



總會長

施惠芳

District Governor Grace Shih



施惠芳
Grace Shih

時光飛逝 Time Flies

中華民國國際演講協會年度特刊

Toastmasters International, District 67 Special Edition

回顧2011-2012

時光飛逝！2011-2012年度即將結束。感謝大家給我這個服務的機會，這是我的榮幸，更是讓我一輩子珍惜的寶貴經驗。

我在就任演說中跟大家分享了我的願景，那就是創造一個「踏實、愉快、免於恐懼」的環境，讓大家可以盡情學習與成長。會有這樣的一個願景，是因為我認為我們需要時間來休養生息，而會員就是我們復甦的契機。總會的責任就是幫助會員重新找回對演講會的熱忱與熱情。我很高興看到分佈在各地的許多會員們，都在演講會得到心靈與生活上的歸屬感。

大家一定聽過這句話：「變化是唯一不會改變的事情。」我們這個年度正是在變化中展開。年費的提高是帶來最大衝擊的變化；識別標章的更新是另一個主要的變化。但是誠如前美國總統甘迺迪所說：「變化是生命的定律。只著眼在過去與現在的人，勢必要錯失未來。」我個人認為面對生命中的變化最好的方法就是去迎接並且瞭解變化，只有這樣我們才能繼續向前邁進。

透過為大家的服務，我得到來自會員們很大的激勵。我要感謝那些無私地參與分會及總會事務與活動的各位。在演講會，參與越多、學習與成長就越多。我要感謝願意敞開心胸與我們分享心得與喜悅的各位。您們的話語是我最好的鼓勵，也是最大的動力。我更要感謝各位幫助我看清楚自己的短處，讓我能改進。

我必須說我真的很敬佩所有的會員。我完全認同成為演講會員是一種榮幸，而繼續留在演講會更是不簡單。我們必須先要有智慧、跨出重要的那一步加入演講會，然後鼓起勇氣克服站在聽眾面前的恐懼。我們也須要具備真材實料，才有能力來傳遞訊息。成為演講會的一員，代表我們都熱衷學習。持續身為演講會員，進一步證明我們都學有所長。

電影「奪標」的主題曲此刻正縈繞在我的心裡。世上沒有完美的領導者。我謙卑的希望自己沒有愧對您賦予我的信任與期盼。2011-2012演講會年度即將告一段落，但是我很樂意繼續為大家提供服務。

Reflection on 2011-2012

Time flies! It is almost the end of the 2011-2012 Toastmasters Year. I'd like to thank you all for giving me this opportunity to serve you. It is a privilege and a precious experience that I shall cherish in my life.

In my inauguration speech, I shared with you my vision to create a "down-to-earth, enjoyable, and fear-proof environment" for every member to learn and grow. My reason of having such a vision is that our district needs time to revive. Members are the key to the revival of our district. Our responsibility is to help members bring back the enthusiasm and passion to Toastmasters. I am so happy to know that, all around Taiwan, there are so many Toastmasters members who have found their second family in Toastmasters.

I am sure you have all heard this before: "Change: The Only Thing That Never Change." Our year started exactly with changes. The change that brought the biggest impact is the increment of annual fee. The rebranding is another major change. But as John F. Kennedy said: "Change is the law of life. And those who look only to the past or present are certain to miss the future." Personally I think the best way to face the change in our lives is to embrace it. Only after we embrace the change can we then move forward.

Through the service leadership, I am so much inspired by you, the members in our district. I'd like to thank those members who selflessly involved themselves in club & district events. In Toastmasters, the more you are involved, the more and faster you will learn. I'd also like to thank those members who are willing to open up and express their appreciation of what they have learned from being involved. Your words are the greatest and best encouragement. Moreover, I'd like to thank you all for helping me to realize my weakness and work on becoming a better self.

I have to say I really adore and admire our members. I totally agree that it is a privilege to be a Toastmaster and it is not easy to keep the membership. We need to first have the wisdom to make that one step to join and then the courage to conquer the fear to stand in front of an audience. We also need to have the ability to convey our message. By joining this big family, we prove to the world that we are eager learners. By staying in this big family, we further prove to the world that we are learned people.

The song "My Way" by Frank Sinatra flows in my mind now. No leader is perfect. I humbly hope that I didn't fail the trust and expectation you empowered on me. The 2011-2012 Toastmasters year may be at the end, but I will always be at your service.





中華民國國際演講協會 Toastmasters International, D67

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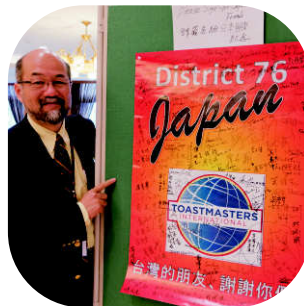
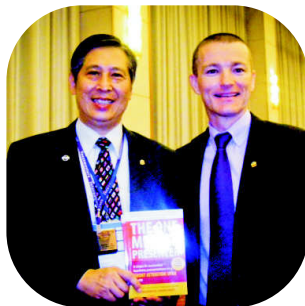
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前總會會長楊冀光 Mike Yang, IPDG



中國大陸這些年“土司馬斯”俱樂部(分會)蓬勃發展，目前約有220個分會，6千位會員，在全世界的整體成績排名僅次於印度，成就卓越！這次是D85地區(中國大陸與港澳地區)在今年七月起分成兩個地區(D85區與D89區)前的最後一次的全國大會，深具意義！由於施惠芳總會長會務繁忙，基於促進兩岸“土司”間的交流，因此在大會邀請下，我決定參加！

這是繼去年五月率團參加廈門之D85區春季全國大會，我第四次與大陸土司們的交流！新當選的下界推廣副總會長梁守誠與在南京求學的嬌妻蔡佩玲會友在杭州會合一同參加，我與昇華演講會的會友萬義明同行，另與精湛英語會單獨前往的高雪繁會友在杭州之江飯店會場會合，一行人受到D85區總會會長Ligo Wang等的熱忱歡迎！我們也很高興遇到幾位已成為D85地區會員的台灣朋友！

中國大陸地區國際演講會會友的特色包括：年輕(絕大部分為20至30多歲的年輕人)、熱情與具開創性！這次參加杭州春季大會來自中國大陸各地的D85地區會員數目超過七百人，打破了歷年紀錄，充分顯現出中國會友們的熱忱參與！大會邀請的專題演講講員是曾於2009年我們秋季大會邀請來台之1992年世界演講冠軍，盲眼的Dana Lamon先生，他精彩的演講與工作坊訓練極具啟發與激勵性！

楊冀光前總會長在大會開幕式與D85區領袖及貴賓合影留念
Mike Yang with D85 leaders & honorable guests at the opening ceremony

The growth of Toastmasters clubs in Mainland China has been dynamic these years and the overall performance of District 85 (Mainland China, Hong Kong and Macao) with around 220 clubs and 6,000 members nowadays is only second to India. This conference is quite meaningful, as it is the last one before District 85 is split into two districts (D85 and D89) in July this year. Our District Governor Grace Shih has been quite busy with district activities, so I decided to attend this conference in order to promote the interactions between the members of our two districts. This was my 4th Toastmaster visit to Mainland China, following my previous visit with a team of D67 members to Xiamen for D85 2011 Spring Conference in May last year. Our newly elected incoming LGM Eric Liang met his sweet wife Lillian Tsai, who is now studying in Nanjing, directly in Hangzhou. I came with Bill Wan of Sun Flower Mandarin TMC and met Fanny Kao from ALE Elite TMC at the conference venue (Zhijiang Hotel) in Hangzhou. We received warm welcome from Ligo Wang, DG of D85. We were also very happy to meet some D85 members from Taiwan!



