



JLT DUBAI TOASTMASTERS CLUB

Issue 2
Oct '17

Experience Move...

contents

| | |
|----|-------------------------------------|
| 3 | From the Editor's Note |
| 4 | President's Address |
| 5 | Division Director's Address |
| 6 | Your Say - Feedbacks |
| 7 | The JLT Club Excom Crew |
| 8 | They Joined the JLT Bandwagon |
| 10 | Article - Why I Joined Toastmasters |
| 11 | The JLT TMC Brigade |
| 12 | JLT TM Club Achivements |
| 14 | Article - "Quotes" that Motivate |
| 15 | Pic Feature - Mindset |

| | |
|---------------------------------------|----|
| Article - The Many Mistakes of Life | 16 |
| Centre-Point | 18 |
| The Learning Curve | 19 |
| PowWow Pics | 20 |
| Article - From Doing to Being | 22 |
| Feature - Spotlight | 24 |
| Feature - Spotlight | 26 |
| Pic Feature - Snap-Cap | 28 |
| Article - Journey to the Toastmasters | 30 |
| Article - Raising a Kid | 32 |
| Alumnus Corner - Building Resilience | 34 |



FROM THE EDITOR'S DESK



MTM SHAGUFTA PATEL
VP Education
JLT Toastmasters Club

Hello Everyone,

Indeed my pleasure to be addressing all of you again as we roll out the 2nd Issue of JLT Toastmasters Club.

The year went by very quickly. It only seems yesterday that I was at my friend's home ringing in 2017. Like each year, this year too had its share of the highs and the lows.

The highlight of the year for me however, was the song by singer Ed Shereen that topped the charts everywhere, with several nominations to its credit. "Shape of You" peaked at number-one on the singles charts of 35 different countries and is still very hummable.

Now you might wonder why I am talking about this particular song here. It's because of the lyrics. There is one line in the song that especially grips me.

"I'm in love with the shape of you..." and then the song gets a little raunchy, but never mind that. Because by shape I don't mean the body silhouette... when I say 'shape of you' I mean everything about you that shapes you into the person you are.

Life is an endlessly creative experience and we are shaping ourselves at every moment by everything we think, say and do.

Nothing that has happened in the past or that will happen in the future ever goes to waste. Both the good and bad experiences shape our mind and heart for what is to come; and in order to get into excellent shape, we must be open to creating new experiences at all times.

And so, it is with this thought that I welcome all of you to gather whatever you can from the thoughts put forth by our members in this issue. And then, do let us know how it helped shape a better you!

I wish you all fabulous times ahead of whatever little remains of this year and with another wish that the next year brings you even more of whatever it is that makes you happy. :)

Will be back again in 2018 with another fabulous Issue.

Until then, Stay Safe, Party Hard, Work Harder, Be Well and Get in Shape!!!

PRESIDENT'S MESSAGE

The year is flying by! Exactly a year ago, the demo meeting for JLT Toastmasters club was done in October 2016 and after an exciting journey thus far, the completion of one year of Charter is on the horizon.

The club has facilitated assimilation of several likeminded people who are positive, energetic and thus becoming an inspiration and forming a mutual admiration group.

It's been such a pleasure for having been the club's charter president and I feel honored to be amongst such a talented group of people. It is with this talent in mind, that I feel confident and look forward to the progression & handover next year to the new ExCom.

We have had quite a year until now and we are not slowing down anytime soon. Looking back at the club's performance, a genuine feeling of satisfaction and happiness fills in. It is certain that we will continue to improve and grow. As we usually say during evaluation - we need to consolidate and sharpen our strengths and also at the same time improvise our identified shortcomings, which are also galore.

We love to hear suggestions from members, so please share your ideas! Please do step forward and consider serving on the ExCom in the next year.

Our first newsletter was resounding success and received well by all and now another big congrats to the newsletter team for the second edition.



TM SUDHIR KUNNATH
President, JLT TMC
Member, DG TMC

DIVISION DIRECTOR'S ADDRESS

Auto Pilot Mode

Auto pilot mode working not only on machines, on humans as well

We all get up in the morning brush teeth, take showers, having breakfast. These are good habits which we need not think consciously to repeat. But the problem is when *bad habits and behaviors* become automatic. For example, if you made a habit of waking up each day in a bad mood and thinking negative thoughts, this could have a negative impact on the rest of your day

A growing body of research suggests that as little as 5 percent of our behaviors are made consciously. This means that as much as 95 percent of what we do occurs in autopilot mode-meaning that most skills and behaviors you learn eventually becomes automatic habits

Whenever we learn any new skill, it passes through the four stages

1. Unconscious Incompetency- You do not know about the skill
2. Conscious Incompetency- You know but you do not have skills
3. Conscious Competency- You know and have skills
4. Unconscious Competency-

An example considers learning toastmasters' skills

First Stage: You are on first stage because you had no clues about the toastmaster program.

Second Stage: You are in second stage, because you have joined the toastmaster program and not developed any speaking and leadership skills

Third Stage: You are in third stage because you are delivering the project speeches and performing leadership roles. This is very highly critical stage. If you are working on this stage continuously then only you will be able to move to the fourth stage.

Fourth Stage: This is the last stage, where your actions are automatic. How you know that you are in the stage 4; Probably you are in any outside gathering and things are not going smooth, you will voluntarily take the charge and set it right. This is the indication that you have reached the stage 4.

Learn new skills with incremental improvement and sustained progress will lead you to humongous possibilities in your life.

Wish you all a very happy toastmaster year 2017-18.



DTM WILSON LEWIS
Division F Director, 2017-18
Toastmasters International

FEEDBACK IS THE BREAKFAST OF CHAMPIONS

THE JLT CLUB EXCOM CREW



“ #amazing #masterpiece
#toogood
Team Jlt of newsletter .
To the creator,editor, members
and each and everyone !!
Pls forward your friends and family and
show them what they are missing if
they are not part of Toastmasters!!
Such lovey positive energy !!
I almost read all the articles twice and
few thrice !! And mine 4 times lol
Kudos team !! You all are bunch of
energy & has got the power to break
records !!
Keep up the momentum!! Love u all !!

**MTM NAYANA SHAIJU
AL NAHDA TOASTMASTERS CLUB**



**MTM ANITA SAMBHUS
AREA DIRECTOR**

“ I am delighted to see JLT TM Club coming out with an
impressive Newsletter.
JLT TM Club is a pride of Area 28. It has achieved every mile
stone well in time, be it Smedley or any other.
I commend the Ex-com for working tirelessly to make sure that it
happens.
JLT TM Club has a garnered a very healthy membership number in
a short span of time.
It welcomes members from different nationalities. This lends a
unique multi-cultural vibe to their meetings. It is my pleasure to
assist them in their growth and achievement plans this year.
Kudos to JLT Toastmasters Club. May to grow from strength to
strength.

“ I really appreciate the time taken in
designing, collecting information,
collating and presenting it. Beautiful
and Artistic work. The articles are profound
for those who read and wish to learn. It
comes out of people who are from different
cultures and background - amazing. I would
not single out any particular one for praise
but would say that JLT Toastmasters has
released an excellent newsletter.

**DTM NAGABHUSHAN BALAJI
PROGRAM QUALITY DIRECTOR, 2017-18**

“ Thanks a lot for sending me your
newsletter - thoughtful of you.
Excellent work JLT Toastmasters!
Congratulations to all of you.
Your determination to focus on quality
and progress is conveyed through your
newsletter.
Impressive layout and design.
All the very best for the next newsletter.

**MTM SEETHA SAGARAN
DUBAI TOASTMASTERS CLUB**



**SUDHIR KUNNATH
PRESIDENT & MENTOR**



**SHAGUFTA PATEL
VICE PRESIDENT EDUCATION**



**REHANA KHALID
VICE PRESIDENT MEMBERSHIP**



**AMIT SHARMA
VICE PRESIDENT PUBLIC RELATIONS**



**RADHIKA
SECRETARY**



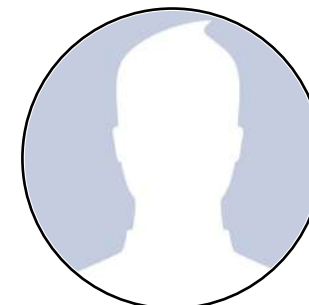
**ALIYU PALATHINGAL
SERGEANT AT ARMS**



**KHALID KHAN
TREASURER**



**MIRKA VAVROVA
ExCOM ASSISTANCE
VP EDUCATION**



**HAMMAD MAHMOOD
ExCOM ASSISTANCE
VP PUBLIC RELATIONS**



**BRAHIM LARAIKI
ExCOM ASSISTANCE
VP MEMBERSHIP**



**REJI DANIEL
ExCOM ASSISTANCE
SECRETARY**

THEY JOINED THE BANDWAGON



TM REJI DANIEL

"The idea of Toastmasters had interested me for a number of years but could never take up the courage to make that decisive step. Finally joined JLT Toastmasters Club during June 2017 after a protracted mental struggle and what a wise decision it was!!! I no longer go into a cold sweat at the mere thought of speaking in front of a group of people. What I like about Toastmasters is the way the program is set up. One goes through different roles that teach you variant aspects of public speaking and meeting management. It is also one of the most cost-effective professional development programs around"

Reji Daniel is a banker with Emirates NBD. He is an avid traveller and likes to mingle with nature. Likes the stillness of the desert and delights in gazing at the stars.

