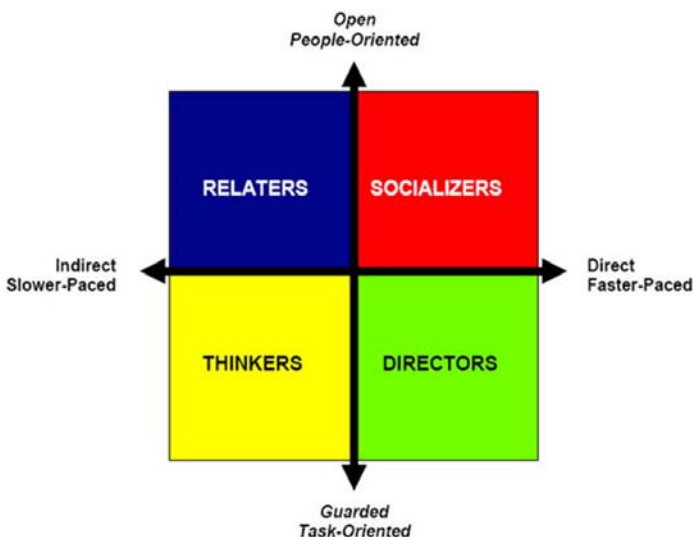


# 5-Star Mentorship Workshop



In Achievers we trust that the power of mentoring is an important catalyst to train up professional speakers. Under the leadership of our club VPMs Winnie Yeung and Kenny Lo, the interactive Mentorship Workshop was successfully held on 29 July 2013.



## Leadership Journey, Part 1: Courage

During summer vacation, I started reading "Leadership Matters" by Mike Myatt. Within the first quarter of the book, the author asks about the qualities of the impeccable leader. Mike Myatt lists 33 characteristics. He then stops and realizes that the perfect leader does not exist, "only the right leader for a given situation".

I identified 10 skills we learn about when we enter the Toastmasters journey with the goal of becoming a confident public speaker. Over the course of the next 10 months, I will write one essay per month for each one of them, starting today on courage. The next essays will cover: vision; empathy; persistence, commitment & self-discipline; attention to detail; an active listener & respect for others; confidence; great communication skills; charisma; and wisdom.

It seems the fear of public speaking requires more courage than any other fear – if it is true that people fear speaking to a group of people more than death itself.

When we think of great courageous acts, we often reflect on acts of heroism and bravery. We consider famous men or women who had overcome challenges against all odds. For example: Mahatma Gandhi, Nelson Mandela, or Aung San Suu Kyi. Their actions have truly changed the world for many. How can stepping on stage to face an audience be compared to the courage required to face hate, violence or to being killed?

Most people will describe their first time speaking to an audience as one of the worst moments ever: stressed, nervous, sweating and barely able to talk. Facing such prospects certainly is an act of courage. How could you volunteer to put yourself into such a situation? As cliché as this may sound: it is through belief.

Those who tackle tough challenges or hardship often do not use the word 'courageous' to describe their actions. What they say can be summarized as follows: "It was the only, the right thing to do", "It felt right", or, "I believed". They knew there was no other path: they believed in a cause.

The word 'courage' has its origin in 14th century old French, meaning 'heart' or 'innermost feeling'. And so, saying somebody has courage is just a different way of expressing: "This one believes to do, no matter what". Or as they say in Star Wars, "The Force is strong with this one".

Calling yourself courageous is another way of acknowledging that you know that, what has to be done, has to be done. This could be accepting the role of bigger responsibility. It could be speaking to an audience. The motivation to become someone better drives us forward. It creates the courage to endure, even if it is unpleasant at first stepping into an uncomfortable position, having everybody's eyes focused on oneself, or facing an audience.

Courage is almost always rewarded through success or failure. And by this nature, courage initiates the start of a journey.