The characteristics of TM members in mainland China include youth (ages from 20 to 30 plus), passion and creativity. There were more than 700 members from all over China attending D85 Hangzhou Conference, breaking the records of past years and indicating their enthusiasm through participation. The keynote speaker and trainer of this conference was the 1992 World Champion of Public Speaking Mr. Dana Lamon, who is blind & also attended our D67 Fall Conference in 2009. His speech and training was highly inspiring and encouraging!

陳立山總監在大會工作坊中以豐富的肢體語言吸引觀眾
Solomon Chen in his workshop





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前總會會長楊冀光 Mike Yang, IPDG

我遇見一位年僅19歲的女大學會員，她是武漢地區目前僅有兩個分會之一的武漢第一分會會員，參加國際演講會僅有一年的時間，但她有勇氣接受挑戰在目前就讀大學創立一個“土司馬斯”新分會，即將向世界總會申報，令我非常感佩！



此外，我們遇見D85區早期在上海創立分會如今幾乎已成中國國際演講會的教父級人物：傑出會員 Warwick J. Fahy。在他的領導工作坊中特別提及他於90年代是台北名士 (Prestige) 英語分會的會員，並曾擔任Prestige分會的會長，但任期尚未結束，就因工作來到上海，他覺得對Prestige當時的會員有所虧欠，決定在大陸上海地區創會，以嘉惠更多的中國人！其實早期中國大陸“土司馬斯”俱樂部的創會，不少來自台灣中外會友們的協助扮演著重要的角色！

我們D67區國、台、英語演講的三料冠軍的現任F部陳立山總監此次在大會邀請下，於五月十二日下午在大會主會堂用中文作了一場四十分鐘以「我的演講工程學」為題的工作坊！立山總監這週本在金門作牙醫義診，特抽空一天，辛苦的由金門經小三通至廈門後，直飛杭州趕往會場！他就歷次參加各個演講比賽的心路歷程，及如何準備演講與演練技巧等心得徐徐道來；他生動誠懇的陳述，豐富的肢體語言與親切的互動令在場的四百多位D85區的土司們印象深刻，掌聲不斷！我們在I場的D67區會員們也與有榮焉！



I met a young college girl, who was only 19 years old. She has been a member of the Wuhan No. 1 TMC (there are only two clubs in this big area) only for one year; however, she dared to take the challenge of chartering a new club in her own university and the application will be sent out soon. I was really impressed by her courageous action.

Moreover, I met DTM Warwick J. Fahy, who is a legend and the godfather of Toastmasters in China. He has helped charter many clubs in Shanghai. In his leadership workshop, he mentioned that he was formerly a member of Prestige TM club in Taipei in the 1990s and became the president of the club, but he failed to finish his term and went to Shanghai for business. He felt sorry that he could not complete his service to his fellow members of Prestige, so he decided to help charter Toastmasters clubs in Shanghai to benefit more Chinese people there. In fact, in the early stages of Toastmasters development in China, some foreign members and members from Taiwan played a crucial role in helping charter clubs in China. At the invitation of District 85, Solomon Chen, incumbent Div. F Governor & our D67 tri-speech (English, Mandarin, and Taiwanese speech) champion, conducted a remarkable 40-minute workshop entitled “My Speech Engineering” in the afternoon of May 12 at the main auditorium. Solomon was supposed to be in Kinmen for dentist volunteer clinic that day, but he managed to spare one day to come to Hangzhou. He confidently shared with the audience

楊冀光前總會會長與武漢第一分會會員合影，其中著紅衣者為文內所述19歲創會女大生
Mike Yang posed with TM members of Wuhan No. 1 TMC. The one dressed in red is the 19-year old girl I mentioned in my article
台灣區的大會參加者與國際理事Balraj及D85區領袖於晚宴合影
D67 participants posed with Region 13 Director Balraj & D85 leaders





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隨著華語在世界的風行，以華語為主的國際演講分會在世界許多地方成長發展；除了台灣與中國大陸外，另在港澳、新加坡、馬來西亞、印尼甚至美國均有為數不少的華語分會；陳立山總監去年也曾先後被邀請至新加坡與馬來西亞的中文會作類似的工作坊，造成極大的轟動！由於華語是我們的母語，我們在國際演講會華語世界的重要性不言而喻，因此我們的中文分會若能多與這些的海外的中文會交流，必定能激發出正面的火花與能量，而中文分會的發展更是不可限量！

我們此次看到了D85區高水準的中、英語演講比賽與幾場中、英語的領導與溝通工作坊，均獲益良多！事實上D85區的Kwong Yue Yang 去年得到世界總會演講比賽第二名，已極為難得，但令人感佩的是他今年又再度參加了D85區的英語演講比賽，竟只獲得第二名，未能代表參加今年的世界比賽，由此可知這次比賽競爭之激烈！

兩岸土司會友的交流不僅促進雙方友誼，更可相互學習！深相信未來必有中國地區的土司領導者與會友們來參加我們D67區的大會！盼望這樣類似的交流能不斷持續，以擴展我們的視野，並升級我們在領導與溝通上的成長！

his psychological journey on contests, how to prepare for a good speech and how to practice speaking skills. His sincere and vivid speaking adding rich body languages & positive interactions with the audience won great admiration and applause from more than 400 participants there. We were so proud of Solomon's exceptional performances.

With the global trend of Chinese learning, Chinese Toastmasters clubs are now wide-spreading in many parts of the world. In addition to clubs in Taiwan and Mainland China, there are also many Chinese clubs in Hong Kong, Macao, Singapore, Malaysia, Indonesia, and even in the US.

Div. F Governor Solomon Chen was also invited to Singapore and Malaysia respectively last year to conduct a similar workshop leading to an enormous sensation and great welcome. As the Chinese language is our mother tongue, the crucial role of our Chinese clubs in Taiwan in the world of Toastmasters is undeniable! I believe, as long as the members of our Chinese clubs have more interactions with the overseas Chinese clubs, there will be more positive energy to ignite. Chinese clubs should have a promising future!

We have greatly benefited from the high level Chinese and English speech contests as well as several leadership and communication workshops in this conference. In fact, the contestant from D85, Mr. Kwong Yue Yang won the 2nd place in the international speech contest last year. This is already an extraordinary result; however, Kwong Yue, to our surprise and admiration, participated in D85 international speech contest once again this year, but only got 2nd place, so you could tell how competitive this speech contest was!

