



Vital NEWS



Editor's note ...

If you don't know where you are going, you will end up somewhere else.

The Celtic goddess, Bridget had a message that each of us had a flame of wisdom and truth that linked you to heaven.

By setting goals, we are igniting that flame in ourselves, and it will grow until it is evident to everybody. In that way our lives will start to enfold the way we want it to be. Life will become easy and joyful. It is referred to as success.

But the first step to success is goal setting. Have you set your goals for this Toast Master year? It is never too late to set goals.

Letter from the President ...

Hello everyone, I thought that as I am now the club president it would be a good idea to tell you a little about myself. Particularly as we have a number of new members and I was not at very many meetings during the first half of this year. So here goes.

The first time I heard about Toastmasters was in about 1997 however I was too involved with Cubs and Scouts at that time to 'find the time' to join.

In March 2004 I was inducted as a member of Vital Communicators and in August 2006 I was having so much fun that I also joined the advanced club in Pretoria known as TAG, Tshwane Advanced Group.

Toastmasters has been a wonderful, supportive, learning experience. I have learnt so much that I did not

even set out to learn and there is still so much more to do.

Neil and I have 3 kids, Alex (20) and twin girls, Gail and Kim (14) who have just had their first Toastmasters experience when they attended a school Youth Leadership course run by Vital. I work for Kimberly-Clark, based in Bedfordview in the export department at present. That involves travel to exotic African destinations most months.

At the moment I am also studying to complete a Marketing diploma through IMM which is why I missed meetings at the beginning of the year, had to attend lectures on Monday evenings.

Interests...??? I try to walk to keep fit and enjoy camping and bird watching.

The next big challenge... ?? . . creative writing I think...!!

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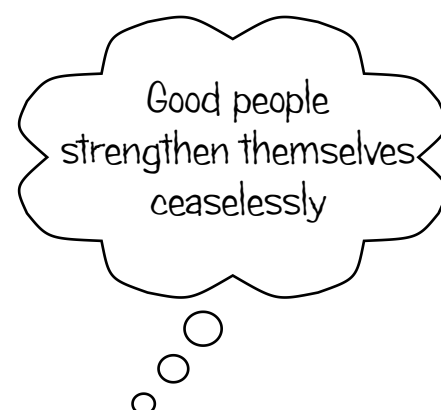
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William Bosch received the 2006-07 Vital Communicators Communication and Leadership Award on 25 June 2007



Double your effectiveness as a speaker in 4 questions flat!

The 4 step process of breaking barriers of communication

by SP Barnard

How often have you worked with a colleague or client and found yourself just not being able to stand the other person? Or more importantly, how often have they worked with you and felt the same way?

In life all human beings are limited by the amount of time they have to live, as well as the amount of energy they have to achieve their own personal life's mission.

As a toastmaster, it is clear that your personal heroic mission includes being able to easily and effectively communicate with others in order to inspire, hypnotise, persuade or even induce a feeling of happiness or elation. With this in mind it may be interesting to ask yourself, "Do I really enjoy listening to someone talk, if I dislike the speaker?"

We all know the answer is "most likely not!", as we tend to only enjoy listening

to things that either interests us, or to people that we find interesting.

This then makes likeability a top priority as a speaker, mother, salesman, being a life partner and (most important if you are representing me...) an attorney.

With this stated, it may be a good time to remember that even though most of your success in life is dependent on what other people think of you, the person that you will still be spending the most amount of time with, will always be yourself.

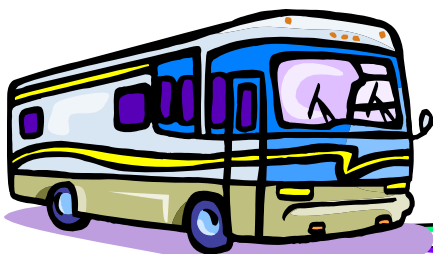
Therefore balance your internal values and character with who you are and use this as a foundation to incorporate the skill that you are about to learn. Without this solid base to start from, you will not only struggle to be liked by others, but you will also struggle to be liked by yourself.

When we meet a person for the first time, we unconsciously assess the

individual to see if he or she is likable or not. When judging the individuals likeability, we **naturally seeks to find friendliness, relevance, empathy and trust.** The higher a person scores on these criteria the more likeable he or she will be.

Thus when you find yourself in a situation where you would like to be more likeable as a speaker, ask yourself how you can be more friendly, relevant, sincere and trustworthy.

For a deeper insight into the psychology of likeability as well as methods to test your own, I would recommend you to purchase a copy of Tim Sanders book called "The Likeability Factor" where Tim provides a deeper insight into how to increase the quality of your life by increasing your likeability as a person.



Get off this bus!

Not fulfilling your life dreams, or not developing your talents, can be compared to someone sitting on a wrong bus, waiting for the bus to change direction, but it will not do so.

Just look around you to see the silent witnesses of people traveling on these busses: concealed talents boiling over in depression, anger and anxiety, frustrated under achievers battling their way through a career, unfulfilled relationships, bad self image, negative thinking and much more.

At Vital Communicators we can help you to get off this bus. Here we help you to become the public speaker you always wanted to be. Your leadership skills will be set free and developed. Here we offer a wide variety of ways where you can develop these talents in a safe surrounding, an environment where failing is just another stepping stone to your personal success!