A medical professional progressed to be an HR professional. What defines me is someone who loves "turning potential to reality", that's what I say is my calling. I am doing my best when I am able to bring the best out of people.

I am passionate about self-development and believe in continuous learning. I specialize in niche areas of HR with a focus on Organizational development, HR systems, change management, and transformation. I am currently employed with Mediclinic Middle East as Regional Corporate HR Manager.

I love making friends, living life to the fullest, outdoor activities, and reading. I am currently actively pursuing coaching and mentoring in line with my personal mission. I get up each morning telling myself that I still have a long way to go but I am already so far from where I used to be and I am proud of that.



TM SABEEH GHUGHARIA

I can sum my life into three words, blessings, dreams and persistence. Born into a big family (5 siblings) in Lahore, Pakistan. I was a middle child, who always observed and listened more than talked. Defied quite a few norms, studied Economics, Literature, psychology and became a hairdresser instead of becoming a doctor or an Engineer which my parents wanted me to become. Married to a banker, mother of a 6 years old boy. I cut hair for a living, and read for food. I am blessed enough to have a supportive family, lucky enough to have dreams and persistent enough to fulfil those. I take every day as it comes, strive to get better than I was yesterday.



MTM RUKSHAR KHAN



TM FRANCIS SALIBA

Francis Saliba is currently working as a Solutions Design Specialist in CCM Management Consultancy. With a coaching certificate (ICF Accredited) lecturing background in Organizational Behavior, Master's Degree in International Service Management from the Netherlands, over 8 years of working experience Francis adds a unique perspective to the field of people development using his knowledge to bring about the results and transformation necessary in individuals and organizations.

His intercultural experience influenced him to seek to understand different perspectives and to see the effects that basic personal paradigms have on achieving life fulfillment and self-actualization. Drawing from the fields of psychology and philosophy he has therefore dedicated most of his time to understanding, and exploring the nature of paradigms.



TM MUKESH
MUKUNDAN

Myself Mukesh, I currently work as the regional sales manager for an Oil and Gas equipment manufacturer. I was born, brought up in Kerala and worked in Coimbatore and Mumbai before moving to Dubai 5 years ago.

I enjoy travelling, trekking and also meeting new people. I am also passionate about wildlife photography and am also a certified scuba diver. There are many more things on my bucket list for the year; that includes completing my competent communicator projects in toastmasters, completing my advanced scuba certification and also taking up the Everest base camp trek.

I also take this opportunity to thank everyone for building and maintaining the warm and compassionate atmosphere at the JLT Toastmasters club.

Ruchika is an experienced HR professional who has just ventured into the field of Career Counselling for students. Her initiative is called ink ('In The Know') and it is on a mission to empower students to take informed career decisions.

She has discovered a whole new side to her in the last three years since her lovely daughter was born.

In her free time, Ruchika likes to blog, read interesting fiction and delve in oil painting



MTM RUCHIKA AIRON

WHY I JOINED TOASTMASTES



MTM Shahnaaz Rabiei
Member, JLT TMC

I believe that the benefits of membership extend far beyond just simple public speaking skills. I for example ended up alone in Dubai far from home and family after being a very social oriented family and friend person. I could not bare it to be without a friend for a long time, as a stranger to the new place.

One day I started asking people if there was anyplace where I could find a chance to do a small talk. My aim was finding a friend, but this way was not helping though. I then started browsing the Internet for meeting groups that could give me a friend. That did not help either. Some clubs that I joined, their attendees were talking politics and religion, the two subjects that are not mine to interfere in.

Continuing my search I saw myself attending the JLT Toastmaster Club. Friendly and welcoming people and the first rule of the club is that speaking on politics and religions are not allowed. Everything about this club was different then any other club to me. Immediately in the first meeting I thought they

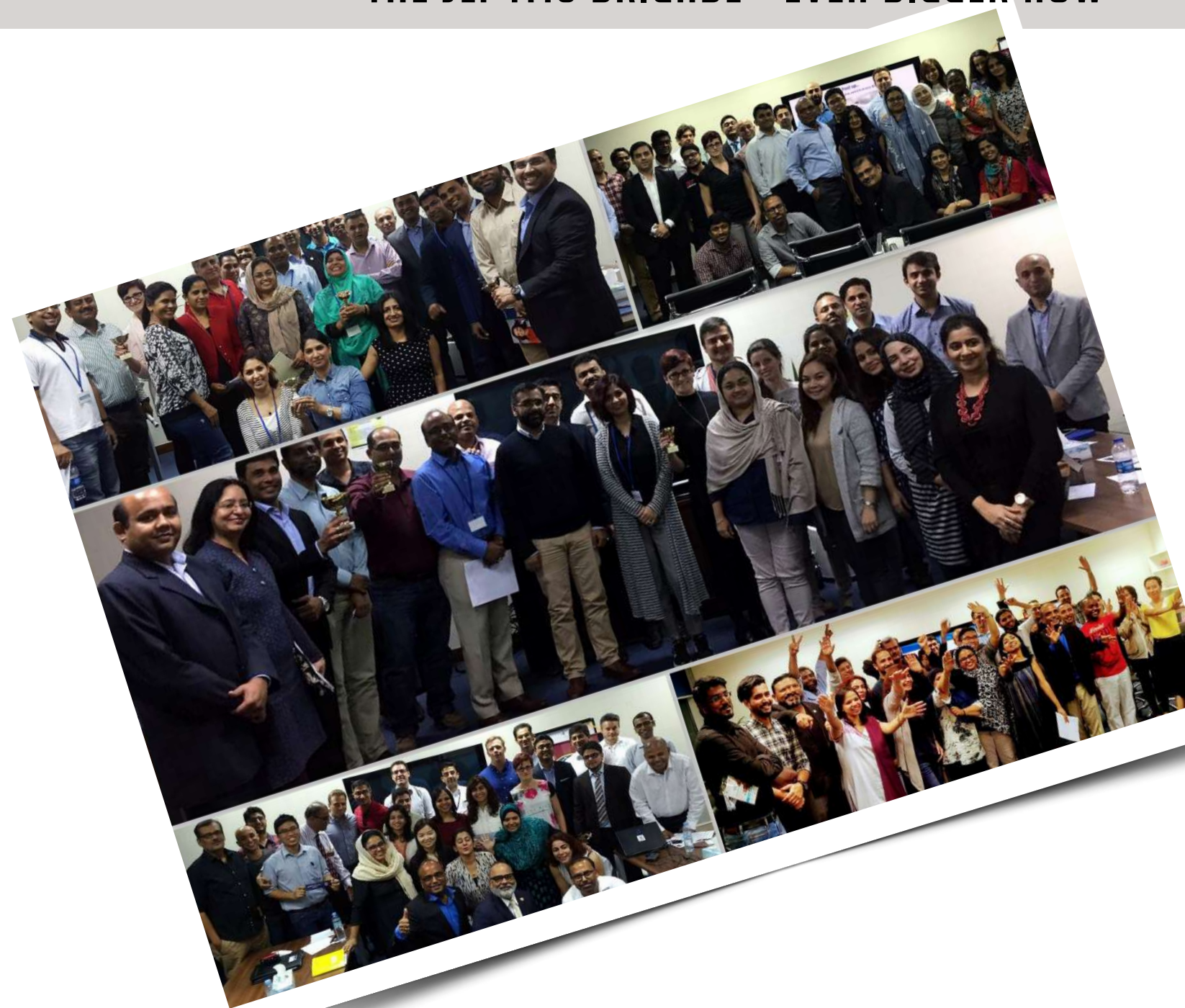
are behaving and smiling very real as a family, because in my vision I read people through their smile if it's real or just an attempt to give a nice picture.

At the end, through this warm group of Toastmaster I would like to become a better speaker, better listener and a better person. Working on developing stronger leadership skills, and empower thinking on my feet with "Table Topics".

Shahnaaz's passion is photography where she express her feeling towards her target through the camera's window. She waits for my target, laugh and cry, live with it. Camera means the whole world to her.