The interactions between the members from the two sides of the Taiwan Strait not only can enhance our friendship, but motivate us to learn from each other as well! I am confident that some TM leaders & members from Mainland China will come to Taiwan for our D67 conferences in the future. I certainly hope these positive interactions could continue to grow in order to broaden our horizons in Toastmasters and upgrade the level of our communication and leadership skills.



楊冀光前總會會長與未來D89區總會會長Angela Zhang及其會友們合影
Mike Yang & D67 participants posed with in-coming D89 DG Angela Zhang & her fellow members





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東公成
Kiminari Azuma, DTM

友誼

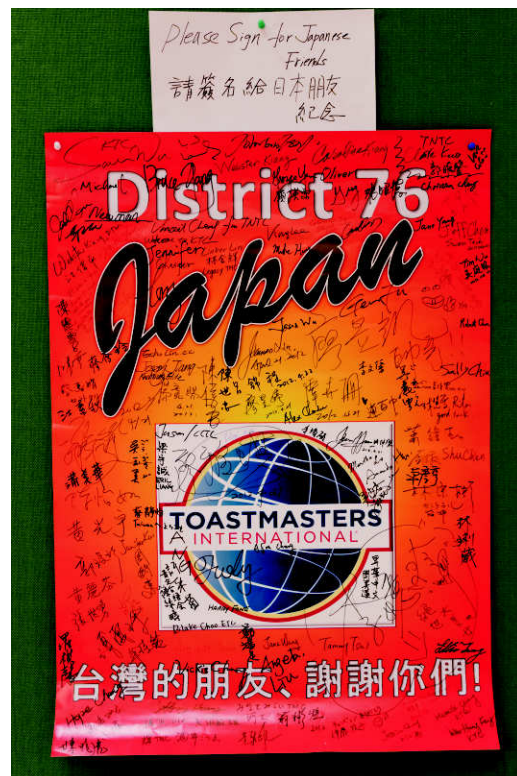
很榮幸得此良機與我的日本國際演講會友們包括鷺海正樹、矢田敏雄、河上悅和、酒井こづゑ、小堀則之等五位會員一起參加在高雄舉行的D67區國際演講會春季大會。此短文的目的是在分享我參加此次非常成功春季大會的學習心得。我主要學習到讚賞尊重、殷勤接待、誠摯友誼。這些元素非常質樸，但卻能改變生命。

殷勤接待

首先感謝 Wayne Cheng 和 Jeffery Huang (黃瀚誼) 協助我們順利完成春季大會的註冊手續。當天晚宴時，台灣總會三巨頭 Grace, Y.S. and Joy, 偕同大會講員 Tammy A. Miller 女士以及籌備大會幹部 Solomon (陳立山)，到我們餐桌敬酒致意，以甜美笑容表達他們的好客熱情和誠摯歡迎。令人備感溫馨的是，感謝G2區總監郭瓊珍的殷勤接待。從在會場見面那一刻起，她無微不至照顧我們六位，讓我們感覺如尊貴賓客。我們這群日本會友都深深感受到她不眠不休的款待，無論她如何疲累，永遠展露出美麗的笑顏。郭總監所有在幕後所做的一切，都令我們感動。金錢可以買到服務，但絕買不到無價的殷勤接待。我覺得殷勤接待是台灣春季大會系統運作的關鍵要素。

讚賞尊重

在台灣的春季大會中，自始至終我見證無數會友們相互讚賞尊重的場景。當我們踏入貴賓室，我們感受到貴地區領導幹部們對我們的尊重；接下來的準決賽、開幕式、日語演說比賽、大會晚宴、執委會、會員大會、教育訓練工作坊、英語演講總決賽與閉幕式的場合，我們無時無刻均受到盛情的禮遇。在日本76區，我們也表揚尊重會友，但卻未如台灣67區春季大會表現得這般淋漓盡致。我覺得讚賞尊重，是台灣總會運作系統重要的部分。



誠摯友誼

在參與大會的過程中，無論我們走到哪裏，總有台灣會員友善的招呼並說個不停(我喜歡!) 這幅影像迄今仍鮮明在我腦際。我深覺誠摯友誼是我們人類人際運作系統迷人的一部分。

當我們帶著豐盛的學習與美麗的回憶歸國時，我靈機突現，我決定在臉書的社交網站上建立一個支援67地區日語演說會的臉書群體，從5月8日起迄今已號召超過百人加入，參加者包括日本和台灣的會員。在此群體中，大家分享日文演講稿。如此一來，台灣日語會員可以從日本會員的演講稿中學習日本人的表達方式，並可收到日本會員對講稿的指正。我們願以這種謙卑的方式表達我們對台灣朋友們的感謝。

各位親愛的台灣會友們，感謝您們為我們所做的一切。乾杯!





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東公成 Kiminari Azuma, DTM



Friendship

I had an excellent opportunity to participate in the District 67 Spring Conference in Kaohsiung with my friends from District 76 namely TM Oshiumi, TM Yada, TM Kawakami, TM Sakai and TM Kobori. I wrote this short piece of essay because I want share with you what I learned from your very successful Spring Conference. My key learnings are Recognition, Hospitality and Friendship which are very simple things but can change our lives.

Hospitality counts

Wayne Cheng and Jeffery Huang helped us signed up the conference very smoothly. At the dinner, Grace, Y.S and Joy AND Tammy A. Miller and Solomon came to our table and showed their hospitality, and welcomed us with their beautiful smiles. On top of those heart warming stories, I want to express my appreciation to Janifer Kuo who has been tirelessly taking care of us. As soon as we met in the venue, she took care of us very well and she made us feel that we were so special. We, Japanese participants, all know that she worked without much sleep to take care of us. No matter how hard she worked, she never lost her beautiful smile on her face. All her behind the scene effort touched our heart. You can buy service, but you can't buy hospitality which is priceless. I found the hospitality was critical part of your Spring Conference Operating System.

Recognition counts

From the very beginning till the very end of the Spring Conference, I witnessed many scenes where Toastmaster recognized each other. When we entered the VIP room, we were recognized by your leaders. In the semi-finals, the opening ceremony, Japanese speech contest, conference dinner, ExCo, District Council, Workshops, International speech contest, and the closing ceremony, your shower of recognition never ran out. We, TMs in District 76 do recognized people who contribute to the Toastmasters, however what I have witnessed in the D67 SC was more thorough. I found the recognition was a part of your District Operating System.

Friendship counts

Everywhere we went, Toastmasters of District 67 were so friendly (and TALKATIVE, which I love) The picture still in my memory very vividly. I found the friendship was a fantastic part of our Human Operating System.

