

D31 SPRING CONFERENCE

## Round Tables (topics subject to change)

### Aligning Your Dreams-Kevin Linehan

Have you given up your dreams? Recognize the unconscious factors that drive all our behaviors. Learn to understand and change these factors in our external behavior to align with what we truly desire from life.

### How to Get What You Really Want - Rob Kanzer

Have you found yourself frustrated, settling for less? Would you like to achieve greater health, wealth and satisfaction at work and in your personal life? Come to this fun and easy interactive workshop with a life and business coach.

### How Toastmasters Prepared Me for Radio?-Dawn Quesnel, CPCC, PCC (Professional Certified Coach)

Learn what it's like to be on the radio from the host of Career Life Balance Radio which airs every Friday 9:05am on WNRI.

### Wild and Wacky Meetings,(Don't Tell World Headquarters!)-Aref Dajani, DTM, D27, IPDDG

Have your Club's meetings gotten stale? This interactive session brings the best practices from District 27 in Metro DC. The Listener's Report and the Master Heckler.

### Beyond Evaluations-Penny Post

DTM, PDG  
Learn more about the fine art of presenting feedback to a fellow TM, an employee, or even a spouse in language that allows them to hear what you have to say, improve their performance, and even thank you for it.

### Tweak Table Topics-Ann Block

When a speaker cancels, does your club fill in with more and more Table Topics? Valuable as impromptu speaking is, this part of the meeting can become routine. Discover ways to enliven topics with exercises involving everyone.

### De-Clutter Your Speeches,

### De-Clutter Your Life-

Mary Agnes Mullowney

Do you have clutter? Your speeches might need to be organized, streamlined and de-cluttered. A life-long clutterer, will share her tips on how you can de-clutter a speech and, in the process, de-clutter your life.

### Why We Should Not Criticize,

### Condemn & Complain-

Aaron Snyder

How does complaining about things affect your future? What can you do to stop complaining about things in your life? Review how criticizing affects others in our daily lives.

### What makes a Club Interesting-

George Manoogian, DTM

Ideas on what makes a club interesting from the guest's and membership's point of view. With 25 years of Toastmasters to his credit George will share what works and what doesn't work.

### Why Toastmasters-Tom Kirschner

Ralph Smedley had 5 failures before becoming successful by instituting the Club Success Plan. Knowledge about this plan can lead to more success for your club.

### Essentials of Effective Group

Dynamics-Bash Turay, DTM PID

This session will provide participants with basic tools for identifying and changing behavior within groups. Participants will learn what to look for in a group and apply that knowledge using the eight group dynamics process points.

### Evaluation Tips-Kristin Nicholson,

DTM4, International Director

Evaluations are the essence of the Toastmaster program, and a club's success can depend on how productive and effective evaluations are to its speakers. Turn your next evaluation from wishy-washy to wonderful.

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## Educational Sessions

### Your Body of Wisdom Is With You Right Now

by Rob Kanzer

Have you ever irrationally understood a problem or solution because you "felt" the answer? Did you know that your intestines (gut) are nearly hormonally identical to your brain? Through attunement to breath and honoring the impulses and messages of the body, facial muscles and hand movements, you'll be amazed at how much you can gain.

Since 1981 Rob Kanzer has worked with Fortune 500 companies, families, couples and entrepreneurs who experience greater satisfaction and success. (Participants should contact Rob in advance to fully integrate their presentations) RobKanzer@RobKanzer.com www.RobKanzer.com 617-491-8939

### If You Create It, Will They Come

by Ann Bloch  
Follow the creation of a workshop from idea to format to handout to marketing. Delivering a workshop to outside groups for a fee requires more than just giving a good speech. Learn how to pace the presentation and to involve the audience with exercises to make your ideas stick.

### Use What Animals Already Know; Boost Your Career and Life by Instinct

by Bill Boswell

While we live in a highly technological environment, we co-exist with many other living creatures. These creatures create a structured environment, maintain order, and prosper. Upon closer examination, their instinctive lifestyles provide many lessons that could be used to boost your career and life.

### From Bards to the Boardroom

by Penny Post, DTM, PDG

Telling stories as a speaker has a magic way of carrying messages straight to the heart, whether the purpose is to inform, inspire, persuade, or just plain entertain. Bare facts and rhetoric alike are both more effective when clothed in the emotional context of a story. In this interactive workshop, you will find new resources for stories of your own, and experience why good storytelling drives the best speeches.