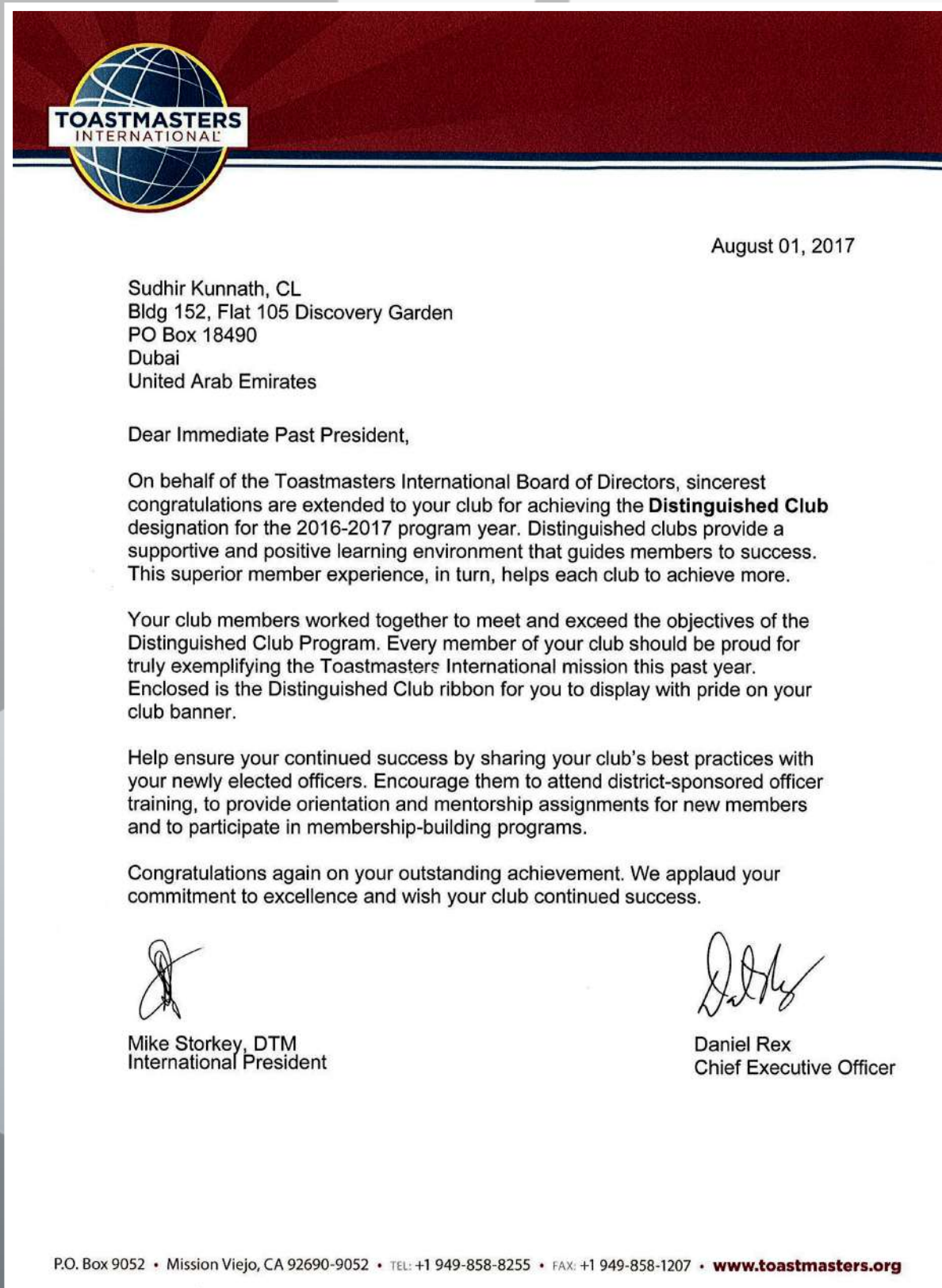
Right now, she has finished a Culinary Art Certificate and searching for an opportunity as a professional chef.

THE JLT TMC BRIGADE - EVEN BIGGER NOW



AMIT SHARMA, ALIYU PALATHINGAL, ASHA HEGDE, ASHISH SAXENA, BHASKAR ARYA, BRAHIM LARAIKI, DEEPA SURENDRAN, DEEPAK AGARWAL, FRANCIS SALIBA, HAMAAD MAHMOOD, HAWABIBI CHUNAWALA, HUYNH THIEN LOC (MARK), JAYESH VED, KHALID KHAN, MANOJ SHETTY, MARCO PESCE, MIRKA VAVROVA, MUKESH MUKUNDAN, NEETA MALOO, NEETU SHAH, PRATEESH PRABHAKARAN, RAED KAEDBEY, RADHIKA GUPTA, RAJEEV THAKUR, REHNA KHALID, REJI DANIEL, RIZWAN SALEEM, RUCHIKA AIRON, RUMANA RIZWAN, SABEEH GHUGHARIA, SANAM AKBER, SAYNDIPPTA GHOSH, SHAGUFTA PATEL, SHAHNAAZ RABIEI, RUKHSAR KHAN, SHOEB GHAZI, SHRIRAM JOSHI, SOUMYAJIT NAYAK, SUDHIR KUNNATH, TREVOR TAVARES

CLUB ACHIEVEMENTS EVEN BETTER NOW



DISTINGUISHED CLUB RECOGNITION



Adding ribbons of achievements to our banner

DTM Deepa Surendran receiving her badge from World Champion of public speaking Manoj Vasudevan



Words of praises and applauses brings out the best in all of us. This is not only restricted to individuals but also to organisations and clubs.

Awards and Recognitions go a long way in recognising the efforts of the individuals and the team members. They also help the club to cherish and motivate the club to strive for more laurels.

For the period from July - September 2017 our club and its members achieved following.

- 🏆 DTM RECOGNITION- RIZWAN SALEEM / DEEPA SURENDRAN
- 🏆 CL RECOGNITION - ASHISH SAXENA, KUNNATH SUDHIR
- 🏆 BEAT THE CLOCK AWARD
- 🏆 DISTINGUISHED CLUB RECOGNITION – FOR ACHIEVING 5 DCP POINTS IN 2016-2017
- 🏆 CC RECOGNITION - ASHISH SAXENA
- 🏆 SMEDLEY AWARD
- 🏆 LEAD AND WIN CLUB AWARD



DTM Deepa Surendran

VP PR DIC Advanced TMC,
Charter Member and Past
President of DG TMC,
JLT TMC's sponsor,
Greens TMC's Mentor,
Past Director of Area: 05

The greatest sin is to think yourself weak. Dream your dreams with your eyes closed, but live your dreams with your eyes open. It's difficult to follow your dream, but it's a tragedy not to.

So Whatever You're Thinking, Think Bigger.

We need to realize that the road to success, for 99% of people, isn't a jump. It's a steady incline from one successful project to the next. And never confuse movement with action.

Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along. Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide

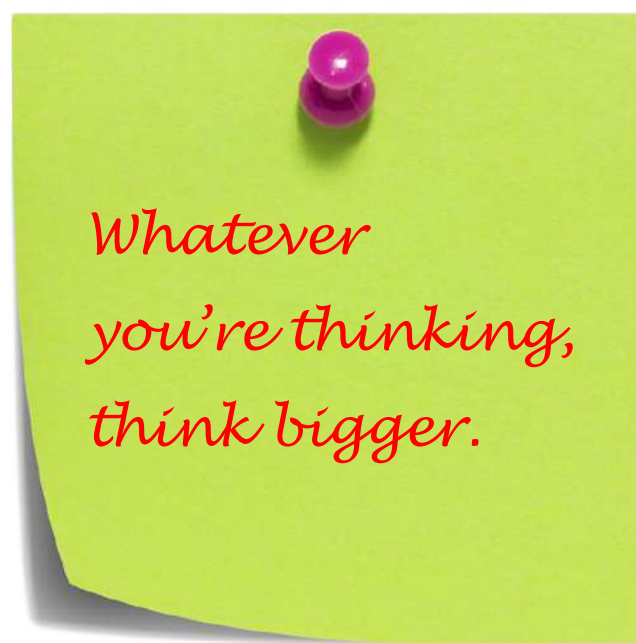
not to surrender, that is strength. Press forward. Do not stop, do not linger in your journey, but strive for the mark set before you. The future belongs to those who believe in the beauty of their dreams. Aim for the moon. If you miss, you may hit a star. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits. Keep your eyes on the stars, and your feet on the ground. The world breaks everyone, and afterward, some are strong at the broken places.

Why should you continue going after your dreams? Because seeing the look on the faces of the people who said you couldn't... will be priceless... right? A truly strong person does not need the approval of others any more than a lion needs the approval of sheep. Criticism makes you strong.

So let's start to Work hard in silence, let Success be our noise. Start where you are. Use what you have. Do what you can.

Also believe that being

successful means having a balance of success stories across the many areas of your life. You can't truly be considered successful in your business life if your home life is in shambles. If you are interested in balancing work and pleasure, stop trying to balance them. Instead make your work more pleasurable. End of the day, we all should be able



to say that "I have a balanced approach to life, remembering that my spiritual, social, physical and family aspects are just as important as my financial and intellectual."

