



Dec 2016/Jan 2017

Club Newsletter

Club 4728

Hopkins Toastmasters

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Club Officers

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Wafa Khamis Alnakhi, CC,
CL

VP, Education:
Mona Adel Mohamed,
DTM

VP, Public Relations:
Ayon Nandi

VP, membership:
Catherine Ann Moore

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Vartika Yadav and Haiyun
Liu

Sergeant at Arms:
Chakradhar Mishra

Treasurer:
Mona Adel Mohamed,
DTM

Club Achievements and Progress

- ✓ On December, 14th, 2016, Hopkins Toastmasters met 5 goals towards Distinguished status!
- ✓ The club was awarded \$50 for having all officers trained. The gift was a voucher to purchase TM materials from the TMI shop!
- ✓ Our club held its club contest on September 17, 2016.
 - Congrats to contest winners in Humorous and Evaluation Speech Contests
- ✓ Our club held an Open House on December 12, 2016.
- ✓ Congrats to James R. Brašić, who won his ALB, CL and ACB awards this year!

Upcoming Events in 2017

- ✓ Next club contest on Feb. 27th, 2017!
- ✓ Next club meetings:
 - Jan 23rd, 2017, 5:30pm
 - Feb 13, 2017, 12 noon
 - Feb 27, 2017, 5:30 pm
 - Mar 13, 2017, 12 noon

How To Speak Well in Public

James R. Brašić, DTM, ACG, ALB, ALB, CC



Scientists frequently must explain their work to others. Oral presentation of the design, analysis, and findings of experiments constitutes a crucial role in the dissemination of the knowledge resulting from the

scientist's work. For example, at scientific meetings scientists are asked to deliver prepared speeches as well as informal presentations to accompany poster presentations. The ability to express themselves succinctly is a skill that successful scientists learn.

Hopkins Toastmasters Promotes Public Speaking Skills

Scientists and other members of the Hopkins community have the opportunity to learn how to speak in public through participation in Hopkins Toastmasters. Hopkins Toastmasters is a club of Toastmasters International, an organization to promote the public speaking and leadership.

Fear of Speaking

Stage fright is a universal phenomenon, and occurs before and during the process of presenting a speech or another professional or artistic performance to an audience. The presence of stage fright heightens the sympathetic arousal of the peripheral nervous system through the fight or flight pathways. Whilst under control, this physiological arousal results in peak performances by experienced speakers. At its' extreme, however, stage fright can result in negative outcomes, for example; a person may experience a memory lapse onstage or be so afraid that they refuse to even attempt a public speech.

Learning to overcome stage fright is a key benefit of participation in Toastmasters. Since all speakers experience stage fright, we are all familiar with the experience. Toastmasters are a friendly audience and suggestions to handle stage fright are often a part of the evaluation of prepared speeches by members. Thus, by taking part in Toastmasters on a regular basis, members learn to overcome their fear of speaking in public.

Speaking in English and Non-English Speakers in Hopkins Toastmasters

At Hopkins Toastmasters speeches must be given in English at all meetings. This is actually beneficial to scientists because many scientific meetings are conducted in English even when the meetings are in countries where English is not the primary language.

Hopkins Toastmasters includes the greater Hopkins community, and many have English as a second language. Thus, many members of Hopkins Toastmasters face the additional challenge of presenting prepared and unprepared speeches in their second or third language. This is a valuable challenge for international scientists because it mimics the challenges faced at scientific meetings. International members of Toastmasters can learn to take advantage of their accents in English. For example, an accent during a speech in English can be used for humorous purposes. International members of Toastmasters benefit from participation in Toastmasters when they observe how other international members cope with the challenges of giving a speech in English. Thus, international members of Hopkins Toastmasters can copy the techniques other international members employ to make effective presentations in English.

Individuals are welcome to attend meetings of Hopkins Toastmasters as guests for which there is no fee. For further information and to be placed on the email list to receive regular announcements about Hopkins Toastmasters please contact Ayon Nandi, Vice President Public Relations: vppr-4728@toastmastersclubs.org

Note: Adapted from an original article: Brašić, JR. How to speak well in public. Catalyst: The Johns Hopkins Postdoctoral Association Newsletter. April 2006, volume 4, page 6.



