



2024

NHCO TOASTMASTERS CLUB

FOUNTAIN



(CB-28677141)

AREA - E3

DIVISION -E

DISTRICT-82

Vision Mission and Executive Committee Details

Toastmaster Mission

We empower individuals to become more effective communicators and leaders.

Club Mission

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self- confidence and personal growth.

Toastmasters International Core Values

Integrity / Respect / Service / Excellence

Toastmasters International Envisioned Future

Toastmasters International Envisioned Future.To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development.

Meeting time, Day & Venue

We meet every 1st and 3rd Thursdays of the month from 2.0.p.m. To 4. P.m. at NHCo Upskill Center, Kotte.

Meet Our Team



TM Erandi Weerasuriya
President



TM Kasun Mendis
VP Education



TM Nalin Mulupitage
VP Membership



TM Isuru Abeygunawardana
VP Public Relations



TM Poornima Madanayake
Secretary



TM Bandula Padmalal
Treasurer



TM Dineth Theekshana
Sergeant at Arms

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**TM Erandi
Weerasuriya**
President

What a journey this has been! Each meeting we hold, each speech we deliver, and every moment of self-reflection that takes place within our club is a testament to the boundless growth we are achieving together. It's a pleasure to witness the enthusiasm, dedication, and courage that each of you brings to the floor, and I feel honored to serve as President for such a remarkable group.

As we progress through this Toastmasters year, let's keep pushing our boundaries, taking bold steps toward our personal and professional aspirations. Each speech, whether it's your first or your fiftieth, brings with it the power to transform—not only yourself but everyone who hears it. Let us continue to inspire one another and lift each other up.

I encourage each of you to make the most of our supportive environment, to embrace each role you take on, and to be open to the growth that awaits. Remember, every moment here is an opportunity to shine, to learn, and to lead.

Let's make this a memorable year of transformation and achievement

The roots of education are bitter, but the fruit is sweet - Aristotle. It is in-deed with great pleasure I pen this to the News-Letter as the Vice President Education of NHCo Toastmasters Club. Although our club is a very young club which commenced just 10 months ago, I am so honored and proud to see the club growing stronger day by day.

Our educational club meetings and events are intended to help our members improve their public speaking, communication, and leadership abilities via consistent practice. Every meeting is unique with so much energy given. It is an exciting journey where I am able to witness tremendous talent amongst the members in our club. The energy quality and diversity has always been the strength of NHCo Toastmasters Club. Each member's passion to create an unforgettable meeting is really commendable.

I would like to thank the wonderful members of our club who constantly support the club by doing their part with 100 percent sincerity.

My sincere appreciation to the NHCo Toastmasters Club for giving me this exciting opportunity. Further I wish to thank NHCo Toastmasters Club President Ms. Erandi Weerasuriya for her valuable guidance and support given and making us believe in aiming high, striving for greatness, and always moving forward.



TM Kasun Mendis
VP Education



TM Nalin Mulupitage
VP Membership

In particular, as the Vice President of Membership, permit me to extend a warm welcome to all new members to the club and those who have returned. Our club is one that will be able to help ensure you have support throughout the process of developing your speaking skills or if you're planning on developing leadership skills throughout the sessions. Given the fact that each person has a different perception and capabilities and different merits and demerits, it is the best opportunity for students to develop personalities in our group. To the new members, if you faced some personal problems which hinder you from contributing, we are here to assist you and enable you contributing by providing you with so much knowledge. To the present members of this site, I invite you to keep on sharing with other people the stories I have shared here and the many other success stories that other people have shared here. Onward we work for inclusive, lively multitude, whose opinions are respected and whose communal aims are our communication and leadership objectives. If you know anybody who could be benefited by Toastmasters, please bring them over to us – let us grow our Toastmasters family.

Welcome to all new and returning members! As Vice President of Public Relations, I've had the privilege of seeing our club grow and thrive, and I've personally gained invaluable insights into effective communication, leadership, and community building. It's been a rewarding experience, and I'm excited to continue supporting your journeys.

Our club provides a supportive space to develop both your speaking and leadership skills, and we're here to help you overcome any challenges along the way.

To our current members, thank you for your dedication. Keep sharing your success stories and inspiring others. If you know someone who could benefit from Toastmasters, please invite them to join us.

Let's continue building a vibrant, inclusive club where everyone's voice is heard.