"Quotes" That MOTIVATE

WHAT KIND OF MINDSET DO YOU HAVE?



I can learn anything I want to.
When I am frustrated I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me, I try hard.
If you succeed, I am inspired.
My effort and attitude determine everything.



I'm either good at it, or I am not.
When I am frustrated, I give up.
I don't like to be challenged.
When I fail, I am no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

| FIXED MINDSET | | GROWTH MINDSET |
|--|------------|--|
| <ul style="list-style-type: none"> SOMETHING YOU'RE BORN WITH FIXED | SKILLS | <ul style="list-style-type: none"> COME FROM HARD WORK. CAN ALWAYS IMPROVE |
| <ul style="list-style-type: none"> SOMETHING TO AVOID COULD REVEAL LACK OF SKILL TEND TO GIVE UP EASILY | CHALLENGES | <ul style="list-style-type: none"> SHOULD BE EMBRACED AN OPPORTUNITY TO GROW. MORE PERSISTANT |
| <ul style="list-style-type: none"> UNNECESSARY SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH | EFFORT | <ul style="list-style-type: none"> ESSENTIAL A PATH TO MASTERY |
| <ul style="list-style-type: none"> GET DEFENSIVE TAKE IT PERSONAL | FEEDBACK | <ul style="list-style-type: none"> USEFUL SOMETHING TO LEARN FROM IDENTIFY AREAS TO IMPROVE |
| <ul style="list-style-type: none"> BLAME OTHERS GET DISCOURAGED | SETBACKS | <ul style="list-style-type: none"> USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME. |

Contributed by MTM Mirka Vavrova, Member, JLT TMC

The Many Surprises of Life



TM Sudhir Kunnath
President, JLT TMC
Member, DG TMC

The smoldering fire igniting the east, the shriveled orange in a sky gone black, the gleaming lights stretching across the bowl of midnight sky, waking up at dawn feeling energized, alive and kicking. If you had taken all of them for granted, do realize that these are surprises, surprises, surprises bestowed by the providence and which we have failed to realize, cherish and wasted.

In the present day, due to advancement of technology many people are under the delusion that they have control over every aspect of their lives. But let's not forget Life is full of surprises one can never say when the creator can shower

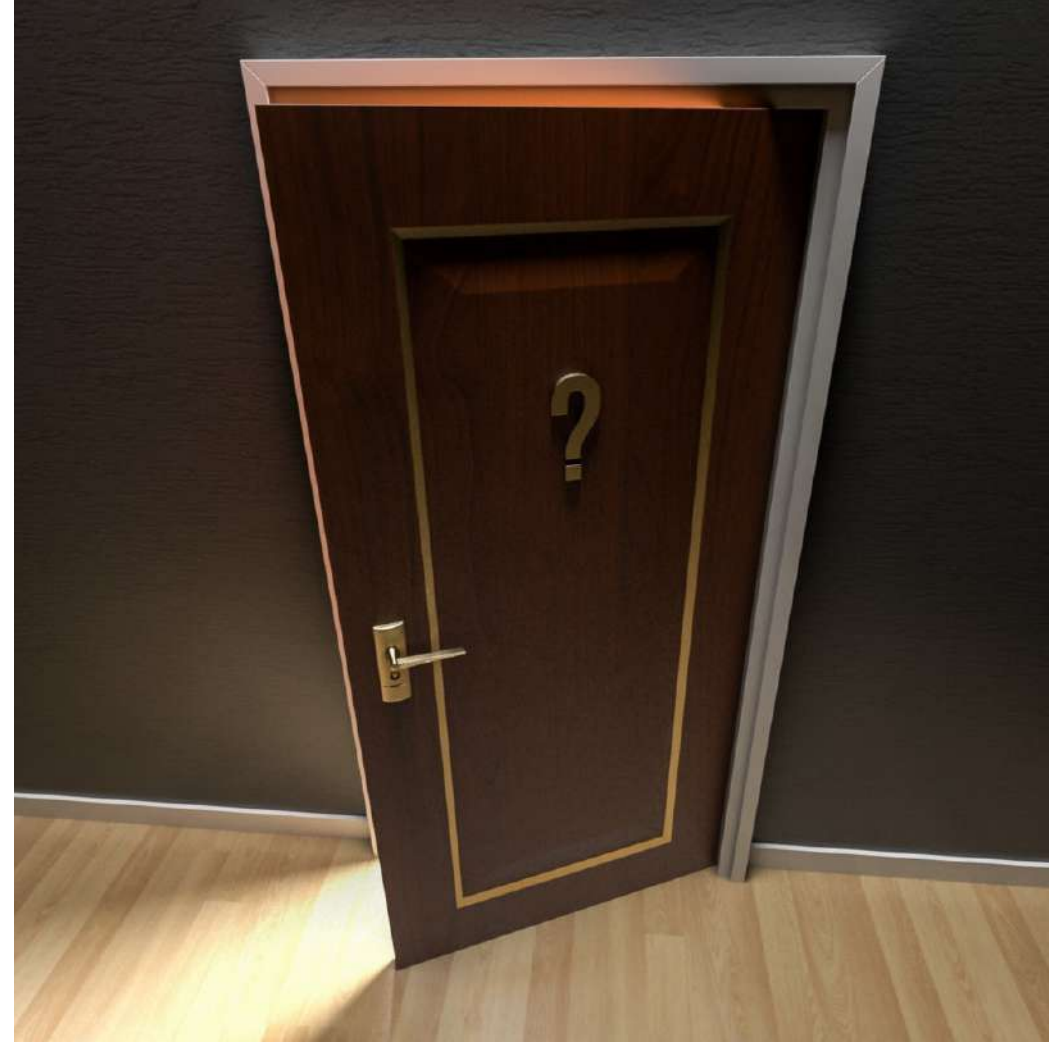
or he can snatch it away. Taking a cue from nature, we also need to spring surprises into other people's lives, give them moments to cherish forever and make them feel extra special. I mean good surprises here. One person I totally and completely enjoyed springing surprises was on my father as he used to radiate the abundant child-like joy and celebrate them those moments as festivals.

Once for his birthday, my father expressed his desire to call his friends whom he had known for ages. Leave aside celebrating, he was shocked to see that I did not wish him on the date. Since nothing was planned, my parents decided to spend the

day in a temple. I picked them up later in the evening. Enroute to house, a palpable silence hung in the air and if a pin had dropped, it might have sounded like an explosion. Pain and disappointment were writ large over his expressive face.

The moment he walked into the threshold of the house, he was caught totally caught off-guard to see the house full of people and simultaneously the decorative lights lit up the entire house and big cheer went up to welcome him. He was shocked and delighted to see all his friends swarming around him and that moment which followed made me realize that how true the saying goes "**true friends are never apart, may be in distance never in heart**". While all were at loss of words and hugged each other, my eyes swelled with sea of tears of joy and satisfaction. Sometimes I do think life should allow us to rewind, not to correct the past but to relive and cherish some of our most precious moments in our lives.

As it is rightly said, fathers can do it better and he did outwit me. It was one of those week where I had planned a surprise of reaching home unannounced on Friday night. Two days prior, on a Wednesday, my father called me while I was at work. Since I was occupied, I said I would call him back. So, he hung up the phone saying "okay, call me back". Later assuming it to be late back home I did not call. On Thursday, it slipped my mind to return the call and later in the evening while driving home from work, I received a call from my brother. Something in his voice



ran a chill down my spine and hit me like a bolt when he said that "dad was no more". Those words tore my heart and then I realized my chance of talking to him gone - lost forever.

Next ten seconds of my life were lost on me as I remained frozen, only when the cars behind me honked at the traffic signal did I wake up from the trance.

I wondered then why this had to happen to me? I was a firm believer of the saying in Tamil "thayir sirandha kovilum illai, thandhai sol mikka mandhiramillai" which means, there is no sacred temple than one's own mother and no powerful mantra than one's own father's wishes, and I always ensured that his wishes remained fulfilled.

Probably I had developed an elephant sized ego in a pea sized

brain to such levels, hence God decided to spin a surprise on me, as after fulfilling all his wishes I could not fulfill his last simple wish "**CALL ME BACK**".

Life is full of surprises, not all of them are pleasant but do rejoice in the pleasant ones, and for unpleasant ones they will turn out to be opportunities to see things in new ways to grow.

Sudhir Kunnath is a sailor by background with a long sailing experience and in the last 10 years has been ashore. He works with International shipping and logistics part of Tata group as Head of Operations.

Crux of the day - TMOD’s, Themes & Takeaways

The highlight of any meeting besides the Project Speeches and Table Topic Sessions of course, is the Toast Master of the Day.

As Master of Ceremony, the TMOD with his choice of ‘Theme for the Day’ adds a valued dimension to the proceedings of the meeting.

