



# Parra Natta

Meeting No: 1235

Parramatta Toastmasters Club 2274

## Theme

Dare To Be Different

## Welcome Guest

- Tony Tione
- Lyn Ling
- Angela Yu
- Rob Tibberstma
- Mahdi Housaini
- Linda Wang
- Alireza Sadegki
- Mario Amor
- Jomark Domingo

We look forward to your next visit.

Would you like to speak to a member about Parramatta Toastmasters?

Michael Said, the club's Vice-President of Membership is more than happy to take your calls or emails about attending a club meeting or general enquiries about the club

Mobile:  
04 19 522 949

**Email**  
[VPM@parramattatm.org.au](mailto:VPM@parramattatm.org.au)  
or [Michael Said Email](mailto:Michael Said Email)

**Contact**  
Do you have goals that you would like to achieve?  
Contact Kirisha, VPE to discuss your targets at  
[VPE@parramattatm.org.au](mailto:VPE@parramattatm.org.au)

## A Marathon Speech Night

With a warm welcome, President Linda S said "As a club we dare to be different and ahead of us, is a marathon speech night."



With her speech, 'My experiences at Toastmaster,' Alicia D, got the ball rolling. She spoke about her experience in finding a course to help with her professional development, selecting a mentor and district conferences.

Then Mrinal S gave a speech on 'The Positive Spin'. He said that he researched his topic because he wanted to know how to deliver bad news that is pleasing to hear.

Steven C, gave a speech on the '8 Stages of Psychosocial Development'. He talked about the evolution of human lifecycle.

Michael S, with his speech 'Dear Dad', said after hearing a few con-

cerning stories about his dad, he started to reflect

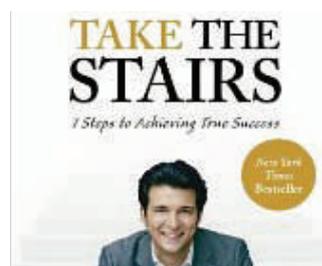


on his dad's legacy.

Peter S, with his speech titled 'Random Musings' entertained his audience with random stories which allowed him to meet his speech objectives.

After the break, Melanie W, gave a speech on giving an award. With her speech titled '30 years', she presented an award to Elizabeth W for her dedication to Toastmasters.

With her speech titled 'Escalators or Stairs?', winner of the night, Monique T, talked about the book 'Take the Stairs' by Rory Vaden and how it will help you get off the "escalator"

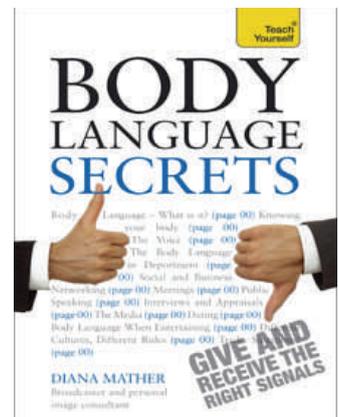


and tackle the work that leads to real success.

Next was Elaine A, with her speech 'Phantom Limb Syndrome'. She engaged the audience with a question in her opening 'If we change how our brain works, can we change our lives?'

Lyndal T, then presented her speech on the 'Importance of Vaccinations' and gave us some personal examples.

Then Linda S, presented an educational speech on how to use body language.



Lastly was Ron M with his speech titled '200'. Determined to be funny, he enrolled in a comedy course but learned a valuable lesson about success. The lesson he learned was that if you want to be successful, you must be willing to fail. He believes that when he succeeds there will be no failure ahead.

I believe that learning is stronger than knowledge, that perception is more potent than reality, that vision is more powerful than actuality.

I see learning taking place at three separate levels:

**What we know we know.**

**What we know we don't know.**

**What we don't know we don't know.**

These three levels of learning, in our leadership fit together to create knowledge, perception, and vision.

**Level One: What we know we know**

You know you can lead with process and procedures and do a great job. You're empowered and confident, and all that's left is to fill in a few gaps here and there.

**Level Two: What we know we don't know**

You don't know how to connect beyond a certain point. You know you're missing something, and you know it hinders you from being effective. You have some work to do to get where you want to be, but you can define the problem and identify the resources you need to solve it.

**Level Three: What we don't know we don't know**

You're stuck. You know you need to move beyond what you've always done, but you're clueless, and the only way out is through uncharted waters.

Learning and growth occur at all three levels, but the best leadership growth occurs when we break open



**Level Three, what we don't know we don't know.**

As leaders, we struggle with the same challenges, frustrations, doubts, and setbacks as everyone else. But it's important that we seek out opportunities and circumstances that guide us toward new vision and new realities.

At these times, we are called to experience beyond what we know. That's why our willingness to be present in all levels are so important.

**Commitment:** Make a conscious commitment to be open.

**Trust:** Trust that you are heading in the direction of new knowledge.

**Curiosity:** Allow yourself to experience the curiosity of not knowing.

**Freedom:** Consent to the freedom of experience something new and unexpected.

**"As leaders, we need to have patience with ourselves and live with the idea that "What we don't know we don't know"**

Maybe if we learned what we need to know today. We might not understand its meaning. So acknowledge **What we don't know we don't know.**

Because maybe not today, maybe not tomorrow, but rest assured when the time is right for us to know, we will know.