**TM Isuru
Abeygunawardana**
VP Public Relations



**TM Poornima
Madanayake**
Secretary

Since childhood, I dreamed of becoming a better public speaker and mastering spoken English. Joining the NHCO Toastmasters Club has been a significant turning point in my career life, providing a valuable opportunity to enhance my communication skills, interpersonal skills and public speaking skills. The club provides an extremely supportive and friendly environment which motivated me to fully embrace the benefits of being a Toastmaster. This nurturing culture has inspired me to maximize my potential and grow in my public speaking and personal development journey.

Becoming a part of an executive committee of the NHCO Toastmasters Club and Working as a secretary gave me novel experiences including personal development and organizational skills. The team, that I am working with is amazing and encouraging me to accurate and precious record keeping with creativity. This will certainly help me excel in my role as Secretary and further develop my skills in formal communication, keep up the great work. The contributions I made as Secretary will help the club achieve its goals and objectives and make NHCo Toastmasters a better club in the future.

As the Treasurer of NHCO TM Club, which started in August 2023, I've seen both the club and myself grow. Since joining, my public speaking has improved a lot, and I've also developed leadership skills. The club gives me a chance to speak in front of others and take on responsibilities, which has helped me become more confident. I'm excited to continue learning and improving with the support of our members.



TM Bandula Padmalal
Treasurer

As the Sergeant at Arms of NHCo Toastmasters Club, I'm excited to support our members and guests in their journey of personal growth. My role involves ensuring that each meeting is well-prepared, from setting up the venue to organizing materials, so that everyone can focus on what truly matters building confidence and refining communication skills. I'm committed to creating a warm and inviting environment, where newcomers feel welcome and returning members feel at home.

It's fulfilling to see how these small details make a big difference in helping our club run smoothly and professionally. Each meeting, I have the pleasure of witnessing members overcome fears, step out of their comfort zones, and reach new milestones. I also love being a part of the clubs behind the scenes work, like collaborating with the executive team to brainstorm ideas for growth and helping manage the flow of events to ensure we stay on track.

Being part of such a driven, supportive community has shown me how powerful Toastmasters can be in transforming lives, one speech at a time. I'm grateful to play a role in this journey, and I look forward to helping each of you continue achieving your personal and professional goals within our club.



TM Dineth Theekshana
Sergeant at Arms



**TM Shanika
Gunasekera**

Toastmaster Clubs Can Reach Greater Heights with a Strong Foundation

In the world of Toastmasters, the journey to effective communication and leadership begins with a solid foundation. Just as a skyscraper requires a robust base to reach impressive heights, Toastmaster clubs thrive when built on strong principles, dedicated members, and a supportive environment.

I view NHCO as a club that has established a strong foundation, supported by the management and senior Toastmasters who are genuinely committed to helping members excel in their communication and leadership skills.

The Importance of a Strong Foundation

A strong foundation in a Toastmaster club encompasses several key elements: clear goals, active participation, and a commitment to personal growth.

Active participation is a cornerstone of a successful club. When members engage in meetings, take on roles, and support one another, the club becomes a vibrant community. This companionship fosters an environment where individuals feel safe to take risks, share ideas, and learn from one another. Encouraging members to step outside their comfort zones and embrace new challenges is essential for personal and collective growth.

Building a Supportive Environment

NHCO has encouraged an environment of comfort provided by the management. As a result, members have greater opportunities to experiment with their abilities and identify both their weaknesses and strengths in their Toastmasters journey. A supportive environment is crucial for nurturing talent and fostering confidence. Clubs that prioritize mentorship and provide constructive feedback create a culture of continuous improvement. Experienced members from various clubs are guiding newcomers, helping them navigate the Toastmasters program and develop their skills. And NHCO members should fully leverage each of these opportunities to enhance their personal and professional development.

Moreover, celebrating achievements—big and small—reinforces a positive atmosphere. Recognizing members for their hard work and progress boosts morale and encourages continued participation. Whether it's through awards, shout-outs during meetings, or social gatherings, acknowledging accomplishments fosters a sense of belonging and pride within the club.

In conclusion, the path to success in Toastmasters is paved with dedication, collaboration, and a commitment to growth. With a solid foundation, Toastmaster clubs can not only reach greater heights but also inspire their members to achieve their fullest potential. Let us continue to build strong foundations and watch our clubs soar! I wish you all the best in your endeavors to become a strong club comprised of quality individuals who will assume leadership roles in the future and to cultivate exceptional speakers who will excel in District 82.