With newer perspectives and learning that is so carefully thought of and delivered, the TMOD and the Theme is no doubt an important aspect that is much looked forward to.

Read on to know what our TMOD’s have been bringing us at each meeting, June to September. Absolutely Delightful!!!

4 JUNE 2017

CHOICES

MTM Radhika Gupta

We all are the product of our choices.

18 JUNE 2017

POWER OF LOVE

TM Trevor Tavares

Transformative power of love in the lives of people & situations. Love is the primary medium of interaction, it touches hearts, & transforms lives & situations.

9 JULY 2017

FACE YOUR PHOBIAS

MTM Nayana Shauji

You should face your phobia and fears head on. When you fear, it becomes a phobia – when you face it, it becomes a challenge.

23 JULY 2017

RELATIVITY OF TIME

MTM Mirka Vavrova

Be smarter with managing your time. The feeling of not having enough of it, is an illusion you can change.

13 AUGUST 2017

WINNER

TM Sriram Joshi

Everyone is born to win, but to be a winner, you must plan, prepare and expect to win. Main difference between losers and winners is in what they do.

27 AUGUST 2017

NO

MTM Deepa Surendran

Learn to say No, when you actually want to say No.

10 SEPTEMBER 2017

LEADING LIFE WITH JOY

TM Ashish Saxena

Joy at work is possible, we only need to change our perception.

24 SEPTEMBER 2017

SPEECHATHON

TM Jayesh Ved

Speechathon reminds marathon, & marathon reminds the upcoming event at ‘Dubai SC Marathon’ & other run formats. Do participate in any suitable format.

Education Sessions held in the Club

8 JANUARY 2017

SPEECH EVALUATION

MTM Nayana Shaiju
Al Nahda Toastmasters Club

22 JANUARY 2017

KEEPING TRACK OF
THE CC,CL TRACKS

TM Devesh Vithalani
Dubai Internet City Toastmasters Club

12 FEBRUARY 2017

CONTEST PARTICIPATION

TM Ajaikumar MC
Al Barsha Toastmasters Club

12 MARCH 2017

SCRIPTING THE SPEECH

DTM Ganesh Srinivasan
Burj Toastmasters Club

9 APRIL 2017

WHAT, WHY & HOW OF
TOASTMASTERING

MTM Anuradha Kamat
Burj Toastmasters Club

7 MAY 2017

PATH TO A DISTINGUISHED CLUB

TM Venkat Vempatti
Discovery Gardens Toastmasters Club

4 JUNE 2017

MEETING ROLES &
RESPONSIBILITIES

MTM Priya Nambiar
Discovery Gardens Toastmasters Club

18 JUNE 2017

GOING BEYOND OUR CLUB

TM Rajiv Nayak
Burj Toastmasters Club

9 JULY 2017

CREATING THE
RIGHT CLUB CLIMATE

MTM Seetha Sagar
Dubai Toastmasters Club

10 SEPTEMBER 2017

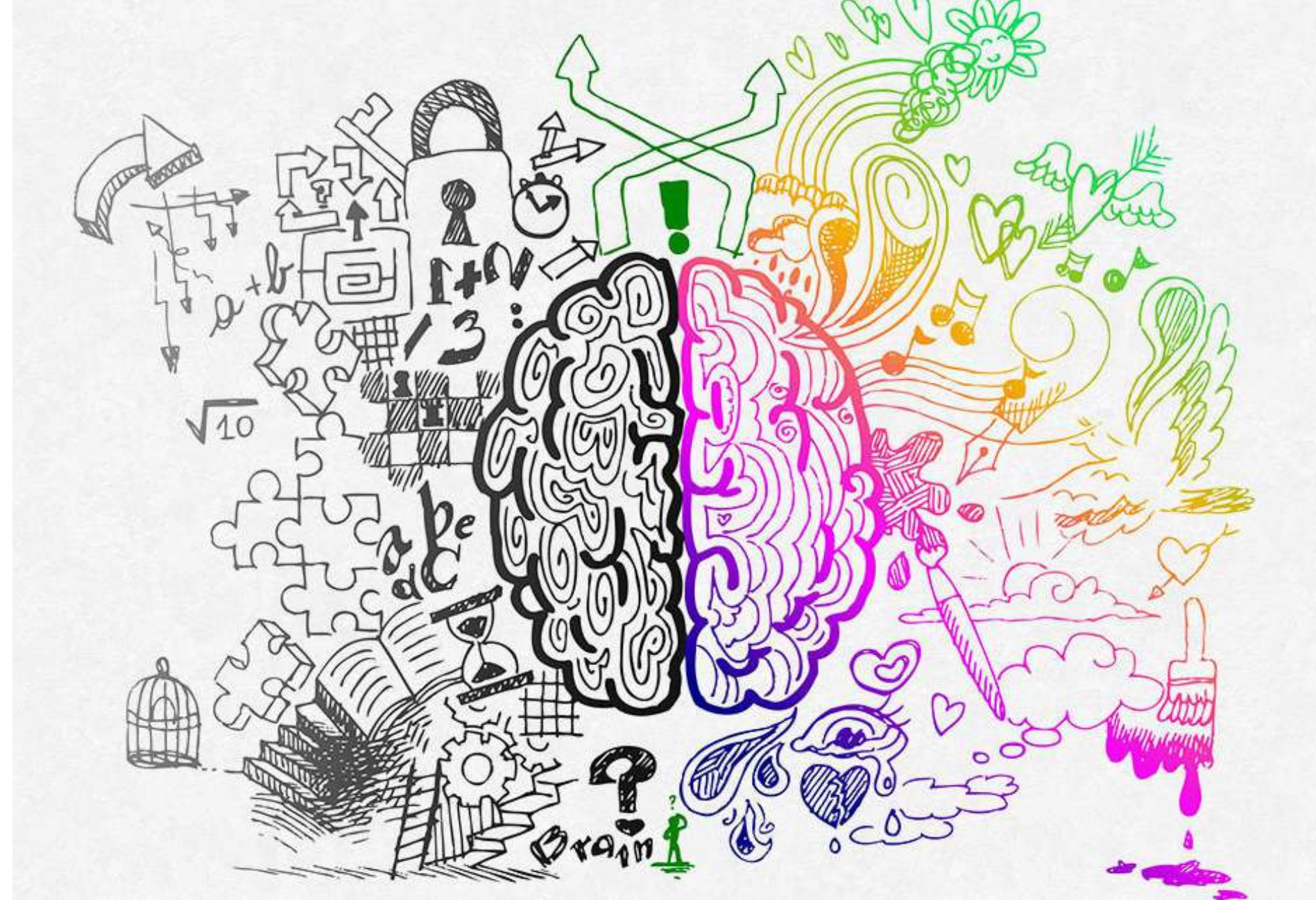
TALL TALES

DTM V P Menon
Dubai Toastmasters Club

POWWOW PICS - SPEECHES, SNACKS AND SMILES



From Doing to Being



TM Francis Saliba
Member, JLT TMC

We take on the belief that we need to subdue our lower desires and discipline ourselves to do something we might not enjoy doing at the moment in order to achieve a desired goal in the future.

Many great achievements have been accomplished through this disciplined action, but is this truly the summit at which the highest human potential could operate? Mihaly Csikszentmihalyi, a distinguished Hungarian Professor of Psychology and Management raised the notion of *flow*, or the *zone*. In his study

of creativity and happiness, Csikszentmihalyi defines flow as the mental state of operation in which a person performing an activity is **fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.**

Flow theory has many deeper aspects that are worthy of exploration but the crux of the matter is that the highest level of activity occurs when *doing and being* become one. Why do some people seem so fatigued? Because they are unable to sustain continuous effort and eventually burnout.

On the contrary those who truly excel, not only can sustain their success in the long run but seem to even be revitalized and full of energy, it has become some sort

becomes not what you do but who you are! High achievers such as Roger Federer, Leonardo Da Vinci, Albert Einstein, and many more, have functioned

the task at hand that we lost all track of time.

The question now becomes: **how do I shift from doing to being?** This will involve us breaking some major, deep ingrained habits that have not served us well in the past and build new success habits. The biggest habit we must break is the habit of being our self, we literally must become a new person because our personality creates our personal reality.

We are what we repeatedly do, success then is not an act, it is a habit.

of an *effortless effort* for them.