When we brought beautiful memories back to Japan with above learning, a fantastic idea popped up in my mind. I created a Facebook group to help Japanese speaking Toastmasters in District 67, and as of May 8, the number of participants from both D67 and D76 is over 100! In the Facebook group, both Japanese Toastmasters and Taiwanese Toastmasters share their speech scripts, so Taiwanese members can learn Japanese expressions from our speech scripts, and Taiwanese members receives comments from Japanese Toastmasters. This is our humble way to show our gratitude to our friends in Taiwan!

Thank you for everything you have done for us. Cheers!





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Champion Interview (Taiwanese)

鄧又升 San Teng 外交部英語國際演講會

請問，你是如何構思這次的演講？

我的靈感是從一部電影《沒問題先生》來的。我只是將電影內容，融入自己的生活體驗，才寫出了這篇講稿。其實這是一個不斷嘗試的過程，題目及內容經過不斷的修正，直到對我的聽眾有所交待為止。

那這整個構思及修正過程辛苦嗎？

這過程是我和我的指導會友共同選擇的。很難說是困難或是容易。主要是基於聽眾能從我的演講中，能學到什麼而構思的。

所以你是如何準備的（如大綱、初稿、複稿、演練等等）？

我先有個草稿，然後不斷演練。且每次演練時都要注意到，演講是否自然和流暢，然後再請我的指導會友，試聽聽看我的演講，並評估演講的價值。

在這整個過程中可有那些難處？你又如何的去克服它？

其實沒有碰到什麼難處，因為所有會友們都給了我許多意見和看法。這補足了我講稿裡的不足。我在想，其實我下個最大的挑戰，是如何超越我自己這一次的演講。

你一共演練幾次？你又是如何演練呢？

每天最少五至十次。演練時我就站在鏡子前，仔細的看自己身體的每一個動作。我想下次我會試著錄音和錄影，以便改進自己的表情和身體語言。

站在300多名觀眾前演說的滋味如何？

其實我很高興，但同時也很平靜，因為我喜歡在眾人前說話。而且我覺得很棒，因為我演說時，聽眾不止聽進去了，且當我提示時，大家都會齊聲回應我說：「Yes！」。我是有點緊張，因每個演講者都很出色，而我又是最後一位演講者，但同時棋逢敵手反使我說的更好。

你的指導會友是誰？他是如何的幫助你準備這次的演說呢？

「比爾陳」是我的指導會友。他不止鼓勵我並給我講評，且安排我在其他分會試講。沒有他的幫忙，今天我不可能站在這裡，並接受你的訪問。

國際演講會同你本來的期望有何異同？

國際演講會完全開展了我的新視野。我沒想到它不止增進了我的發表技巧，並且讓我有信心和勇氣，站在眾人前發表演講，而且同時激發他們。

國際演講會是如何幫你準備這次的演說呢？

主要的是，演說應該要從聽眾立場來出發。我自問：「當聽完我的演說後，聽眾們可以學到些什麼呢？時時提醒自己，既然聽眾給了我7分鐘的時間，那我該如何來回報他們呢？」

既然你的母語是英語，那國際演講會如何幫你的演說更上層樓？

一個英語是母語的人士，並不就是一個好的演講者。國際演講會的訓練，使我了解演說除了內容本身外，還要注意各種表情、動作、姿態、手勢等等。這些因素不止會使一個演講加分，更會加強了聽眾對你的印象。

你將以冠軍身份來代表台灣，參加下一階段的比賽。你有何看法？想要如何來準備呢？

我將多看一些冠軍演說錄影帶，來改強我的講稿。整個準備過程會同以前類似。我同時

會找許多不同的朋友來試講，然後再聽聽他們對我演說的意見及看法。

有沒有人因你的啟發，而想加入成為會員呢？

可惜還沒有，但我會繼續介紹國際演講會給新朋友的。

有關於你天生的才能

你是個天生的演說者嗎？或是因上台前你都有充份的準備？

我絕不是個天生的演說者，有時我也會緊張。然而經過不斷的練習，和演說經驗的累積，我現在對演講以很有信心，在台上演說也覺得很自然了。

你在眾人前說話，會覺得忐忑不安，或你本來就覺得很自然嗎？

有點忐忑不安，是因為我是最後一個演說者，而在我前面的人都說得很棒。假如我是第一個上台，就不會那麼緊張了。所以忐忑不安，是因為在我之前的演說者，不是因為聽眾。但我只要上台時，先微笑一下就沒事了。

在大眾前演說，最好或最壞的情況是什麼？

最好的是，聽眾給你的支持和鼓勵。而且當我暗示他們時，大家都會齊聲回應我說：「Yes！」這就是公眾演說的力量，同時我還交了不少新朋友。至於壞的方面，那就是可惜，每次比賽，只能有一位勝利者。

請說說看你的強項和弱項吧！

強項：

1. 能夠清楚和順暢的表達我的信息。
2. 我在講台上覺得很舒服，自然。

弱項：

1. 有時看著地板以致忘了看向聽眾
2. 有時說太快時忘了停頓（以致聽眾聽不懂我的口音）

Interpreter/譯員：許斯雄 Shawn Hsu
NanTou Toastmasters Club

演講題目：
Say yes to life





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鄧又升

Sam Teng MOFA Toastmasters Club

How did you get the idea for your speech?

The speech was inspired by a movie called THE YES MAN and I simply used how it relates to my life and my experience to come up with the content of the speech. This is actually a Trial and Error, I kept changing topics until I find something that the audience really get a positive message.

Was it an easy selection?

The selection process is wholly based on "what can the audience get out from your speech". I really cannot say if it is an easy or hard decision, it is a decision from both my mentor and I.

How did you prepare for it? (outline, writing, rehearsal or topic, examples, etc.)

I started off writing the draft and followed with rehearsals. In each rehearsal, I will assess the smoothness and flow of the speech. I will then ask my mentor to listen on the speech and assess the values in the speech.

What were your road blocks throughout the process and how did you overcome it?

There really isn't any road blocks I encountered, simply because everyone had been giving me advices and comments. Based on those comments, I was able to shape and alter my speech. I would say the next challenge would be to come up with another speech that is as good or better than this one.

How many times did you rehearse and how did you rehearse?

I rehearse at least 5-10 times a day and I will stand in front of the mirror and watch every movement. I am going to try taping and video recording next time to see how I can improve on the body and facial expressions.

How did you feel standing in front of an audience of 300 and more?

I am actually quite excited and calm because I like speaking in front of people. Further it feels great when you know that everyone is taking in your message and especially when they responded "YES" when I prompted them to. I am a little nervous mainly because I was the last speaker and all the speeches were incredible to say the least. Going onto the stage and compete with such high calibre speakers also pushed me to perform better.

Who if any, helped mentor you in your preparation? How did he or she helped you?

Pierre Chen is my mentor and he helped me through giving me positive feedback, encouragements and more importantly the opportunity to speak at different clubs. Without him, I would have never made it this far.

How is Toastmasters different from your expectations? How was it as expected?

It opened my eyes to a completely different world. I did not expect that it could help me to improve my presentation skills and gave me the confidence and courage to stand in front of 300 people and motivate them.