Awurudu Themed Meeting





**TM Gayathri
Liyanage**

INHCo. Toastmasters Club may be one of the newer clubs in Area E3, but it has already made a strong impact with its ambition and drive for excellence. Despite its relative youth, NHCo. is firmly on the path to achieving the goals set by Toastmasters International (TMI) and District 82. From maintaining membership renewals to enhancing meeting experiences, the club's commitment to personal and educational development is remarkable.

This year, some members are even on track to complete their Pathways, an exciting milestone for the club.

As the Area Director, it has been a pleasure to witness this young club's steady growth. Working closely with TM Erandi, the President, and her dedicated executive committee, I've seen firsthand how they approach challenges with both consistency and discipline. Their collaboration with senior Toastmasters has also been a key factor in creating enriching learning experiences for their members.

One unique aspect of working with younger clubs like NHCo. is the need to consistently highlight the value of the Toastmasters program and how it benefits members in their daily lives. This journey has been both rewarding and insightful as the leadership team continues to build trust and demonstrate the positive impact of communication and leadership training.

Watching NHCo. Toastmasters grow from strength to strength in such a short time has been truly inspiring. The dedication of TM Erandi and her team is driving the club toward greater heights, and I am confident they are well on their way to becoming one of the standout clubs in District 82. As they move forward in their journey, I wish the executive committee and all the members every success in 2024/25.

Vesak Themed Meeting



Nature Themed Meeting





DTM Genie Gunawardena
Mentor

I am honored to be appointed the Club Mentor of NHCO TM Club, initiated by DTM Hiranthi Ratnayake, the sponsor of the club. Mr. Dinuk Hettiarachchi-CEO/Managing Partner of NHCO, extended his unstinted support in forming the Club as he believed that Toastmasters forum is the best platform to improve Communication and Leadership skills of his staff. At present, the Club consist of staff of Nihal Hettiarachchi & Company and Wijeratne & Company.

Prior to Chartering the club on 1st January 2024, 2 demo meetings were held on 14th and 21st December 2023, to educate the prospective members. We were supported by senior Toastmasters DTM Zameen M Salem, TMS Elmo Leon, Lakmini Wickremasinghe, Neloma Wijesinghe, Dilhani Seneviratne, DTM Hiranthi and myself, taking up the Meeting roles. The enthusiasm of the participants to become effective speakers and leaders was evident from the first day.

My task as the Club Mentor began the first day I met these prospective members at the first Demo Meeting on 14th December 2023, Thereafter, attending the meetings regularly, accepting meeting roles, conducting Educations Sessions, I shared my 14 years' experience as a Toastmaster a Club President and Area Governor, on the best practices to be followed, all ofwhich were well received by them. It was gratifying to see their growing enthusiasm to take up meeting roles and speaking slot at each meeting held, incorporating the learning they received, Into their speeches and meeting roles. I am happy I had the opportunity to share my expertise across a variety of situations, and help with the progress of the Club. Today, all members have selected their respective Pathways, and some have already completed L1 P4. I am happy that as the Club mentor, I was able to help them understand the options available, andguide them towards excellence.

It is amazing that in the first year as a Toastmaster, TM Nalin Mulupitige and TM Poornima showed the real toastmasters'spirit by participating at the Area Contest held in March 2024. No doubt they had the chance to discover new possibilities, making the new experience incredibly rewarding and worthwhile. A thank you to the 2 role players too - TM Thilini Jayasinghe and TM Milani Lakmalifor voluntarily taking up contest roles at the Area Contest.

Since July 2024, I could not be physically present at the Club Meetings, as I am overseas due to an urgent family commitment. However. I am happy to note the progress the Club has made so far, with new members joining the Club. Reading their comments, I observe that the new Member Orientation held 6th October 2024 had been a tremendous success. Thanks to the Charter President - TM Erandi Weerasuriya for her commitment and leadership to the club since the inception, and DTM Hiranthi Rathnayaka- for her continued support extended at all times. I will be continued to be physically present, once I return to the country, Hopefully in December 2024.

I'm proud that NHCO TM Club has developed into a strong functional club in the first year of its charter. The feelingis very rewarding.

Alone we can do so Little: togetherwe can do so much.

Our Team at International and table topic speech contest area E3 - 23/24



Our Team at Area contest Evaluation and Humorous speech area E3 - 24/25



Joint Meeting - 21st November 2024





DTM Hiranthi Ratnayake

She was my Friend, Sister, Mentor and Guru

I first met Padmini Samarasinghe in August 1983 when I joined CFT Engineering Ltd which was part of the Browns Group, the largest group of companies at that time. While I was the Company Accountant of CFT, Padmini was the Company Accountant of Browns Beach Hotel which she joined in January 1983. She was the first female Company Accountant recruited by Browns Group.