What to expect as a new member of Hopkins Toastmaster's Club

Cathy Moore, VP of Membership

As a member of Hopkins Toastmaster's club, you'll be surrounded and supported by a community of amazing human beings who are all at various stages in their "development" as public speakers. You can ask one of these humans to be your Toastmasters' mentor. This is a great way to get support from a more experienced member. There will be immediate opportunities to get public speaking experience at the meeting -- here, we learn by doing! For example, during Table Topics, you can get up and speak "off the cuff", where each volunteer gets an impromptu topic to speak on for 1-2 minutes. You also get valuable speaking experience when you sign up for a role in the meetings, such as Grammarian, Speech Evaluator, or Topicsmaster. You'll also start getting the Toastmaster Magazine each month. I get practical tips from this magazine each month (for example, how to make a good impression when introducing yourself to new people) and I learn about the wider Toastmaster's International community beyond my own local club.

I just joined the Hopkins Toastmaster's Club in Summer of 2016 and am already reaping the benefits! In November, I was asked to participate in an on-camera interview as part of a recruiting video that my employer was producing. While I was somewhat nervous about it, I was also excited! Toastmaster's has been showing me how I can prepare myself for such speaking opportunities, so I went in with a bit more confidence and less anxiety than in past speaking situations; and it showed. Once the video came out, I think it was the first time I had ever heard myself talking in a recording and *not* cringed. Surprisingly, I did not say a single "like" or "um" during the interview. This was huge progress compared to when I spoke "off the cuff" at my very first Toastmaster's meeting; I believe I said so many "ums" back then that the Grammarian lost count!

Welcome to Hopkins Toastmaster's Club! Whatever you wish to accomplish, we offer you the tools you need. Our meetings are a safe space where, together, we discover our hidden strengths as communicators, bring them into the light, and shine brighter with each new experience. See you at the meeting!



Cathy after winning Best Speaker at our Open House! (12/12/16)

My Toastmaster's Journey

Wafa Khamis Alnakhi, CC, CL



While earning my master's degree in Biotechnology with a concentration in Enterprise in the year 2011 at John Hopkins University, I took a class in Bioscience communication, offered by the Krieger School of Arts and Sciences. Throughout the course, we learned how we as researchers and health professionals need to

communicate our ideas and innovations to the right target audience. I remember during that course the instructor mentioned something called "Toastmasters International" which is an organization for people who are interested to improve their public speaking and leadership. At that time, I didn't realize that Toastmasters will be an essential part of life. After graduating from Johns Hopkins University and flying back home to UAE I decided to Join Toastmasters International to improve my public speaking skills. In the same year I joined two toastmasters in my home country: **Lagoon** and **Intilaqah** and they were more than 100 miles apart. I decided to have mutual membership to be exposed to different audiences. From there my journey with toastmasters started. When I matriculated to my doctoral degree in 2013 I also joined Hopkins toastmasters club. In my current club Hopkins Toastmasters Club I started as a member, then VPPR, then VPE and for 2016-2017 term I was elected to become the President.

Being an active member and officer in Toastmasters, gave me the chance to learn so many things and be better and efficient person when it comes to public speaking. For that reason, I would list some reasons why I would encourage anyone else to join toastmasters. First: because toastmasters helps you become a better listener before being a good speaker. In order to know how to speak, you would need to listen to many speeches to judge the bad from the good to come up with your own style. Second: Toastmasters gives you the experience to hone leadership skills by serving in the different officer's roles and volunteering in the different Toastmasters' contests. Third: Toastmasters helps you to learn from other people experience when listening to their speeches and stories. Fourth: Toastmasters helps to improve the quality of life in a way that makes you run and manage work meeting more efficiently since you will already be used to Toastmasters meetings. In addition, practicing impromptu speeches during table topic will really help you to think in your feet and improve the way how a person conveys their idea. To summarize honing public speaking and leadership require commitment, dedication and perseverance. It is journey of 1000 miles, begins with a first step of joining Toastmasters International.



Hopkins TM 2016 Looking Back!



JHSPH Activity Fair



New Members, Feb, 2016



Mohammed Qahtani the 2015 world
champion of public speaking



Past TM International President Jim
Kokocki, DTM



Area 62 Humorous Contest Winner
(Jhanvi Patel)



Open House 2016: Best Table Topics
(Hoon Byun)



Open House 2016: Inducting new Members