

Good afternoon , Dear toastmasters and guests ,

welcome to Red Hat , life is simple not easy for any of us , full of difficulties and surprises, but if we treat it positively and calmly, we can keep ourself energetic, right?

Just as today's meeting , it is a challenge for us to visit red hat to join and support this speech contest at the Friday noon , whether are there any guys took times to here , after contest , nee take minutes back to office to work , whether are there any buddies even ignored their lunch to take part in this events.

Wow , As i saw , most of us is quite busy , thanks for your attendance, I can feel your passions and energy for toastmasters.Thanks , please keep your life energetic , enjoy this moment , and try to be a better you.

Now , I stand at the center of this stage.feeling a little nervous but exciting and enjoyable , however , when i first came to the stage , i was more stressful. Can you image the feeling when i join the toastmaster club at the first time ?

Maybe here Yuli and hanhan still remember, When i first attended the club meeting as a guest in Sep,2017, I have 30 seconds to introduce myself, but I just stand at the cornor of the stage, and whispered : I am Ping Zhang , I come from Chongqing , I am from Kernel QE team. Then,at the tt session, i was also encouraged to take the chance to deliver a 2 minutes speech about Hongkong, and i take it, but when i come back to the stage, i fill stressful, and can not speak just a word. I just said Hong kong is a big city, the traffic in hongkong is quite heavy with a **tremulous voice** which spent 40 seconds.

But now i am quiet self-confident to be a contestant to share you my growth story in the past two years, with a loud voice. As Hemingway put it , There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self.

if you want improve your communication and leadership skill , please try to take the chance to join the toastmaster meeting and learning by doing.the most important thing is that keep your passion and ennergy, be open to receive the feedback and suggest from others.

I keep the energy well, and try to be a better me, However, Life is charming" Monkey", sometime he gave me a candy, sometime he just knocked me down, down the bed, resulted in i could not take care of myself.

In Nov, 2017, I got a lumbar disease, which casued that I can not walk 50 meters, and sit for the whole 8 hours work time for about 3 months, at last i gain 14 kilograms

In that days, Can you guess how i feel about my life first? Sadly, At first, I can not undertake these lasting pain for whole day and night, more seriously,

I even want to end my life sometimes. But my manager kexin said to me, calm down, think more about the dream you , you can wfh for a while until you can walk to the office.

Then I get my energy and passion back, i just determined to do more sport exercise to bulid up muscles to support my body, and let stand still and energetic.

In 2018, I keep the life concept : Eat Right, Keep fit, Live long, Die quick, do my swimming exercise and workout about 4~5 times a week for 8 monthes.

My pain paid off, I lose 17kilograms in total, and build up strong muscles and a charming body shape.

Above all, Today, the main point i want to share to you, my dear toastmasters, is that: Although life is not easy, we still keep it energetic, we can meet a better us and gain more luck and happiness.