In what way did Toastmasters help you in the preparation of your speech?

One very important thing is to think from the audiences' perspective, ask the questions "What can the audience take away with at the end of your speech?". This helps me to prepare speeches keeping in mind that I am trying to add value to the listeners' life. In the 7 minutes of their life that I have taken, what can I bring in return.

As a native English speaker, how has Toastmasters helped you personally to become a better speaker?

A native speaker does not equal to a GOOD



public speaker. The TM program helped me to focus on body movements, eye contacts and gestures instead of solely on speech content. Although the content is important, the other aspects enhanced your message and strengthen the impression the audiences get of you.

As Champion representing Taiwan, what are your thoughts on competing at the next level? and how will you prepare for it?

I am going to start watching videos of champion speeches and assess how I can improve my current speech. The preparation process will be the same as before. I believe practice makes perfect and get a lot of different people to listen to the speech so I can receive different feedbacks.

Are there anyone who, inspired by you, decided to join Toastmasters yet? ;)

Unfortunately, not yet.....but I will make sure new comers in the future will hear about it.

On your natural talent:

Would you say you are a natural presenter or someone who actually prepares before going on stage?

I am definitely not a natural presenter because I used to get nervous. But with practice and competition experience, I am very confident about speaking in front of the people. Now, I can say I am quite natural when going up the stage to deliver a speech.

Do you get the butterflies standing in front of others or have you always been a confident speaker?

Butterflies came because I was the last speaker and all the speeches were outstanding. If I am the first speaker, I would feel less worries and nervous. So the butterflies came from the other speakers rather than the audience. I usually ease the nervousness with a smile when going up the stage.

What is the best part about speaking in front of others and the worse part?

Best part is the pat-on-the-back you get and people saying great job or good speech. Secondly, at the end of my speech, the audience responded to my questions and everyone saying "YES" with me makes me realize the power of public speaking. Those are the parts I really enjoyed about it, in addition, I made a lot of new friends a long the way. There really isn't a worse part apart from one thing, because this is a competition hence there is only one winner.

What are your strengths and what are your weaknesses?

Strengths:

1. Ability to convey the message clearly and smoothly
2. I feel at ease when I was on the stage

Weaknesses:

1. Sometimes looking at the floor and not making enough eye contacts
2. Speak too fast without pauses (and people not understanding my English accent)

Interpreter/譯員：許斯雄 Shawn Hsu

NanTou Toastmasters Club

Speech Title:
Say yes to life





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伊藤牧子

中央日語國際演講會

請問您是如何想到這篇演講內容的?

在準備演講稿的時候，我喜歡選擇我自己想知道的東西、可以進步的方法，或者是如何解決問題。而這次我演講的目標是“活用語言”。我想了解關於這方面上，我的缺點是什麼？然後在找到我最想要改善的缺點，因此這就變成了我的演講內容。

最後如何訂定這題目?

我選了演講的題目後，會先問一些朋友和學生，他們對這個題目有沒有興趣。大部分的人都會回答：他們也有相同的經驗，而且想知道這該如何改善。所以就決定是這個題目了。

請問如何準備這篇演講(比如說 定出大綱、寫稿、練習等等)。

我會先寫下我想講的關於題目的內容，然後在想一下聽眾們的需要，再來取捨我所以寫的東西，最後組成了一篇文章。可是我想講的東西有很多，但是實際上寫下來的內容對聽眾而言，有意思且有意義的東西卻不多。而且分享太多東西的話，會讓聽眾不能吸收，甚至在演講結束後內容就完全記不得了。所以對我來說準備最重要的工作是扔掉不用講的東西。

這其中是否有遇到瓶頸，請問您如何克服?

跟會員問，或參考手冊。

您大約總共做了幾次練習，您又是如何練習呢?

我大概練習了10幾次。練習的時候會確認自己有講到重點。而且還是在不背原稿的狀態下。

在您的練習過程中，是否有指導會友幫助您，她(他)又是如何協助您練習?

在這次比賽前，會員給了我練習的機會在例會上演講，而且，再加上會員們的建議，讓我可以改善演講上的不足點。

請問您何時知道有國際演講會? 您知道後多久決定加入成為一員?

我是去年初知道了Toastmasters，然後大概過了3,4個月後就決定加入了。

加入國際演講會後，和您想像中的有何不同? 有和您預期的一樣嗎?

在我加入TM前有參加過例會，所以有大概的觀念。但在加入後我發現從TM上可以讓我學到更多的東西而且比我預期來的多又深。

演講會如何幫助您準備演講?

在演講會上我可以聽到許多有經驗的會員們的演講。從他們的演講裡可以讓我學到很多技巧，比如怎麼吸引聽眾，怎麼樣子的演講能讓人感動，等等。



平常已經使用日語。您個人覺得加入演講會對您的演講有幫助嗎?

我平常是使用日語的，因為日文是我的母語，但是會講日語跟會議演講是完全不一樣的。所以我很感謝TM給我機會，讓我一邊追求演講的技巧，還能一邊考慮到日常的說話方式。

有沒有會友是因為受了您的影響，而決定加入演講會?

我努力邀請我的學生來參加例會，但是對學生而言會員費不是那麼的便宜，還有考試前的話，家長是不會讓他們來的，所以很難定期參加。可是我覺得演講會是個可以讓台灣學生活用日文的寶貴地方，所以今後也會繼續努力邀請學生們參加。

從您的演講表現來說，您是否認為您是個天生的演說家，隨時做好上台的準備?

我小時候非常害羞，甚至還有些人認為我不會說話。所以我不可能是天生的演講家。

經過那麼多次的比賽，您還會緊張嗎?或是說您早已從經驗中獲得自信?

我覺得我的經驗還不夠，所以我還是會緊張。

您認為站在聽眾面前演講，什麼是最好的部分，什麼是最糟的部分?

緊張的時候，有些人講話會變的很快。但是我本來講話就比較慢，所以在我緊張的時候講話的話速度就會變的剛好。不過我卻也因為太緊張而導致我的聲音變的很小聲，所以我得小心這個缺點。

演講題目:

談話盡興 心情也高興





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伊藤牧子 Central Toastmasters



How did you get the idea for your speech?

While writing a script, I prefer to choose something I want to know, a method which helps me make progress, and solutions to problems. The objective of this speech is 'To use language effectively'. I figured out all of my weaknesses on the objective, and targeted the main points that I want to improve most. Therefore, it became the topic of my speech.

How did you decide on the topic finally?

Once choosing the title of my speech, I asked some of my friends and students whether they were interested in the speech or not. Most of them replied to me that they had met the same problems, and wanted to know the solutions. So, that's it.

How did you prepare for it? (outline, writing, rehearsal, etc.)

I brainstormed the topic and wrote down everything that came into my mind, and then picked up some of them which I thought were what the audiences needed. Finally, an article was completed. I wanted to share plenty of information at first; however, most of the information was neither meaningful nor interesting to the audiences. To make sure the audiences can understand and remember my speech, the most important challenge for me is to abandon the unnecessary content in my script.