As she impressed the Board of Directors with her performance, I was able to be the second female Company Accountant recruited by the group. That was my very first job after leaving the Audit firm where I served as a Trainee/Article Clerk/Audit Supervisor for 6 years. Padmini and I used to meet during the monthly management meetings and we got on very well.

In mid-1985, I left CFT for personal reasons. Around this time, Padmini was offered the position of Company Accountant of Brown and Company, the main company of the Group. When I got married in April 1986, Padmini attended my wedding. In mid-1986, when the position of Additional Company Accountant got vacant, with the blessings of the then MD and GM of Browns Group, Padmini called me and invited me to join the Group once again. I was very happy to re-join my first employer in October 1986.

Even at that time, Padmini had many accolades to her credit – she was a qualified Accountant. She represented Sri Lanka in both netball and squash and was the Women's Squash National Champion. She was also the President of Sri Lanka Ladies Squash Association. She also had a very loving and supportive husband and two adorable children, a daughter and a son.

When Padmini was promoted to the role of Finance Manager, I was promoted to the role of Assistant Finance Manager. When Padmini was promoted to the role of Finance Director, I was promoted to the role of Finance Manager. Browns was like a second home to Padmini and me. Together, we managed the Accounts division which had a staff of around 80. As senior executives, we had many privileges and facilities and were well looked after. Neither of us had any intention of leaving Browns. However, in 1990 I had no option but to leave as my husband received an attractive job opportunity in Fiji Islands. Padmini and the staff organised a farewell party for me and I was presented with many ornaments and a painting which I took with me to Fiji.

Ajith and I returned to Sri Lanka in October 1997. I was invited to join PricewaterhouseCoopers (then Coopers & Lybrand), which I did in January 1998. Padmini and I met on and off thereafter, but it was after joining the Toastmasters Club of the Institute of Chartered Accountants of Sri Lanka (ICASL) in the year 2005 that I once again received an opportunity to work closely with her. She had been appointed as a mentor and a coach to ICASL Toastmasters Club and was entrusted with the duty of assisting it to function and conduct educational meetings in a productive manner. She executed that role with dedication and to the highest standard. With the support of Darshana Welikala, the Area Governor in charge of our club at the time and Padmini, we were able to charter ICASL Toastmasters Club and make it part of Toastmasters International in April 2007.

When Darshana became the Division Governor in the year 2007/2008, he appointed Padmini as Area A4 Governor (in charge of ICASL Toastmasters club) and also as the Division Conference Chair. During that year, we organised a Division Conference, not second to a District Conference. At that time, District 82 comprised of entire India and Sri Lanka. Padmini was the first lady from Sri Lanka to receive the prestigious Distinguished Toastmaster (DTM) status from Toastmasters International USA, the highest

title awarded to any Toastmaster. I selected her as my mentor and she agreed to mentor me without any hesitation. She assisted, guided and groomed me to become a DTM too.

We did many things together and made many happy memories which I cherish to date. These included organising many Toastmasters events including the 2007/2008 Division Conference, attending the Toastmasters International Convention held in Las Vegas, attending conferences and training programmes in Sri Lanka and India, serving as a judge for speech contests at club, area, division and district levels when she was the Chief Judge, conducting Speechcraft programmes, and attending club meetings. She never missed a single meeting when I was the President of ICASL Toastmasters Club nor a single Speechcraft meeting when I was the coordinator of one. With her assistance, I was able to conduct productive and high quality meetings. The club members and the speechcrafters were able to learn a lot from her and they greatly appreciated the efforts taken by her to raise the bar of every meeting and to help them develop.

Padmini was someone who did what she had to do perfectly and said what she had to say openly and frankly without any hesitation. Having her as a friend, a sister, a mentor and a guru was a privilege. She always pushed us to perform at our very best. She was an excellent trainer, loyal and supportive friend and a great mentor. To SLIM Toastmasters Club members and many others, she was the mother, the coach, the friend, the villain, the guide, the critic, the one and only. The legend.

Padmini left behind a huge vacuum that cannot be filled. Gatherings and meetings are not the same without her cheerful and helpful presence. She will continue to live in the hearts of those who love her and deeply appreciate what she has done to support individuals, organisations, institutions, sports, the society and the world.

I wish she is there with us to celebrate the 100th anniversary of Toastmasters International.