So, **how do you make your activities effortless?** By shifting from *doing to being*. Success

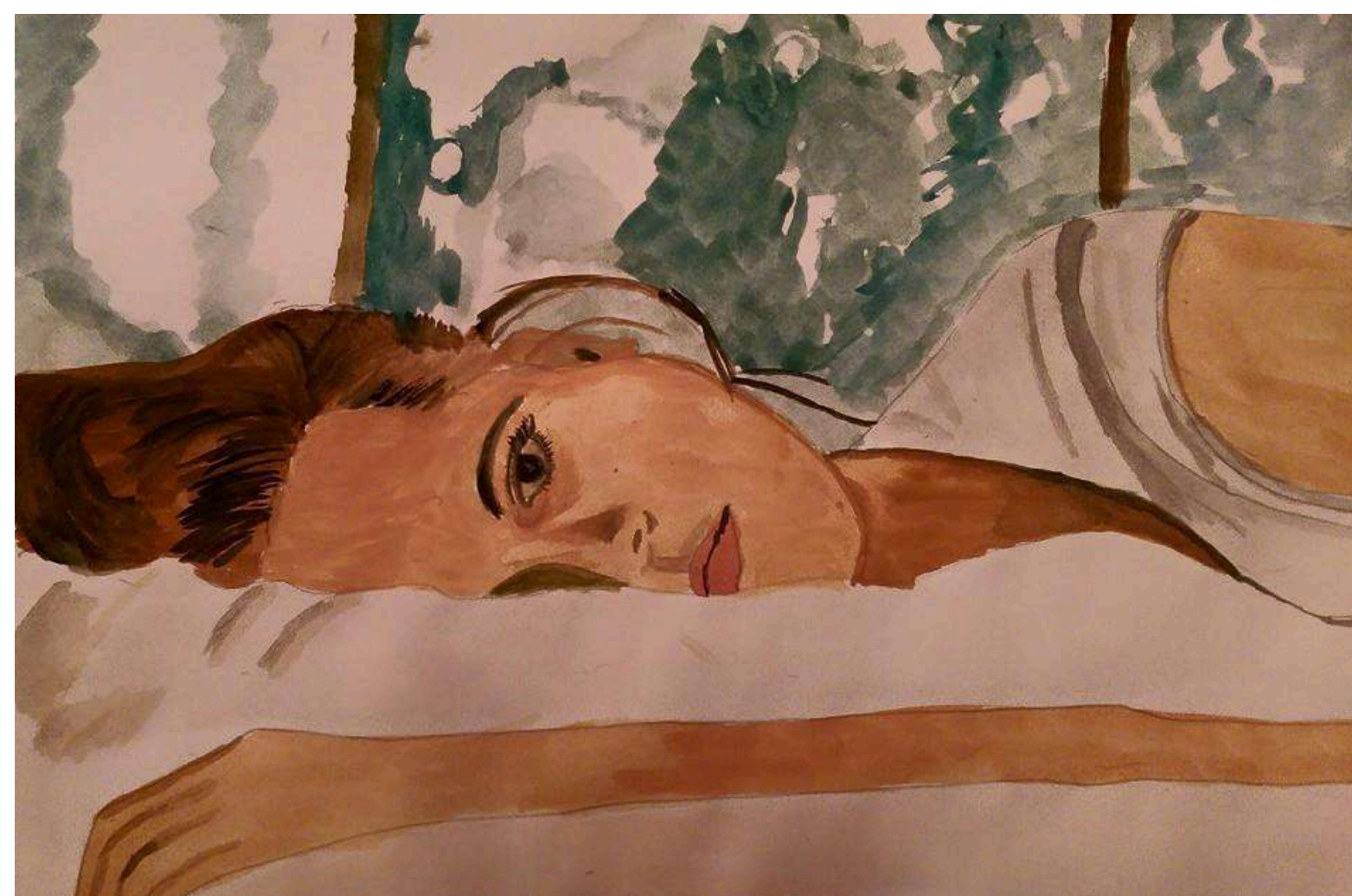
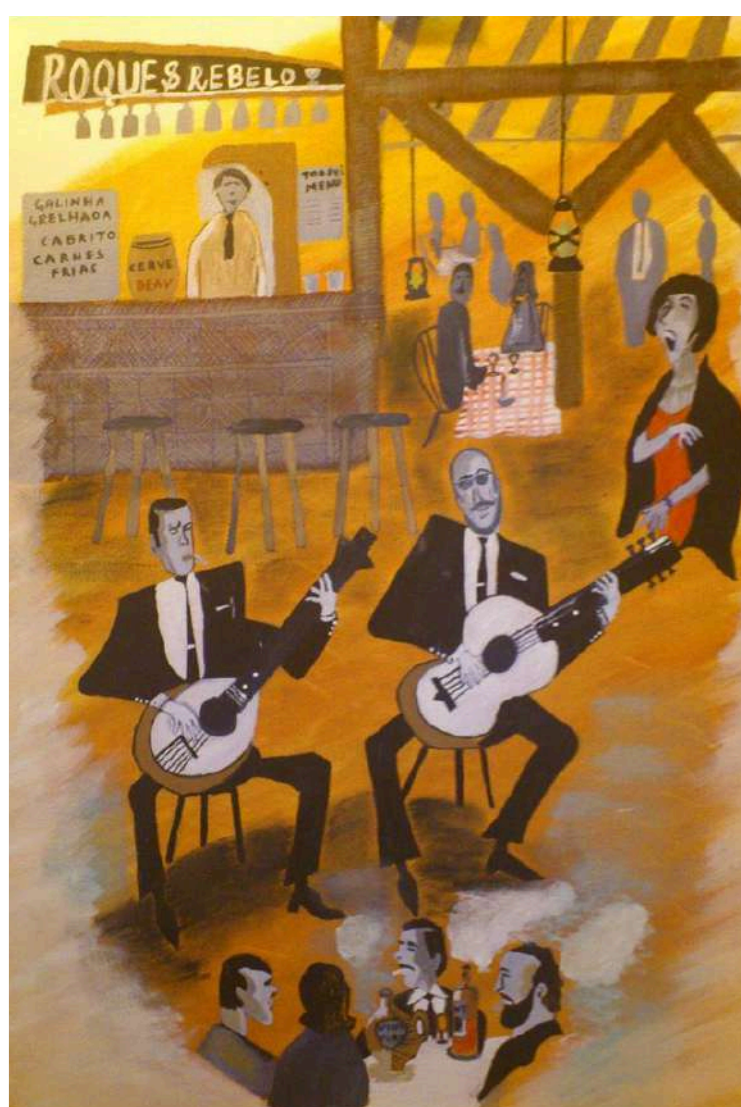
from that place, which all of us might have encountered at one point or another in our lives where we were so immersed in

Taking note of suggestions from long standing Toastmasters, we are starting a new feature this Newsletter onwards called SPOTLIGHT.

SPOTLIGHT will put focus on members of the club who have accomplishments to their names either personally or on the professional front.

This issue the Spotlight is on MTM Ruchika Airon and Yours Truly.

- Editor, MTM Shagufta Patel



Paintings by MTM Ruchika Airon



MTM Ruchika Airon
Member, JLT TMC

Have you ever wanted as a kid to get inside your favourite comic book and live the life of your beloved animation character? Painting to me is like that. It's a world of my own where I choose the colours and characters, decide the destiny of my canvas's theme and somehow add a little beauty to this world!

Sometimes when the daily grind gets too much, it's comforting to have this recluse. It's not a time bound piece of work, there is no compulsion for it to look a

certain way and it doesn't have to ever be complete - that's the beauty I find in doing this.

Yet, the excitement to see a painting take shape can sometimes drive me to paint for hours, dawn till dusk, until the wet oil paint allows no more. Combine this with soft music and it builds a momentum that only fatigue can ultimately break. It's easy to get lost here.

Like every piece of work, painting demands it's own discipline but that isn't something that comes naturally to an artist and therein lies the answer to those countless unfinished canvases that adorn the shelves of my studio. It's annoying to see that canvas lying there with half painted faces or half clad tribal women who were supposed to dance around a bonfire with only some unshapely logs successfully placed. Hence, each piece of finished painting is really like a

trophy, that doesn't really beg for anyone's acknowledgement but the beauty an artist finds in their own brush strokes.

Painting for me also fulfils that need for leaving this world with a little bit of my own colour. It gives me an excuse to enjoy isolation, away from all the worries, with only one goal - to lend that realistic shade of brown to a lady's skin, to ensure that the cracks on the dilapidated walls of that country house don't get lost. Painting teaches me to really see beauty in all the imperfections of life!

Sharing in this space some of my creations for all to see. I am not a pro at what I do, but I endeavor to do the best I can. I hope to get better someday. It's a creative pursuit where I don't fulfill anyone's expectations but my own. I wish to be a pro in my own eyes someday and enjoy myself doing what I love while I get there.



SPOTLIGHT

the mBIT program. 'Multiple Brain Integration Technique' is a powerful new field that advances the fields of NLP and Personal Development and will help me to serve others better.

I believe that change should never cease and one must always work to improvise and re-invent oneself. There's a quote by Bob Dylan that I live by - "If you're not busy being born, you're busy dying."