**Lead From Within:**

As heart-based leaders we need to let go of the expectation that life shows up a certain way, within the boundaries of what we already know. Take it as it comes – in hours, moments, years, in the known and especially in the unknown – and learn from it as much as you can.

**About Lolly Daskal**

Lolly is very passionate about the power of heart-based leadership, the value of personal integrity, and her mission of helping people achieve their potential to make a difference. For more information about Lolly Daskal, [click here](#)

## How to Get Presentation Juices Flowing

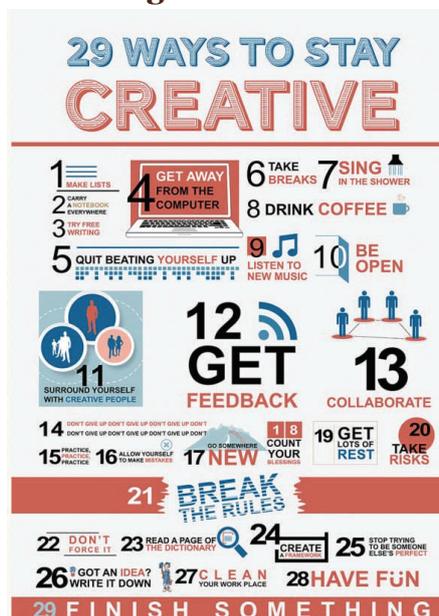
Despite of all the presentation tips, tricks and templates, the art of creating a great presentation is a creative process.

[Storytelling](#), [compelling introductions](#) and [memorable conclusions](#) all take a HUGE amount of creative energy.

Sometimes, the muse is just not speaking to you. You get stuck.

When that happens to you, how do you get the muse to end her silence and start speaking to you?

I loved this infographic about 29 ways to stay creative because just one of these can break our creative presentation draught and turn it into a well of speech inspiration.



**About Dr. Michelle Mazur**

Speech Coach and Presentation Skills Trainer Dr. Michelle Mazur guides driven-to-succeed business professionals and independent business owners to ignite the smouldering fire within to speak up, speak out and make their impact.

With her fiery red hair and quirky unconventional presentation style that has delighted and inspired audiences, Dr. Michelle believes that everyone can make a big impact by showing up at their authentic audacious best. Personality can be persuasive. The key is learning to use yours for maximum advantage. More information on Dr. Mazur, [click here](#)

## Memorable Comments

1. Alicia D: 'If you don't practice you'll lose it.'
2. Mrinal S: 'If you can't convince them, confuse them.'
3. Michael S: 'After no. 4, I thought he would've put the cue on the rack, but he went on to have another 5 more.'
4. Ron M: 'I still have a lot of failure ahead of me but when I succeed, there will be no failure ahead.'
5. Kirisha T: 'Lets welcome a woman who is committed in helping others hit their mark, Alicia Denis.'

## Award Winners

### Best Speech

Monique Tonna

### Best Evaluator

Natasha Chan

## New Club's Mission

**The Mission** of a Toastmasters club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Find us on



## Contact

To share any exciting news or to submit an article for Parra Natta, contact Jeeven Jayanathan VPPR [vppr@parramattatm.org.au](mailto:vppr@parramattatm.org.au)



## Differences between Extroversion, Introversion and Shyness

A common misconception is that all introverts are shy. In reality, extroverts are just as likely to be shy as introverts. Shyness is a characteristics of one's personality, while introversion is a more inherent trait. Shyness can be overcome but introversion is an essential part of one's being. Check out the categories below and choose which describe you better.

Extrovert	Introvert	Shy
You are energised by people	Being around people can be draining	You are anxious or nervous around people
You dislike and become bored being alone	After being around people, you enjoy solitude to contemplate	You avoid social situations
You like to talk about yourself or be the centre of attention	You like to listen to others and consider what they've said before responding	You speak only when necessary
You enjoy talking about anything and everything with anyone	You dislike small talk & speaking with strangers with no purpose in mind	You have difficult time talking to acquaintances or strangers
You speak to fill silence, even if you have nothing particularly important to say	You will speak when you think it is necessary to make a point	You avoid speaking unless you are with one of your close friends
You like to have verbal brainstorming to help you formulate your thoughts	It is much easier to formulate your thoughts while writing or when alone	You hope you are not required to verbalise your thoughts

By Michelle Tyler (Toastmasters magazine December 2012)

## Photos for Parramatta Toastmasters photo album



**Toastmaster Recognition**  
30 years of Toastmasters  
Elizabeth Wilson  
with Melanie Wilson (right)



**Toastmaster Recognition**  
Website Achievement  
Gary Wilson  
with President Linda Snalam (right)



**Toastmaster Advancement**  
Advance Communicator Silver  
Advance Leader Bronze  
Linda Said

**Join Us For Our Next Meeting**

**6 June 2013—We Will Rock You**