What were bottlenecks for you throughout the process and how did you overcome them?

Ask the members, or consult the manual.

How many times did you rehearse and how did you rehearse?

I probably practiced more than 10 times. I would make sure I mentioned the points exactly without memorizing the whole script as practicing.

Who, if any, helped mentor you in your preparation? How did he or she help you?

Before this contest, I had a chance to deliver the speech in a regular meeting. Members' suggestions helped me improve the weak points.

When did you hear of Toastmasters, and how long did it take you to decide to join?

I knew Toastmasters in the beginning of last year, and decided to become a member 3-4 months later.

How is Toastmasters different from your expectations? How is it as expected?

I knew a little bit about Toastmasters after several regular meetings I attended before becoming a member. After joining the club, I have found I can learn more and understand more deeply here than I expected.

I have many chances to listen to senior members' speeches in Toastmasters. I have learned a lot of skills from their speeches. For example, I learned how to attract audiences, and what kinds of speeches are able to touch people, etc. **As a native Japanese speaker, how has Toastmasters helped you personally to become a better speaker?**

I usually speak Japanese, it is my mother tongue. However, speaking Japanese is different from making a speech in Japanese. I would like to thank Toastmasters for giving me the chance to improve not only the skill of making speeches, but the way to speak Japanese in daily life.

Has anyone who was inspired by you decided to join Toastmasters yet?

I have tried to invite my students to attend the meeting, but the fee is too high for a student. Moreover, they will be absent often because their parents will preclude them from attending the meetings before examinations. Anyway, I believe Toastmasters is a perfect club for practicing Japanese, and I will keep trying to invite my students.

Would you say you are a natural speaker or someone who are always ready to perform?

I was shy when I was young. Some even thought I was not able to speak at all. It's impossible to say I am a born speaker.

Do you still feel nervous after so many contests? Or have you overcome your stage fright and become a confident speaker?

I am still nervous. I think I need more experiences.

What is the best part about speaking in front of others and the worse part?

Some will speed up their speed of speaking under nervousness. I usually speak slowly, so my speaking speed becomes just right when I am nervous. But it also causes the volume of my voice down. Therefore, I have to pay attention to this disadvantage.

Speech Title:

談話盡興 心情也高興



Interpreter/譯員：邱少為 Alex Chiu
Pingtung Toastmasters Club



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連育德昇華中文進階國際演講會

演講題目:

人聲人生



請問您是如何想到這篇演講內容的?

剛好講到第六講「抑揚頓挫」，所以想到之前參加過的聲音課程以及體悟，覺得應該很適合演講會強調的核心價值。

最後如何訂定這題目?

正式定名前，剛好有個會友的講題是「雕刻人生」，剛好可以跟「人聲」搭配，所以才有「人生，人聲」的巧合。

請問如何準備這篇演講(比如說 定出大綱、寫稿、練習等等。)

因為是自己親身體驗的感動，所以稿子很好寫，但知道這是要比賽，所以更要懂得去蕪存菁，讓內容更紮實之後，再想辦法融合一些演講技巧，例如三點式、留白、反差等等，在表達技巧上得分。練習，別無他法，就是苦練。

這其中是否有遇到瓶頸，請問您如何克服?

中心思想不夠明確或無法立刻讓聽眾知道，所以請教許多會內的資深會友，統合大家意見，再給自己一些時間沈澱，想出適合自己風格的方式。

您大約總共做了幾次練習，您又是如何練習呢?

從會內賽開始，到正式比賽前，應該有上百次。因為演講內容肢體動作多，所以都會在鏡子前練習，也請朋友當我的聽眾。

站在大約三百名聽眾的面前那是怎樣的感覺?

在台上演講，感覺很享受。演講中佈局的點，看到觀眾有笑臉有回應，是人生一大樂事。

在您的練習過程中，是否有指導會友幫助您，她(他)又是如何協助您練習?

講稿部分，請教資深會友的意見，務必使中心思想更突顯，例如某一點可能要在增加例子才不會太單薄，聲音技巧要再誇張，才能顯出對比。

請問您何時知道有國際演講會

(Toastmasters)? 您知道後多久決定加入成為一員?

大學時就知道英語演講會的存在，一直經過十多年，才正式加入中文演講會。

加入國際演講會後，和您想像中的有何不同? 有和您預期的一樣嗎?

不同之處是演講會中演跟講的比例，但我認為能在演講會演講，在其他場合就絕對沒問題。

演講會如何幫助您準備演講?

平常多聽每個會友的演講其實都有幫助，可以看到大家處理資訊的方式各有不同，演講風格也都各有巧妙。會員之間的互動鼓勵也能增進在台上的自信。平常已經使用台(國)語。您個人覺得加入演講會對您的演講有幫助嗎?

絕對有幫助，不管是在內容鋪陳、自信上都是如此。我認為語言只是工具，如何把訊息有效傳遞給對方，才是演講的目的。

有沒有會友是因為受了您的影響，而決定加入演講會?

似乎還沒有，但我會努力的，希望把得獎影片公布給親朋好友後，能發揮一點影響力，讓大家笑笑後，發現原來一個人從不太會講話，努力過後就能得到演講冠軍。

從您的演講表現來說，您是否認為您是個天生的演說家，隨時做好上台的準備?

我是天生的不會演說家，正因為如此，當初才會加入演講會，慢慢成為演說人，再變成演說家，最後成為天生努力的演說家。

經過那麼多次的比賽，您還會緊張嗎?或是說您早已經驗中獲得自信?

如果知道自己準備充分，其實就不會緊張，享受上台的過程。但如果準備不充分，其實會良心不安，反而緊張。

您認為站在聽眾面前演講，甚麼是最好的部分，甚麼是最糟的部分?

最好的部份是，聽眾認同你的觀點，對你鋪陳的點有回應，事後給你正面迴響。最糟的部分是，每次聽會友精闢的演講，都會想說：「唉，什麼時候才能那麼厲害。」

您覺得您在演講中，有哪些優缺點?

我的優點是：文字鋪陳，知道怎麼講聽眾可能會有什麼反應。缺點是：肢體動作不夠自然，或是即席問答演講時比較放不開。



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Champion Interview (Taiwanese)

連育德 Sunflower Toastmasters Club

How did you get the idea for your speech?

It happened to me when I made my C6 speech which was about vocal variety and that reminded me of what I had learned in my vocal lessons before. I believe it would match the core value of Toastmasters.

Was it an easy selection?

Before I decided on the speech title, one of our members delivered a speech and the speech title was "life of sculpture". In Mandarin, the pronunciation of "human voice" and "life" is the same. What a coincidence! That helped me set my speech title.

How did you prepare for it? (Outline, writing, rehearsal or topic, examples, etc.)

It was all from my own experience so it was easy for me to write the script. However, the script was prepared for contest so I rewrote it several times to make it perfect. With well-organized content, I even tried to put some speech skills such as triads, pauses and contrast words into my speech and hoped that I would win points from those expressional skills. Then, practice, practice, nothing else.