A leader understands that the very steps into the unknown are the sources of leadership vocabulary for an inspiring story. The various stages – facing the challenge, addressing the challenge, successfully or unsuccessfully (!) overcoming the challenge, learning from it all – serve as fertile ground for the formulation of a vision. This was the case for Mahatma Gandhi and Nelson Mandela, and likewise it can be for any of us who start this journey.

Courage is the proverbial jump into water without being able to swim. It is the essential drive to get started no matter what. Whether that is asking somebody out for a first date, taking on a leadership role, or being on stage as a public speaker for the first time.

Toastmasters offers a guided journey of overcoming stage fright and to becoming a confident public speaker. Becoming a great speaker, and leader, requires the courage and belief to find, articulate and express one's own personal story.

Start today. Become your own story.

Jake Layes, AC(B), CL  
Club Past President 2010-11

# In-house Humorous Speech Contest



## Champion: Talis Wong

*"Talis has great delivery, successfully manipulating an informational speech about cooking lotus into a humorous speech."*, Ron Tsui

*"A Michelin zero-star chef demonstrated us how to cook his signature dish that no one would care to eat. However, we did enjoy listening to it very much!!"*, Stephen Tsui



## Second place: Derek Cheung

*"Deep down in Derek's heart, he sounded rather pessimistic. He put himself at the corner saying he was at the end of his life ... Witnessing his animated body gesture and sarcastic humor, it was worth giving him applause and support!"*, Alice Tse

*"We enjoyed Derek's speech very much! A heavy speech was presented in a light way. Thoughtful and fun!"*, Charlotte Ng

*"Derek told us his coming-of-age (or becoming aged?) story, from which we had learnt how he got rid of his human bondage (i.e. the women in his life) when he was facing his moment of truth. Well done, Derek, for he had reached such maturity -- I mean, in terms of his speechcrafting skills."*, Cynthia Lau

*"It is Derek's speech! ... And Derek gave us his outstanding performance, as usual. His delivery was composed of unexpected twists, dramatic Derek-style facial expressions and body gesture, which have brought us great joy and entertainment at that night."*, Brandt Hui



## Third place: Charlotte Ng

*"Great to witness Charlotte's breakthrough, a hilarious performance that was a jaw dropping experience for all of us. Congratulations to Charlotte, and thanks for having us to be company on your toastmasters journey!"*, Talis Wong

*"Speech delivery congruent with content. Academic with a touch of irony and fun. :-)"*, Neer Berchik

*"A break-through for her brilliant "deadpan style" speech performance. I even felt I was not just listening to a speech, but also watching a monodrama. Congrats!"*, Stephen Tsui



Thanks to the Contest Chair  
Winnie Yeung, Chief Judge  
Tina Wong, all contestants,  
all helpers, and YOU!



# In-house Evaluation Contest



**Champion: Ron Tsui**

*"The champion Ron was so serious during preparation. He was pacing around the corridor. On the stage, he instantly became smiley and confident. He cleverly used acronyms ... in the evaluation. Overall, it was very successful as it talked to the point with a sense of encouragement. Audience could also learn a lot from the demonstrations. Well done!", Lorraine Chow*

*Ron's evaluation encompassed the elements of love because he used a very safe approach by putting praise in the top priority. He also used acronyms ... to evaluate the speech. This was quite a general and standard approach which I thought rather 'cliched', but definitely more all-rounded. Ron was sincere, eloquent and humorous that makes his evaluation distinctive.", Kathy Chan*

**Second place: Talis Wong**

*"As usual, he was humorous. He paid attention to the appearance of the lady speaker. He gave good evaluation on the technical skills of the speaker and effective examples for improvement.", Angela Yip*



**Third place: Derek Cheung**

*"Derek was truthful and powerful, straight to the point and remarkable in the clarity of ideas.", Kathy Chan*

*"Derek commended on the speaker's confident delivery and good stage presence. He recommended her to speak with stronger passion and give relevant arguments in order to be more persuasive. What a comprehensive evaluation you gave, Derek!", Hidy Cheng*