Visiting Toastmaster





Mentoring-A Self-fulfilling Leadership Experience

When I began my journey as a mentor, I did not fathom that this journey of mentoring will bring me immense self- fulfillment and the entire process itself will create a result-oriented individual/s.

There is nothing more rewarding than sharing one's knowledge, expertise and experience to uplift another individual to become a result-oriented individual.

Before I share my encounter with my protégés let's define who a mentor and protégé means-the relationship.

Definitions

A mentor is an individual who has the capacity to share his/her knowledge, expertise and experience offering encouragement and support to his/her protégé in the way forward.

A protégé is an individual who seeks knowledge to gain the foundation for building the required skills and accomplishing the goals one intends to in the journey way forward.

Introductory Meeting

At the introductory meeting itself both my protégé's and myself set the expectations communicating clear boundaries and stipulating the preferred communication methods which were agreed upon.

The pivotal element of a mentoring relationship is the skill of goal setting and establishing a benchmark for a successful mentor-protégé relationship, where my proteges communicated their prime goals in the Toastmasters Journey:

- Overcoming glassophobia and developing confidence within them
- Becoming a Competent Communicator
- Becoming a Competent Leader

Where they seek the knowledge to gain the foundation with regard to building the required skills with the intention of accomplishing their goals in the way forward.

On the other hand, as their mentor, in my capacity was willing to share my knowledge, expertise and experience, offering encouragement and support they intended in accomplishing their goals in the way forward.

During the initial discussion, with the setting of the goals, we created a succession plan, identifying the long- term, medium term and short term objectives that was specific, measurable, actionable, relevant and time bound. For example for one to be a communicator one must learn to develop the content and deliver effectively. During the discussion I was able to provide the overview of what Toastmasters is all about, the autonomy, the benefits, protocols, guidelines and more importantly the values and its curriculum that would be beneficial both in their personal and professional growth.

Bridging the Gap

With the given goals of my protégés, I had to understand what gap exist and bridge that gap identifying their blind spots. Blind spots were not only the weakness that was obstructing them but also the strengths that they posses individually which was unknown to them developing their competencies in the way forward. For Example: To a greater extend they had the capacity to articulate their thoughts into words and construct a speech, but how could one make the speech memorable and deliver effectively. This is where the mentor in a her capacity tells the protégé how to connect the audience, have an attention grabbing opening, call for an action which were needed to bridge the gap.

Providing Constructive feed back

Providing constructive feedback is crucial for the development and progress of the protégés journey by the mentor. This could be based on the SMART as indicated above. This is where the protégé will most likely grow the most-by identifying his/her current strengths and weakness, who will learn how to use them to make themselves better individuals. Having right communication and leadership skills can assist the mentor's interaction with the personality style of the protégé.

A good mentor will always ensure in his/her capacity to provide the protégé with constructive feedback within the areas of development and giving the feeling of accomplishment.

As a protégé it is crucial that he/she listens to the feedback, not taking it personally and consider themselves elevating to the next level. Remembering it's their growth which would benefit both their personal and professional life.

Today, as I reflect back on my journey as a mentor I am happy and proud to see my protégés TM Shashikala Ranasinghe, TM Shahela Sabil, TM Banukrishanthini Balakrishnan and TM Amila Samahti taking the progressive steps in the way forward



For better speaker series presentation



Presentation on the Leadership Excellence Series





TM Amila Lakshan

Be open minded

So many years ago, our grandparents full filled their lighting needs with oil lamps. After some time later, we found filament bulbs, but it was a high-power-consuming option. As a result of non-stop testing and observations, CFL bulbs came to the world as the lighting solution with high power efficiency. But now we know, LED bulbs' power efficiency is higher than CFL bulbs. Like that, our knowledge is always changing with the time.

We called "the science" for the above non-stop process of changing. Therefore, if we think "Science is the perfect truth in this world," it is not fair. Science is the path of finding the perfect truth. Due to that reason, the nature of science is changing always.

If a politician thinks, "I am the best politician; there are no ideas that can go beyond my ideas; all of others must act according to my thoughts," he can't be a good politician. If a senior manager thinks, "I'm a well-qualified person; I know everything about the top to bottom of this organization; I don't want to know others' ideas about the business process," he can't be a successful senior manager. He can't build an organization with a strong foundation to face any challenging situation in the future. Actually, this type of thinking pattern is a barrier on a personal level and also as a society.

