



Navan Toastmasters Newsletter

4th April 2018

ISSUE 4

Have a Chuckle

Unaccustomed as most people are to public speaking...they still insist on doing it.

Employer: In this job, we need someone who can speak in public responsibly.

Applicant: I'm the one you want so. In my last job, every time anything went wrong, they said I was responsible

Below, Winner, Anne Mc Farland



Fast forward to April 2014, I am standing on the stage at the Division C Contest, speaking to a roomful of people. I went from being a really nervous speaker to one of five finalists competing at an Advanced level of the International Speech Contest

I entered my first contest about six months after I joined. It was the Tall Tales Contest and it is the easiest as it is short and it only goes to Area level.

I didn't win but I was "bitten by the bug". I entered every contest after that, Humorous, International, Evaluation and Table Topics. I won some I lost some, but I was willing to give it a go.

Why enter contests Martina Coyne

I have always had an intense fear of speaking in public. At my uncle's funeral, I was handed a Mass booklet and told to do the first reading. I think I had a panic attack. I started to tremble and shake.

Shortly after the funeral, I googled 'public speaking' and discovered that Navan Toastmasters were having an open night and I went along. I was warmly welcomed and listened intently as the Toastmaster for the night told us "if you are going to make a fool of yourself speaking in public, do it here within the four walls of a Toastmaster's meeting

Along the way, I honed my speaking skills. The fear I had of speaking in public lost its grip on me and I started to enjoy it. With all these fears and challenges, why would anyone take part in a contest? FOR THE BENEFITS!!

Contests are a great way of developing your speaking skills and building confidence. You get to speak in front of new audiences and you learn a lot from other speakers. The main benefits for me are personal growth and confidence.

Martina now makes many Presentations as part of her job

Below, Joe Armstrong and Peter Finnegan who are both Contest winners





Left, Sheila Dennehy and Carmel Bradwell, who have both won a number of competitions



Above Elfreda Manahan Vaughan

Contests by **Patricia Foley**

Many people dread entering for contests. However, if you look at it as just another opportunity to speak and improve your skills without trying to win it should be easier. Winning can be the icing on the cake.

The speech contests suit many people because they can be prepared, and you know exactly what you are going to say.

The humorous Speech Contest is probably the hardest because it can be very difficult to be funny. I would suggest keeping a notebook and anytime you hear or read something that tickles your fancy, write it down.

The International Speech Contest is the only contest where you have to have completed your Stage 6 in the CC Manual. Therefore you have mastered most of the basic speaking skills. So the thing you need to think of in this contest is the choice of subject matter. It needs to be appropriate to any audience in any part of the world.

Therefore a speech about hurling or the state of the roads in County Meath would not do too well, unless you put an unusual spin on either of them to make them relevant. Marie Pyne, who is the only Irish person to win the World Championship, wrote a speech

entitled "Age is just a hang up on numbers". Aging and trying to stay young is of interest to most people.

Most winners of this competition win with inspirational speeches. So Body language and vocal variety and a certain amount of passion are very important in getting your message across.

The Table Topics and Evaluation Contests are more popular because you don't have to do any preparation before the contest.

In Table Topics Competitions, do not start to speak until you have gathered your thoughts. The clock does not start until you utter your first word. In putting your Topic together, you could treat it like a mini debate. Outline the arguments for and against and then sum up.

In the Evaluation Contest, you can use your notes. It looks better if you transfer the main points of your evaluation onto small cards.

The Tall Tales is probably the easiest as it is short 3 – 5 mins. With 30 seconds leeway on either side.

Peter Finnegan did an excellent Speech on how to write a Tall Tale. If you are going to enter for this contest, I would suggest getting a copy of Peter's presentation

Newsletter contact patcfoley@yahoo.ie

In all of these competitions, time is of the essence and many a good speaker on Topics or Evaluations has been eliminated from the competition because they have exceeded the time limit.

Make sure you know what the time requirement is. You also need to check, before the contest, that you can see the lights clearly. If you are not happy with the position, make your concerns known to the Sargent at arms.

Good Luck to all those who are entering for The International Speech Contest and the Evaluation Contest on Wednesday the 4th of April.