*"Following up on the Achievers Evaluation Contest, I was very touched to receive the card signed by the members. It was a unique memento of the evening, and a very nice thought. It was great to watch such a talented line-up of contestants, from seasoned champions to debutante entrants, showing how well the club supported all members to push themselves to new highs and be true Achievers. I was entertained and educated by the skills on display, and look forward to coming back to Achievers in the future!", Matt Steele, Division K Governor, Chief Judge*

*"I will put a tagline summarizing my comments: **Numerous Stars Shining in Achievers**. **Numerous** - There were altogether 12 contestants! It was the contest with the largest number of contestants I attended so far. **Stars** - The contestants were all with high standards. Not until the announcements of the results did we know who the winners were. **Shining** - Each contestant carried his/her own style in doing the evaluation, from well structured acronyms to free flow points, from English poetic description to American straight forward comment. All exhibited their best to deliver shining evaluation - true Achievers spirit !", Eva Kwan, Area H2 Governor*

*Thanks to the Contest Chair Charlotte Ng, Chief Judge Matt Steele, Demo Speaker Emily Kwan, all contestants, all helpers, and YOU!*

# Evaluation Workshop

## The Art of Effective Evaluation

In Ms. Chia-huei Tseng (DTM)'s Evaluation Workshop on 12 August 2013, she mentioned that the purpose of evaluation is to "H.E.L.P." the speaker:

- Help the speakers improve
- Encourage the speaker to do another speech
- Lift the speaker's self-esteem
- Provide useful recommendations

She asked us to show L.O.V.E. to the speaker with these strategies:

- Listen actively
- Organize the suggestions
- Verb choice (to befriend the speaker)
- Eliminate Cs—Criticize, Complain, Condemn

Why do we have to love the speaker? When the speaker feels secure, when he is loved, and when he perceives the evaluator as a friend, he will take your word and act on it. How can we provide love to the speaker? We use the 'Love Technique' to connect with him. We are careful in our choice of words to make recommendations so as not to discourage or alienate him.

Chia-huei encouraged us to take the privileged opportunity to give positive, specific and constructive feedback to the speaker. We will learn more if we try to evaluate every speech we listen.

An ongoing practice is to build a bank on vocal variety, structure, and suggestions for improvement. We have to keep adding to the list.

What powerful strategies and sound advice Chia-huei gave us! We benefited so much from her workshop and we felt she loved all of us and was eager to see us succeed in future evaluations.

- Irene Kwok



## MARK YOUR CALENDAR:

### Area H2 Humorous and Evaluation Speech Contests

Date: 28 Sept 2013, Saturday

Time: 4:00-6:00PM

Venue: Police Officers Club, Causeway Bay

Entrance fee: TBC

Let's hold hands together to support our club's contest representatives: Humorous Speech contest: Talis Wong, Charlotte Ng; Evaluation Contest: Ron Tsui, Talis Wong

### Hot-Pot Table Topics Night

Date: 30 Sept 2013, Monday

Time: 7:00PM

Venue: Him Kee Hot Pot 謙記火鍋 (1/F -2/F Working Field Commercial Centre Building, 408-412, Jaffe Road, Causeway Bay)

Fee: We share the dinner cost. Around \$300 per head

Contact: Quinny Chan, [quinnychan@gmail.com](mailto:quinnychan@gmail.com)

### Mentorship Gathering

Date: 7 Nov 2013, Thursday

Time: 7:00PM-10:00PM

Venue & Fee: TBC via email

Contact: Winnie Yeung ([yeungwinglam@gmail.com](mailto:yeungwinglam@gmail.com)); Kenny Lo ([kenny8534@gmail.com](mailto:kenny8534@gmail.com))

### Christmas Party

Date: 7 Dec 2013, Saturday

Christy Chan is taking lead organizing this great event of the winter. Stay tuned for more updates!



### The Cheers Team

Editors in Chief: Irene Kwok, Stephen Tsui

Photos courtesy of: Christy Chan, Arthur Cheung, Kenny Lo, Quinny Chan

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