Have you ever experienced bottlenecks? If so, how did you go through it?

Yes, in my speech, I did not have a defined or clear core value and that prevented the audience from understanding me right away. So, I asked for help from many senior members in my club. I integrated all their suggestions and gave myself some time to figure out what style is good for me.

How many times did you rehearse and how did you rehearse?

From in-club contest to district level contest, I must have rehearsed hundred times. In my speech, I had a lot of body languages so I always practiced in front of a mirror and asked my friends to be my audience as well.

How did you feel to make speech in front of the audience which was an audience of 300 people approximate?

I enjoyed delivering speech on the stage. When I saw happy faces among the audience because they realized the punch lines in my speech, it was the happy moment in my life.

Who, if any, mentored you during your preparation? How did he or she help you?

In my script, our senior members suggested that I should enhance the importance of core value. On certain point, I must add examples to make it more understandable and enforce more vocal varieties to make the differences.

How long have you heard about Toastmasters, how long did you take to decide to join?

Since I was a college student, I have heard about Toastmasters. After 10 years, I official joined mandarin Toastmasters.

How do you feel before and after you joined Toastmasters? The same as your expectations?

The difference is the ratio between acting and speaking in Toastmasters but I believe if I can deliver a speech in a Toastmasters club, I can make it anywhere.

In what way did Toastmasters help you in the preparation of your speech?

To listen to speeches in the club, the more the better. Everyone has different way to deliver message and their speech styles are diverse. With the courage which is given between club members, we build up confidence to stand on the stage.

As a native Mandarin speaker, how helpful Toastmasters is to make you become a better speaker?

Absolutely, I got help on how to deliver message successfully and to build up confidence. I believe that language is only a medium. How to deliver message efficiently to the audience is what a speaker should aim at.

Is there anyone who was inspired by you and decided to join Toastmasters?

So far, none. But I will do my best. I hope after I spread out my winning video to my family and friends, I may make some influences. While they make belly laughs from my speech, they would realize someone who was not good at speaking could win the champion after making efforts.

After this excellent performance, would you consider you were born as a speaker by nature and is always ready to stand on the stage?

I was not a speaker by nature. That's why I joined Toastmasters. I am one of those who are from talking only to making speeches. Step by step. Then, with my efforts, I finally become a hard-working speaker.

Having had so many contests, do you still feel nervous? Or you already built up confidence from your experience?

If I prepared well, I would not feel nervous and enjoy every moment on the stage. However, if I did not make good preparations for the speech, I was guilty and felt the nerve-racking even worse.

What are the pros and cons about delivering speech in front of the audience?

The best part is the audience agree with your points, respond to your punch lines and give positive feedbacks after the speech. The worst part is after listening to an excellent speech from a club member, I would think, "When can I make such an excellent speech like this member?"

What are the strengths and the weaknesses in your speech?

I am good at vivid words and can precisely predict how they got reactions from the audience. However, my body languages did not go spontaneously. While making a Table Topic speech, I felt awkward.



Interpreter/譯員: 陳富媚Fu-Mei Chen

Speech Title:





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邱志山 青企台語國際演講會

演講題目:

扒龍船



請問您是如何想到這篇演講內容的?

針對這次春季大會指定演講比賽，原本想設定一篇「團結力量大」的內容，可是一直想不到好的題材，YMIC青企台語會的會內賽日期，越來越近了，會長一直來電要會友參賽，靈感有時候真的是被逼出來的，只好把自己在2010年參加龍舟比賽活動的過程寫成講稿，況且在練習划龍舟的過程當中也有不少的感想，想藉演講比賽說出來，團隊合作真的跟「領導、溝通」密不可分，也滿適合國際演講會會員的口味，所以就決定這個內容了。

最後如何訂定這題目?

先前要訂的題目是「輸入沒輸陣，輸陣歹看面」只要是團隊合作的比賽活動都滿適合的，例如：拔河、打籃球、足球賽等，但要符合講稿簡單創意、個人經驗及組織架構的條件，憑空想像有一點不符實際，最好就是有做過研究、親身體驗的題材最恰當，因此決定「扒龍船」這個題目，就像講故事一樣，再加上演講價值及一點笑料而已。

請問如何準備這篇演講(比如說 定出大綱、寫稿、練習等等。)

準備5~7分鐘的演講，字數大約在1200字~1500字左右，不宜太長，開場如果能在5~10秒鐘之內讓觀眾有反應，便能吸引大家的目光，基本上能吸引聽眾的注意，演講起來就比較有信心了，大綱正文盡量不要離題，連結也盡量自然一點，暫停、分段稍為注意一下即可，完成講稿先練習一下，順了之後完整唸一遍，用手機錄音起來，先自己聽，自行修改，不停的聽，不滿意再做修改，等到會內賽的時候，看會友的反應再做修改，通常第一次的效果是最好的，當然，也可以把講稿寄給資深的會友指正一下，所有的建議都只是參考，還是由自己的感受來做取捨。

這其中是否有遇到瓶頸，請問您如何克服?

倒不覺得有什麼瓶頸，在會內再次預演的時候，講兩遍以上，會友反應會越來越冷，但不要太在意，這是正常的現象，因為他們同樣內容已經聽過了(一或二次以上)，新鮮度沒了，我們可以觀察第一次聽我們演講的來賓或會友的反應，不曾聽過的觀眾只要反應良好、覺得有趣就可以了，講稿不要畫蛇添足，一直做不必要的修改。

您大約總共做了幾次練習，您又是如何練習呢?

練習的次數越多越好，我大約是一天用一小時早上的時間練習講，把不順的地方用紅筆註記在講稿上，晚上再把註記修改的地方打字補上，通常自己練到最後會覺得太無趣了，同樣的內容不斷地重複、重複，真的很疲勞，有時候甚至會懷疑自己的講稿是不是太平淡、太空洞了，這個時候停下來，喝杯茶或咖啡休息一下，等精神狀況好的時候再練習，總之練習、練習、一定要練習是不變的法則，到了比賽那天還是要練習，常常在上台比賽前五分鐘才找到靈感(激發靈感)增加笑點或重點，所以多參加大型比賽真的不錯。



站在大約三百名聽眾的面前那是怎樣的感覺?

緊張是一定的，但當站上大型的講台之後，我們已經是沒什麼在怕了，反正鴨子已上架了，慢慢說出內心想表達的話，真的是人生一大享受，想想我們那有機會請這麼多人聽你一個人在台上說話，除非我們很有名，要不然怎麼去找到三百多名聽眾坐在台下專注的聽我們演講呢?在台上，我堅信聽眾是熱情支持的，所以我們只要說出聽眾想要的，一定可以得到熱烈的回響，聽眾從中受益，我們的潛能也被激發出來，一舉數得。

在您的練習過程中，是否有指導會友幫助您，她(他)又是如何協助您練習?

