# Become stronger – ice break

7 years ago, it was my first working day in this building. I remember that was a sunny day, and I came to the 4th floor to meet my customer and my manager. When I talked with my coworker, my manager Anton came around with us and said, “How are you?”. I was a little nervous and didn’t know how to respond to him. Then, an image was showing in my head. This was a picture that comes from my first English book in my junior middle school. There was one girl and one boy talking to each other. The girl has short hair and the boy wears a T-shirt. The girl said, “How do you do”, and then the boy answered, “How do you do, too”.

This is the normal dialogue when people meet at the first time. But I didn’t remember the structure of these sentences so clear. I only remember that need adds the word of ‘too’ at the end of sentences. So, I’m shy and responded in a low voice, “How are you, too!”. When I was saying the word ‘too’, I found there was something wrong. This made me more silence, and Anton was left with no more words.

Do you see the problems in my story? Absolutely, I can find two problems from my story. One is that I need to remember an image to respond to others, and almost can’t hear clearly from the speaker. Another problem is that I was a little nervous.

I'd tried a lot of methods to overcome these problems. Final, the below two methods are effective for me. First, I need to do more practices that awaken response from voice. In this way, I’m not only can hear people clear and response with the voice directly. I don’t need to transfer the words between Chinese and English in my head. I don’t need to depend on the image or text for the answer, the answer will come from my feelings.

But even I’m following the first method, sometimes, I still can’t speak more in some cases, especially face the people I don’t know or in some important meetings. Why? I found that I can’t speak the words which I have practiced because I’m a little nervous. It seems that some feelings often interrupt me during my speech. So, in my second method, I’m trying to let me comfortable and keep the positive feeling face the people in all situations. It's working for me when I focus all things in myself, the feelings which interrupted me have become the part of my body. I feel stronger and then keep moving on other things.

Toastmasters Meeting is a perfect place to let me become stronger. Stronger in brave, stronger in wisdom, stronger in confidence. This will be a good beginning in my Toastmasters journey. To become stronger! Stronger.