

ENGLISH WORKSHOPS

FRIDAY	
 A color portrait of Jim Key, a bald man with a friendly expression, wearing a dark suit, white shirt, and yellow tie. He is looking directly at the camera.	<p>Jim Key</p> <p><i>Keynote Workshop - Champions' Edge LIVE!!!</i></p> <p>Would you like to know what types of things a World Champion looks for, in pushing a presentation to higher levels of excellence?</p> <p>In this session, volunteers will be called upon to give approximately 3 minutes of one of their presentations, after which they will receive immediate feedback and coaching from the 2003 World Champion of Public Speaking on ways to improve their presentations. This is a rare opportunity that will benefit both the volunteers, and the entire audience.</p> <p>19:15 - 20:00, Location: East / Central Ballroom</p>
SATURDAY	
 A color portrait of Betty Healey, a woman with short brown hair and glasses, smiling warmly. She is wearing a light blue collared shirt and has her hand resting near her chin.	<p>Betty Healey</p> <p><i>Inspiring Leadership</i></p> <p>As Toastmasters we are committed to developing our communication skills as well as our capacity to serve as leaders. If it is our goal to become an inspiring leader, we must embark on a journey of 'being' as well 'doing', understanding what makes us tick and what makes us passionate about life. In the workshop, "<i>Inspiring Leadership</i>", Betty Healey explores the difference each of us can make when we engage both our heart and our head as leaders. She stresses the importance of conviction, passion, purpose and personal values and how these are the qualities that allow us to be effective and inspiring leaders.</p> <p>This presentation will offer participants an opportunity to look beyond the behaviours and characteristics of good leadership to look within and to consider what it means to 'be' a leader.</p> <p>10:00 – 10:45, Location: Ontario East Room,</p>
 A black and white portrait of Craig Senior, a man with short dark hair, looking down thoughtfully. He is wearing a dark suit jacket, white shirt, and dark tie.	<p>Craig Senior</p> <p><i>Find Your Inner Voice</i></p> <p>Vocal Variety we are told is key to excellent speech delivery and we should have lots of it and make it sound natural too. Perfect, but what does "vocal variety" really mean and how can we do it? This workshop explores the source of your outer voice: the inner self. It also gives you samples and exercises for developing a wider palette of sound that you can call on intuitively as you speak.</p> <p>10:00 – 10:45, Location: Ontario West Room</p>



Kofo Dedeke

Order! Order! Parliamentary Procedure in Action!

Parliamentary Procedure often evokes dread and rigidity in many of us. Take courage—join us and together, we will take the "terror" out of the rules of debate. In any meeting, the Parliamentarian plays a vital role as the arbiter of proceedings. We will delve into *Parliamentary Procedure in Action* - learn the qualities that make for an effective Parliamentarian - how to elicit spirited, stimulating debates and how to reach consensus through Consensus Procedure.

Acquire the skills and self-assurance to perform the role of a professional Parliamentarian. Next time you are called upon to be the Parliamentarian at your Toastmasters meeting or any other meeting, you will have the confidence to accept the call with pleasure!

10:00 – 10:45, Location: Lisbon Room



Gary Mull

Leadership Secrets of Captain Bligh!

The name William Bligh, Captain of the HMS Bounty during the famous mutiny, is almost synonymous with cruel and tyrannical leadership in modern mythology. In reality, he seems to have been a highly competent and humane leader, who did a lot of things right. Unfortunately, a few of the things he did *wrong* led to the loss of his ship, and almost his life. This workshop will uncover the myths and realities of the leadership qualities and methods employed by the famous captain, and what we can learn from his experiences about our own. Join International Director Gary Mull, as he leads us to discover the hidden Leadership Secrets of Captain Bligh!

11:00 – 11:45, Location: West Ballroom

SUNDAY



Teri Kingston

Speaking Without Notes

To memorize or not to memorize.....is this a question you ask yourself, battle with? Is your fear of forgetting your speech greater than delivering it? Should we memorize word for word or idea by idea. Can you even conceive of speaking without your notes? If these are the kinds of questions that plague you from time to time then this workshop is the ideal place for you today.

08:15 - 09:00, Location: Ontario East Room



Michael Hinton

Speaking to the CEO/Effective Presentations

What do tough business audiences want? This workshop tells you what over 50 CEOs, senior executives, management consultants and academics say you must do - and what you mustn't - to succeed in your next business presentation. This includes people such as: David Culver, former CEO of Alcan, Jean de Grandpre, founding Chairman of BCE and Jacques Parizeau, former Premier of Quebec. Find out what you're doing right and what you're doing wrong.

08:15 - 09:00, Ontario Room West



Joan Binetti

Take a Giant Leap in Leadership Performance

Employees today are being asked more often to lead special projects. Learn how to launch your projects with power, professionalism and enthusiasm. Take a giant leap in leadership performance. Become the person that others would like to model. This fun and interactive workshop will leave you inspired, energized and excited about getting started on your next project.

08:15 - 09:00, Location: East / Central Ballroom



Bill Bishop

Public Speaking Anxiety: From Fear to Fun!

The message of this workshop is hope. I am not a trained mental health professional so I will not pretend to tell people how they can be treated for social anxiety as it relates to public speaking. I will tell people my story of how I went from a clinical phobia of public speaking to a speaker who loves to be up in front of an audience. I will share my 25 year journey in dealing with social anxiety, what I tried, what worked for me, what did not work for me and some of the resources available. I will, of course, emphasize how much Toastmasters has helped me in this journey - it is huge.

09:15 - 10:00, Location: Ontario Room East



Christine Bacon

The "ME" in Team

We will be looking at the "Me" in Team. What qualities and characteristics about yourself do you bring to a team situation? This workshop will be a fun and slightly different way to look at teamwork.

09:15 - 10:00, Location: Ontario West Room



Kevin O'Henley

Assertive Communication Techniques

This workshop will develop a greater awareness of assertive communication. Speaking presentation and body language skills are presented. Understanding the four basic types of communication will help you learn how to react most effectively when confronted with a difficult person. It will also help you recognize when you are using manipulative behaviour to get your own needs met.

Get serious about taking control of your life, practice being more assertive. It will help you diffuse anger, reduce guilt and build relationships - both personally and professionally.

09:15 - 10:00, Location: Lisbon Room