找熱心的會友協助是必要的，多些腦袋來思考真的很有幫助，可以豐富演講內容，不管是觀點、想法、創意、導正、變化以及我們沒想到的事項等等，尤其對靈感的啟發幫助更大，這次練習過程中，沒有特別的指導會友，但個別講評及青企台語會每一位會友都是我的指導老師，他們提供許多不同的意見給我參考，群體的力量真的比較大啦!

平常已經使用台(國)語。您個人覺得加入演講會對您的演講有幫助嗎?

這是很好的問題，可以給我做一個結論，加入演講會不光是對演講有幫助，這是用「團隊合作」，借力使力，一起學習成長事半功倍的方法，演講跟處事一樣要捉到精髓「美角」，演講會的功勞不少，就個人來說，演講會的幫助分成三個方面：第一：我是為了學英語加入國際演講會，5~6年專注英語演講，真的，英語進步神速，花費又少，在台灣實在找不到這麼好的英語學習環境，這是最大、最棒的地方，再也找不到其他地方了。第二：後來覺得我們的母語「國、台、客語」，針對個人實用性(實際情況)，母語在職場上是最好的溝通語言，如何講到話語精髓「美角」的深度，真的是一門學問，永遠學都學不完。第三：長期待在國際演講會的社團裡，我們會發覺，講話婉轉許多，正向的讚美詞彙也變多了，原本責罵、抱怨、吐槽的脾氣變小了(因為它們無濟於事)，相對的，透過演講的磨練，原本平淡的事情可以變得更豐富、有趣，參加演講比賽可以不斷的修詞、再修詞，練習再練習，真的對演講技巧幫助匪淺!

多參加演講會的活動，尤其是演講比賽，不要擔心名次的問題，總之，用心參加每一次的演講比賽，收穫的心得是無法言喻的，祝大家好運、愉快。

Interpreter/譯員：曾綉文 Lillian Tseng
ALE MAX Toastmasters Club



中華民國國際演講協會年度特刊

Toastmasters International, District 67 Special Edition

參加D85區2012年春季杭州峰會感言

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Champion Interview (Chinese)

演講冠軍訪談 台語組

Champion Interview (Taiwanese)

耶加達 YMIC Toastmasters Club

How did you come up the idea for your speech?

Regarding the international speech contest of 2012 spring conference, originally, I tried to write something about "unity is power". At that time, the in-club contest day of YMIC was around the corner, but I still couldn't think of a better idea. Club president kept urging YMIC members to join the contest. I felt sometimes a good idea was inspired under the last-minute pressure. Therefore, it hit me that I could actually speak about the experience how I joined the 2010 dragon boat game. I wanted to share my dragon boat practice process in the in-club speech contest. There were many thoughts during the dragon boat practice; I felt team work is related to the "leadership and communication". Most of the audiences were Toastmasters, so I decided this would be it.

Was it an easy selection?

Originally, the speech title was supposed to be "Show up group momentum if there are fewer people, lose face if there is no group momentum". Every kind of teamwork game was all fit into this speech title, such as a tug of war, basketball, or soccer game etc... But the script must be simple, creative, personal experience, organized. If the speech content is from the imagination, it's unrealistic. It's better to be based on some research or personal experience. Therefore, I decided "dragon boat race" to be my speech title and inject speech value and humor in it. It was like telling a story.

How did you prepare for it? (Outline, writing, rehearsal or topic, Examples, etc.)

For a 5-7 minute prepared speech, the content should fit into around 1200-1500 words, not too long. If your opening can arouse audience response at the first 5-10 seconds, you will be more confident once you attract audience's attention. The content should be something to do with the subject, connecting each paragraph naturally and be careful with the pause or break section. Rehearse the speech after you finish the script, voice record it when you practice. Keep the same circle of listening to the voice record and make changes on the script until you feel satisfied. Usually, the first effect is best. You can also e-mail your script to the senior members for their suggestions. You still need to focus on what you feel about your speech, all the suggestions were references to you.

What were your bottlenecks throughout the process and how did you overcome it?

I didn't think there are any bottlenecks. You will need to rehearse more than twice in the club meeting. Don't care too much when members' responses are getting indifferent. It's normal because they have heard the same content a few times. We should observe the audience responses when they heard your speech at the first time. If they feel interesting and give positive feedback, it will be good enough. We should not make lots of changes at our script or you might spoil it.

How many times did you rehearse and how did you rehearse?

Practice makes perfect. I use 1 hour in the morning to make rehearsal, and make red mark on the script if I cannot say it fluently. I will highlight it, and make rehearsal more and more until I feel bored. It's really tiring to

repeat the same speech. I even doubt my script content is too ordinary and boring. So I will drink cup of tea or coffee to take a break. Then I will continue my rehearsal when I get my energy back. Practice definitely makes perfect. You still need to practice on the contest day. Sometimes, you may find the inspiring idea 5 minutes before standing on the stage. So, joining the conventions is really a great experience.

How did you feel while standing in front of an audience of 300 and more?

Nervousness is inevitable. When I stand on the big stage of spring convention, there is nothing to be afraid of because I am in it. Therefore, just say what I want to say and enjoy it. Have you even dreamed that there were more than 300 people listening to your speech even if you are not a famous person. On the stage, I believed audiences are passionate and supportive to listen to what I say to them. I can get positive feedback when audiences learn something from my speech. Besides, our potential can be brought out. It's like killing two birds with one stone.

Who, if any, helped mentor you in your preparation? How did he or she help you?

It is necessary to ask help from your club members, the brain storming is really helpful. It can enrich speech content no matter in point of view, ideas, creativity, correction, changes or something we never think of. Especially, it helps a lot on the inspiration. During the rehearsal process, every evaluator and every YMIC member are all my mentors. They provided many comments and suggestions as my reference. Unity is more powerful than individual.

As a native Taiwanese speaker, how has Toastmasters helped you personally to become a better speaker?

This is a good question, I want to make conclusion. Not only joining Toastmasters helps my public speaking, it also makes me realize what "team work" is. A right learning method can get twice results with half the effort.

Toastmasters help me do everything in "just appropriate" in communication and daily life. Personally, toastmasters help me in 3 ways. Firstly, I joined English toastmasters club and focused on the English speech. My English ability has been improved dramatically and little money was invested. I cannot find other English learning environment better than the Toastmasters Club. Secondly, I felt our native language (Chinese, Taiwanese, Hakka) are the best communication languages at work. How to say the words in "just appropriate" is an advanced knowledge, never too old to learn. Thirdly, we use more positivity, encouragement or praise instead of blame and complaint (because it's useless). In contrast, an ordinary thing can become more interesting and joyful through experience in public speaking. You have made changes and editing, practice it over and over again when you join speech contest. It polishes the speech skills more than you can think.

Join more toastmasters' activities; especially speech contests and don't worry about ranking. However, you cannot tell how much you can reap, just enjoy it. Good luck and be happy.

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Speech Title:

Dragon boat Racing

