## **The Editor's Say**

I remembered years ago, standing with sweaty palms, incoherent phrases that are seemingly forgotten even though so well versed before and those imaginary butterflies fluttering in my stomach! That bizarre moment caught me unprepared as a young boy who is giving his first maiden speech in front of probing stares

My experience with public speaking seems like forever, but it still etched so freshly in my mind as I am typing now. Some has more desire to be heard than others. However most just prefer to do away with such a great "gift" by not taking the very first step: to speak out.



Taking the first step in public speaking can be audacious to some, mind boggling to others and downright intimidating to several, like the awe I have felt. Nonetheless this step is very fulfilling and as you journey on past your maiden step the anxiety melts away, the nervousness dissipated slowly and fun comes snowballing with burst of newfound confidence joy of sharing, exhilarating discovery and loads of laughter along this journey. And when you reach a certain point during the journey then you realise; to speak out is not that hard after all, and all that matters now is to go on and keep on speaking and sharing as you are gifted to do so.

And we at TARC Toastmasters hope to see you taking your very first step soon!

**Steven Yong, CC  
Editor**



**TARC Toastmasters Club**  
Area W2, Kuala Lumpur  
Club No: 1759651

## President's Message



Eric Low, TM  
President

Joining the Toastmasters' fraternity had never been regret for me, although I did miss nearly three weeks of meetings due to my audit internship in Johor. I must confess it was a feverish, frenzied but a worthy stint, although I had to work past office hours to get work done. However, as I embarked my journey into Toastmasters before becoming an intern, I realised that Toastmasters is very practicable during internship. It not only builds my confidence but it also made me a better communicator.

As you all might have known, the working world is entirely different compared to college. One obvious fact is you actually deal with people more rather than burying your face into books. Communication is the most effective way we relay our information to others.

What would you say during an interview? What if you are

expected to present your project in the meeting room in less than an hour? Would you feel 'small'? Even if you are afraid to speak in front of a crowd, you'd surely want to share your ideas with your boss

All in all, I am very blessed to have a committed and dynamic team 'pushing' the extra mile to continue the remarkable meetings during my absence. I urge those who are still in doubt on Toastmasters, to cast it away. I strongly believe that with you joining us and benefit from Toastmasters, we can become potential centres of greatness and formidable influence. Come and join us and taste the enjoyment, for you will not regret. Let us all continue to work together to keep TARC Toastmasters a great place to be as this is a family where **Toastmasters Are Really Cool!**



## *Toastmasters' Tips:*

### **Read Your Speech Objectives**

Before preparing your script, first read the speech objectives as stated in your CC manual to know your purpose of your speech. For example, if your speech focuses on body language (CC#5); be more mindful of body gestures and eye contact that helps to drive further a deeper purpose in your speech's message.

### **Use Humor to Make Your Point**

Humor should be funny, but should also be relevant to give clarity and understanding to your message, and can help develop a rapport with your audience if your jokes are self-deprecating. Humor should be laudatory – never embarrass or insult an audience member even with their prior permission.



## Self Reflection vs. Criticism

By Serene Long, TM

How many of us can actually take criticism positively? This question popped up in my head when I was given a comment by my manager one day regarding my work. To be frank, at that moment I pondered upon that comment and I did realize my mistake and incompetency. I felt bad for not going the extra mile to get things done in a more ideal manner.

There are times when we were so protective of ourselves and we often fail to stop and make a simple self-reflection. It simply means to look deep down into your own thoughts, mind and soul. When we do this seriously and earnestly, I believe one will discover

much more about your true self.

How is the process of making a self-reflection related to taking criticism positively? I am certain that almost everyone in this world prefer to receive praise and



"I killed him in self-defense. I'm not good at accepting criticism."

applause rather than negative feedback or criticism as

criticism can lead to disappointment and frustration. It can de-motivate you to the extent of killing your enthusiasm.

To accept criticisms positively, let's reflect the way we behave and see how we have fared in our performance to analyze whether the criticism falls right in place. We can instead perceive criticism as a chance for improvement and take it as an advice to make ourselves a better person in every situation that we engage in.

All in all, it is important to deal with criticism in the right spirit and this can easily be achieved by a simple self-reflection. So, whenever someone comes up to you and "criticize" you, remember it's just a simple ripple in the ocean of life and it is actually what that makes the ocean so beautiful (breath in the breeze).