Shagufta's passion is to coach people and spark a change that is transformational both to their inner and outer self. She is a Certified Image Advisor, mBIT & Success Coach, NLP Enthusiast, Sleep Talk Practitioner and a Consulting Hypnotist and uses these tools to empower people to live a life they want.

Currently I work as a People Development Specialist at the International Centre for Culinary Arts (ICCA Dubai). In my spare time I work with people to spark a change they want. I am also a Sleep-Talk Practitioner and work with parents to help empower their kids through the Sleep-Talk process that works at the subconscious levels, which is where all of our programming and behaviors come from.

Recently I had the privilege to be a part of GulfHost 2017, Middle East's biggest ever hospitality and food services expo event for hospitality industry professionals from across the world. I felt honored to be a speaker at a Panel Discussion sharing stage presence with eminent personalities and dignitaries. The topic under discussion was "The Government on Building a Smarter Workforce and Skill Standardization."

Next month I will be completing

a person's image, much like building a Personal Brand. What followed was Life-Skills.

Having realized that human behavior and our internal thought process effect and are an integral part of one's Image, I found the idea of altering one's behavioural patterns to create the best version of oneself quite interesting and at the same time also very challenging. I was intrigued to know more about the human mind and its many mysteries and that curiosity led me to Neuro Linguistic Programming (NLP) and Hypnotherapy. Working with the human mind is not only a challenge, but also a much deeper world in itself.

popular women's magazine of India. What I realised being part of the corporate world, is that a degree might get u a job but what sustains & propels one forward are the internal and external mannerisms and the Emotional Intelligence that one possesses.

And more importantly that these qualities are not restricted to the workplace alone.

Around the same time, I was introduced to Image Management; a concept developed to build and manage

I'm Passionate about People & their Progress!!!

Oprah Winfrey once said that we can't become what we need to be, by remaining what we are. Circumstances influence us all, however we alone are responsible for what we choose to become. Our choices to a large extent determines the life we live. In 2010 I chose to go from 'just' being a lady of the home to a vocation-woman.

And thus, at age 38 began my career. After a brief stint with JM Financials, I found myself working as part of the edit team of a brand like FEMINA, the most



MTM Shagufta Patel
VP Education, JLT TMC

SNAP-CAP

PIC FEATURE

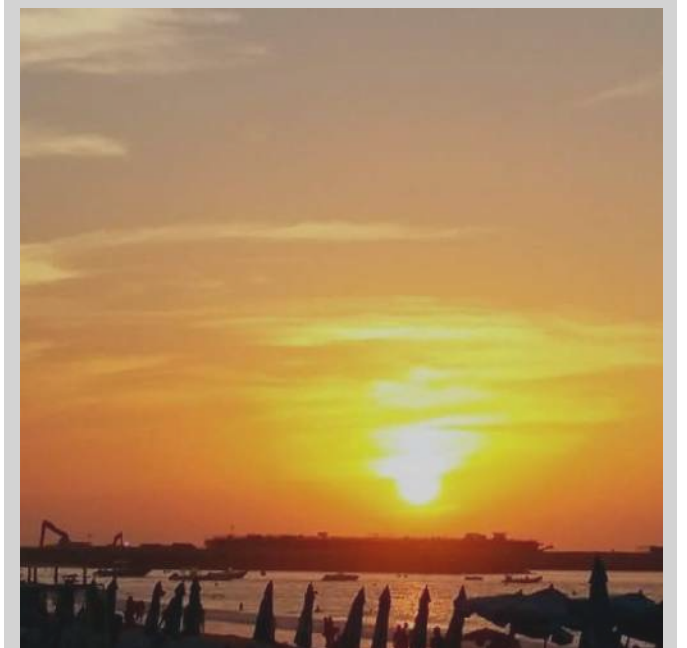
CAPTIONS TO EVERYDAY SNAPS



Eternal sunshine of a spotless mind



Some special moments by sea



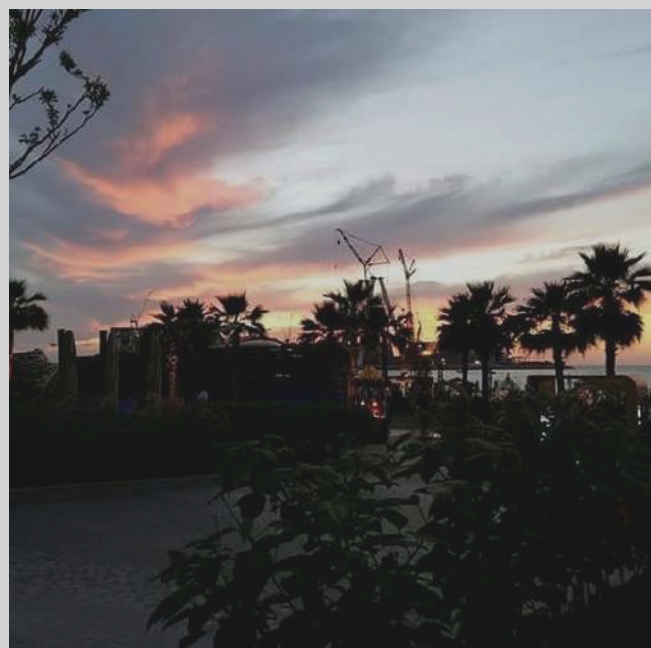
Sunsets are possibly the most peaceful, hopeful, romantic and gorgeous time of the day!



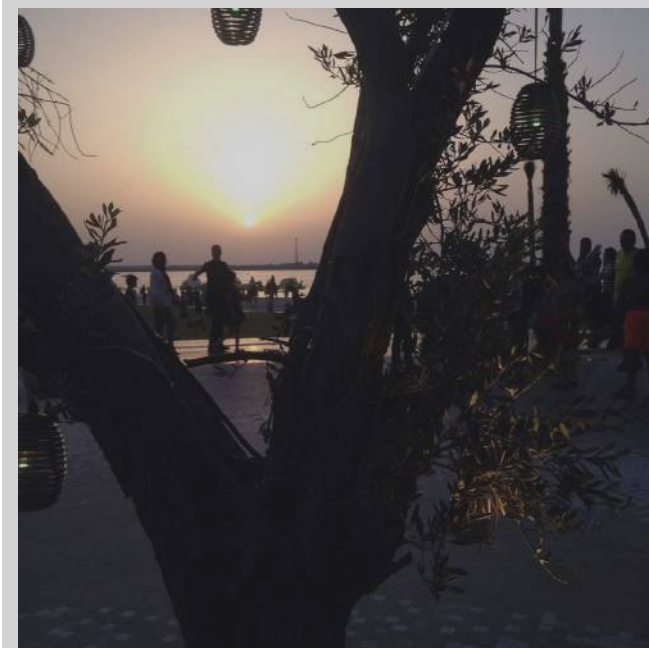
MTM Rumana Rizwan
Member, JLT TMC

Rumana Rizwan is an etiquette consultant who wants to better the world in her own small way. She's passionate about history, culture, food – and is always looking to broaden her horizons.

Moments that take breath away



Sunlight the most precious gold found on earth!



Photos taken by MTM Rumana Rizwan



Journey to the TOASTMASTERS



TM Ashish Saxena
Member, JLT TMC

While sitting in a room with my colleagues and other officials one day, I wondered what is the objective of this meeting, why am I in this room, should I raise my voice and ask question on the objectives, ask some challenging questions or add few important points. Well I kept thinking about it and very soon the meeting got over and I had task list in my hand. I felt frustrated again as I couldn't speak up and I kept thinking about speaking however couldn't formulate my

message and couldn't think on my feet. I just kept wondering, whether what I am going to speak really will be appreciated, accepted or even well received. This became pattern of my life in most of the engagements in groups and meetings. I kept wondering what should I do to change it, where's the solution and answer to my challenges. The more I focused on quickly fixing my inner challenges, the stronger it became.

I started to read many books; listen to audios, even went for

yoga classes to find the answers. May be I need to be in peace to structure my thoughts, may be I need to be more knowledgeable, may be I need to feel good about myself and so on. However I could never figure out what I really needed to do. I kept on struggling and more I worked to quickly fix my inner challenges, they stronger it became.

One day my friend told me about Toastmasters and I really couldn't understand what he was talking about. My friend also had just heard about it and he asked me to go for a meeting. I joined him for the meeting and I liked the way people were supportive and encouraging each other. However my sense of being audience quickly vanished when one person came on stage and could pick up any one to come to stage to speak. I felt very nervous as in the "Table Topics" you can be suddenly called on stage to speak on something. I really prayed that hopefully they don't call my name on the stage as I struggle to formulate my thoughts and I will be caught right in the center of this meeting and people will joke about me. Some prayers aren't always answered and I was called on the stage. The walk from my chair ten feet away to the center stage seemed like earthquake and almost everything inside me was shaking.

