Just say it

Thank you very much. Youchao. I am not a star, because all stars should shine. There is no shining point from me except my head because my hair is getting less and less. When my hair is getting as less as Chen Peisi or Le Jia, I will become a star.

Last night my wife asked me to wash the dish but I said “I have to prepare tomorrow’s speech”. She asked “What are you going to say?” “I totally have no ideas.” “Then come and wash these dishes, this will make you cool and got some ideas!”

After I finished I still have no idea. “why do you join toastmaster and prepare speech. It give you so great pressure and pain” “Maybe it can be a topic” Then dear toastmaster why do you join TM? I joined the toastmaster to practice my English and the public speech skill. Now, You can see I can talk with foreigner in English fluently. “Yeah, that’s because you just say: ‘Hello, Thank you and Bye’”. No, I also said “Nice to meet you!”

It will give me the courage and leadership. My wife laughed “it seems the toastmaster did not give you that. You are still a coward. You still fear snake, worm or even a dog. And you are the number three in our family and leaded by our daughter and me”.

Yes, it is true. The toastmaster, these prepared speeches did not change me much. I still was a coward and I still become very nervous and feel a great pressure when I stand on this stage, not relaxed and confident. My heart almost beat 250 times per minute. It did not change me from a fat worm to a beautiful butterfly. It just made me a fatter worm. The toastmaster is not like Aladdin's magic lamp. We just touch it and all of our wishes will come true. The toastmaster is not like golden finger. It can’t change us from rock to gold.

Then why? Why did I spend hours to join meetings and prepare these speeches? Why did I take these pressure and pain?

When I asked myself, my heart, it said you deserved it, you love it. When I finish the speech, step down from the stage, look at the pictures and videos later, I didn’t feel the pressure anymore and I can feel more relaxed and happy. It is pretty like riding the roller coaster. Do you like riding it? It throws us up and then down; it shakes us from the left to right and then back. It gives us pain and pressure. Every time I cursed myself “Why are you so crazy to ride this again?” But at the end when I stand on the ground I feel more happiness after the pain and pressure. These unique feelings are like making speech. And it is also pretty like the drug or the love to a girl.

And in fact the procedure of preparation and delivery of the speech is pretty like dating with a girl. We must try to understand what the audience – the girl like. We need choose the dating topic carefully. We must know what’s forbidden. We should practice our vocal variety and body language. We need try to do the eye-contact. We want to persuade the audience – the girl. I really hope I have a CC manual when I date a girl in the university. Then I wouldn’t fail so many times!

Just like the love to a girl we can’t ask what it can give us. We can only ask what we can share, what we can give. We joined it just because we want to share, we love to give. Our heart, our soul tell us to say it.

Making speeches is not only practice but also has a great advantage that it is much safer than dating girls. If you date a lot of girls we will call you a bad guy. But if you deliver a lot of speeches we call you master. If you date two girls at the same time we say you are immortal. If you make 2 speeches in 1 meeting we will call you awesome.

Please forget the fear, the skill. Just join toastmaster, deliver speeches, speak out what you want to say. Now try to take this unique experience. Try to date with this beautiful girl.