## 5 Simple Answers for your 5 Questions

By Heng Songher, TM

These are the five questions I asked myself upon joining Toastmasters half a year ago. I hope the answers that I found could help you to find your way and make your choice

### What?

Toastmasters is an international non-profit educational organisation that teaches public speaking and leadership skills, definitely not the place to toast any bread or bake any cakes. On lay-man's term, it is a place you get to learn, train, brush up and more importantly to exercise what you have learnt in communication and leadership skills.

### When?

Our Toastmasters meeting are normally held at every 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month 9am to 11am. For the exact dates,

please refer the last page of this newsletter. Pick a day, show up and make a difference!

### Where?

Meetings are mostly held in M block of School of Technology (SOT), TAR College. Find us on Facebook under the name of TAR College Toastmasters or drop by our site at [tarctmc.wordpress.com](http://tarctmc.wordpress.com)

### Why?

You may be puzzled just like me. Why Toastmasters? The answer is so simple, believing in your own-self to become better every single day.

### How?

You just need to bring yourself to the venue at the time mentioned below. Show up and leave the rest to us!



CTM, CL Richard Chia; TARC TMC regular and passionate 'toastie' giving feedback on a speech given by one of our Toastmasters member on 26 February 2011.

**TAR College  
Toastmasters Club  
(2<sup>nd</sup> & 4<sup>th</sup> Saturdays)**

M Block Tutorial  
Room  
(School of  
Technology)  
TAR College

**Time: 9AM to 11AM**



TAR College Toastmasters

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*"You can't be  
brave if you've only  
had wonderful things  
happen to you."*

**Mary Tylor Moore,  
American sitcom  
actress**

*"Raise your glass for all  
the wrongs you did  
right."*  
**Pink, American singer**

## Food For Thought

By: Ng Lay Choo, ACG, ALB



One of Stephen Covey's 7 Highly Effective People's traits was **"Sharpening Your Saw"**. It was indeed a very meaningful trait that one needs to continuously seek to improve. Allow me to share with you my "sharpening saw" journey called the Toastmasters tracks.

Toastmasters have two very prominent and well-tested tracks which are the communication and leadership tracks. I was introduced to Toastmasters by my ex-colleague Tony Lin who invited me to witness the Great Eastern Toastmasters Club, an in-house club. When I joined the first meeting, I was completely captivated and mesmerized by the genuineness of the people in the club. The minute I left the meeting, I signed up as a member and did my Icebreaker speech on the next meeting.

Then I got 'hooked' with project speech delivery as the **Competent Communication** ("CC"-10 project speeches) tracks have enthralled me. That was when, the birth of my 'clubbing' habit ie. Toastmasters 'clubbing' begins. The CC tracks were interesting, however, I was a bit baffled with Project 4 – "How to Say It", where I learnt saying with simple words is more effective than using grandiloquent words. I learnt the meaning of simile, alliteration, triads and metaphor which were both interesting and yet intimidating.

It is important that you should spread your learning to include the leadership track called the **Competent Leadership**. Though, the leadership track has written

evaluation, it shall be great if you can speak privately with your evaluator and the General Evaluator, so that you can learn more and improve. Do not be afraid of criticism as most evaluators were trained to be diplomatic as we use 'sandwich' evaluation style where we 'kiss-kick-kiss' so that you shall continue with your next project speech and role-playing.

Toastmasters was like a 'calling' for my change in career where I enjoyed learning and sharing (thus am now teaching). The tracks are fun, meaningful, fulfilling and structured. The people I met – and continue meeting, were genuine and great. More importantly, the 'tools' were readily available for all members.

So the question one has to ask one self, when joining Toastmasters is WHY do you join? Has it sharpened your saw? What can you do to give back (as I passionately believe in spreading Dr Ralph C Smedly's vision)? Where do you see yourself later?

All the manuals when followed through diligently and purposefully shall give you a chance to be a better communicator, listener, and more importantly conscious timer. I am PROUD and honored to be a member of Toastmasters Club and I hope when you join this club, you shall enjoy them too!

### Meeting Dates 2011 (every 2<sup>nd</sup> and 4<sup>th</sup> Saturdays)

- April – 30
- May – 14, 28
- June – 18, 25
- July – 9, 23
- August – No meetings due to exams.
- Sept – 24
- October – 8, 20
- November – 12, 26
- December - 10

**Dates may be subjected  
to change due to  
unforeseen circumstances  
with TAR College's  
timetable.**

**Ensure you are always  
updated by going to our  
blog below.**