Now I stood on the stage and looked around the room and I connected back to my pattern "I can't structure my thoughts" and in the mean time the topic was read out loud. I looked at

the person reading out the topic and asked "I am sorry what is the topic..." and I still couldn't concentrate and was working on getting my senses under control. The topic was read again and the topic was "STRUGGLE IS PATH TO SUCCESS". Something clicked inside me and I immediately connected with the topic and my struggle inside. Immediately I realized that if I am able to keep moving with my struggle someday I will be successful and then I can share the story.

**Live your dreams,
let go what's holding
you and become a
Toastmaster and find
better and probably
hidden best self of
yours.**

**Every journey begins
with first step.**

So on the stage I spoke as if I have struggled with my pattern all my life and finally took the courage to face it one day and change it. My own words connected something deep inside me and I started to experiment to give positive suggestions to myself such as "I am good in structuring my thoughts" and "I feel comfortable in the meetings" and also I started to imagine the perfect image.

Soon the world around me started to change and before I realized I completed ten Projects of my Toastmasters speech and I

couldn't believe one day when I opened by old diary page where I had mentioned how I couldn't fix my pattern and not being able to structure my thoughts. Here I was after ten speeches telling people how they can structure their message and story.

The transition from struggler to becoming excited to talk happened slowly but naturally and I began to participate on many forums and started to feel comfortable sharing my opinions and suggestions.

I am still grateful to my friend who introduced me to Toastmasters because if it was not for him, I would have not written this article telling you that whatever your communication challenge or pattern be, just being in an encouraging and supportive environment you can let go the past struggles and evolve as new person. The new person who can dream, inspire and most importantly can make a difference in others life and in this world.

Live your dreams, let go what's holding you and become a Toastmaster and find better and probably hidden best self of yours.

**EVERY JOURNEY BEGINS WITH
FIRST STEP.**

Ashish Saxena is working in Telecommunications MNC as Director and is passionate about self development and contributing to lives of others.

Raising kids is like walking in the park, and the park is **THE JURASSIC PARK**



TM Khalid Khan
Treasurer, JLT TMC

Can you tell me what made you a parent? Marriage, spouse, Allah, Bhagwan, or Jesus. That is true but this is also true that your child made you a father/a mother. Shouldn't we respect our children. We must respect his/her individuality.

I am an imperfect father but going to tell you some perfect things that can help raising our children. I, strongly, understand that each child is unique. I have two children and both are different as individuals. A personality is a combination of a soul, of a mind & of emotions. Understand your child's personality and experience the parenting. **"THERE IS NO SUCH THING AS A PERFECT PARENT. SO JUST BE A REAL ONE"**, said by Sue Atkins. It is famous saying that first child eats dirt. Parent calls doctor. Second child eats dirt. Parent cleans out mouth. Third child eats dirt. Parent wonders if she really needs to feed him lunch. Hence, parenting comes through experiencing.

When do you think upbringing of a child should start? Should it start upon child's birth? I believe it should start when the baby is in mother's womb. Science tells us that while still in mother's womb the baby starts hearing sounds between 18 weeks and 25 weeks. The baby can respond to such sounds. So be careful about the environment when baby is getting developed inside mother's womb.

Those who have kids, recall the moment when you held your baby first time. You felt on top of the world. Right? What happened after few years? When your child started growing through the ages, and started going to school. Still the child is yours. but you no more feel on top of the world? Do you know why?

Reason is that we start comparing our child with other children. We forget our child's individuality. We forget his or her personality [mind, soul, emotion]. We create an ideal

personality in our mind for our child. We put our emotional demands on our child. And we push such demands beyond our child's capacity to achieve them. I am not saying that we should not push & develop your child's personality, but to a certain limit. For example: two different cars with different horsepower cannot achieve the same results.

Reality is that our ego doesn't allow us to accept that, how come my child is inferior than my cousin's child. Commonly we evaluate our children with marks obtained in exams. We

And then she would have no time for me. Because when she was of little age, she came to me with a paper aeroplane. And I didn't give her attention, I didn't praise her achievement. She had made a plane that can fly in air. I lost hundreds of such opportunities to build good relationship through good communication. We work hard to build business relationships but have no time for our off springs' & spouse. When they reach teenage, psychologically & biologically, they feel that they are grown enough to



don't evaluate them against their personality. We don't have time to understand our own children. Remember, forcefully we cannot create an interest. Rather, we need to find out interest & capacity of our children.

When my 5 years old daughter desired my attention, I was busy on the phone or watching news on TV but she will get older and I will crave her attention.

take decisions. And then they retaliate and we find difficulty in handling them. Because the boat has already sailed. Now, we must avail the consequences of our miscommunications. Mind it no communication also leads to miscommunications.

Now, based on my own experience, I shall give you a small list of actions to do with our children.

1. Give attention to your children. Don't expose your child's mistakes in front of others.
2. Never allow your children to get depressed.
3. Acknowledge them, give them thanks, show love by way of touch.
4. Children lie because we are harsh on their truth.
5. Don't make a wrong promise or such promise that you can't fulfil within timeframe.
6. Most importantly teach them how to say No in a positive way.
7. Guide them with authority. Sometimes you might have to be tough on them for things those are not good for them or could be dangerous.

Don't try to become God for your child's future, parents' duty is to give them only good guidance and Almighty will do the best for your child. Three major points to keep on top of your mind.

- a. Give positive suggestions to your children
- b. Focus on their strengths
- c. Tell them moral stories which would make them a better human-being.

I am presently working as Project Manager and leading a web and mobile application team at an IT company in JLT. I am a Microsoft and Prince2 Certified Professional. I have three daughters and believe in not crying because it's over but smiling because it happened.

BUILDING RESILENCE

Love the change



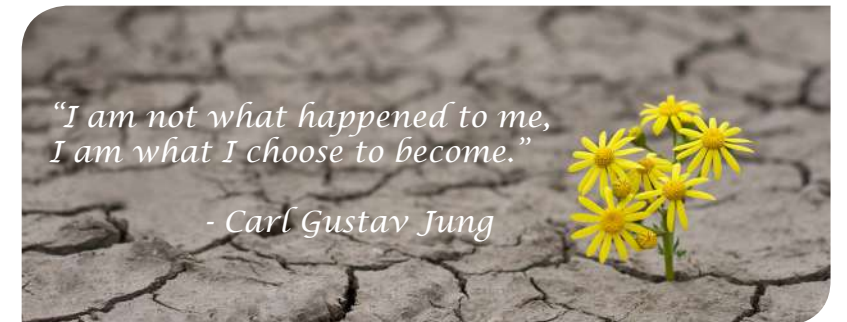
TM Shailesh Saxena
Member, JLT TMC

You are at your best when you have the opportunity to share your own story. I still remember those days when life seemed so much easier, pleasant and buoyant. It was the time when my family and I lived in Dubai. Things were totally in control; children loved their time and their school... not to forget their Arabic classes and their love for the subject. Moreover, my passion for public speaking had found an amazing platform when I became part of JLT Toastmaster club. I realized soon that JLT club was no ordinary association but it was a powerhouse of talent and enthusiasm. The leaders, the mentors and other members had so much to share and there was so much to learn. Whenever I think about its sessions my heart fills with gratitude.

One fine day shocking news engulfed us all when my company asked me to move back to India and instructed me to take charge of a completely unknown territory in the southern part of the country. I was aghast and I feared failure of many types due to this sudden change in our happy life. The agony of leaving everything

behind we loved was tormenting. However, I had to develop resilience to accept failure in case they were to come and bounce back. **"ONLY YOU CAN CHANGE YOU"** And so I decided to overcome my rigidity to

Today as I sit writing this article, I realize the power of being resilient. I overcame all my challenges and felt motivated enough to plough my path ahead with more confidence and to make this journey of life interesting and beautiful. After



change and be more adaptable. This, I realized was the beginning of a real change in my entire personality.

"POSITIVE THINKING ENCOURAGES ADAPTABILITY".

I recalled few lines that I read in a book which said, "Remember this great truth: You don't have to go along with familiar practices or systems or react mechanically as you formerly did. React and think in a new way. You have to be an achiever. Therefore, from this moment forward, you must refuse to identify with the negative thoughts that tend to drag you down, and adapt your thinking to solving the problems you face in a new and different way".

We have to develop and cultivate resilience in ourselves. Being resilient, we always have positive image of the future. We should never think ourselves as victims – rather focus our time and energy on changing the things that we have control over.

all, the comeback is always stronger than the setback.

"Resilience is knowing that you are the only one that has the power and responsibility to pick yourself up."

- Many Holloway

Shailesh Saxena is a Business Development professional with extensive experience of working on diversified verticals and industries. Currently he works with a technology media company and looks after the region of South India and UAE.

Shailesh is a passionate Toastmaster and has been an active member of JLT Toastmasters before he moved base to Bangalore, India. He believes that Toastmaster has immensely enhanced his communication skills in personal as well as professional development.



Nurturing Confidence Fostering Leadership