Always, we must keep our minds open. If we can maintain an open mind, we can improve ourselves and also our society. We have a role model for this. That is the Toastmasters. Toastmasters evaluate everything. Therefore, Toastmasters are improving again and again. There is no limit for that improvement. We can find our mistakes only up to some extent. But outsiders can identify our mistakes more effectively. Anyone in this world is not perfect. Everything in this world is subject to change other than "change" itself. If we can understand this global nature, we can definitely be open-minded people, and we can build a beautiful world.



TM Chathumi

An article about your life experience and how Toastmasters would expect change your life

As a fulltime professional, I often faced challenges in effective communication at work. Fortunately, joining Toastmasters International, specifically the NHCO Toastmasters club, was a game-changer for me.

This supportive environment helped me refine my public speaking skills and build my confidence. Each meeting provided valuable feedback from our Distinguished Toastmasters and Senior Toastmasters, allowing me to grow and improve. Now I am learning to articulate my thoughts more clearly to my audience, which has been instrumental in my career progression.

Beyond public speaking, Toastmasters has enhanced my leadership abilities. The skills I have gained directly translated into my work, enabling me to contribute more effectively during the meetings and collaborate better with my clients.

I highly recommend Toastmasters to anyone looking to enhance their communication skills and boost their professional growth. Specially I want to give a big shout-out to the NHCO Toastmasters club, which offers an excellent atmosphere and outstanding technical support for a great experience. I truly believe that Toastmasters is a worthwhile investment in yourself and your career!



TM Gladwin

How did joining Toastmasters help me in life experience and public speaking skills?

It's been an enriching experience to be a part of "The NHCO Toastmasters club". More so because I have gained so much from the club.

The best part about NHCO Toastmasters is that it gave me a consistent place to practice and become an effective impromptu speaker beside playing the role of General evaluator, Grammarian, round robin table topic and Pathway Presenter with an audience. No matter how much I practice in a mirror or go over a speech, it doesn't compare to the practice in front of an audience.

Also, the format of Toastmasters provides feedback to know how the audience is experiencing the presentation, as well as opportunities to see how others do their speeches and learn from them. Receiving that feedback in a kind way was incredibly helpful to be able to incrementally adjust my speaking style and build my confidence.

There is a program called Pathways that is used in the clubs. That provides more strategic guidance on important areas of focus while practicing. There are a lot of great programs available to learn how to do better presentations. I found that the Pathways program is about on par with the others out there. What's really unique about Toastmasters is the consistent opportunity to practice.

The First Leadership experience I gained was when I was asked to be one of the Role Players. Now from my limited experience, Good leaders observe very carefully and give constructive feedback to their team mates which is minutely critical yet encouraging. This certainly helped in increasing my concentration and observation level yet giving constructive feedback.

After 11 months, I still use the club environment to try out new material and new approaches like pathways to my content. Just like a musical instrument or a sport, you have to keep practicing to stay skilled.

Finally, What NCHO Toastmasters club provides is multiple opportunities to speak and lead in a safe, encouraging environment that CAN enable a person to enhance their ability to speak clearly, move intentionally, control needless filler words all which increases one's poise, delivery, and confidence.

Personally, I guess all I needed to do from the beginning was to just observe the leaders of the club, ask questions, about situations and do the responsibility assigned to me sincerely. Suffice to say that it's not really my place to comment about my ability and competency as a Toastmaster but I certainly am taking steps to climb up the Ladder.

Not sure if I have covered all the points that were on top of my mind.

Last and not least Thanks for giving NHCO Toastmasters club to be part of my Development Journey.

**TM Ashan**

Improving Public Speaking Skills and Knowledge with Toastmasters at NHCO

Public speaking is a valuable skill that boosts confidence and enhances communication abilities. One of the best ways to cultivate this skill is through joining a Toastmasters club, and the NHCO Toastmasters club provides a dedicated environment for members to learn and practice. Here's how joining a club like this can help anyone improve their speaking skills and grow both professionally and personally.

When joining a Toastmasters club, the first step toward improvement is setting clear, attainable goals. For me, it's about enhancing my confidence in public speaking, mastering the art of clear and persuasive communication, and refining my ability to engage with an audience whether in a small team meeting or a larger conference. By setting specific goals, I can focus on targeted areas of development, making my learning journey more structured and intentional.

A unique aspect of Toastmasters is its supportive and constructive environment. At NHCO, the club offers a safe and friendly setting where members can experiment with different speech formats and techniques without fear of harsh criticism. Fellow members share feedback that highlights both strengths and areas for improvement, which allows each speaker to grow with every speech. This supportive network helps to gradually overcome the fear of speaking in public, making each session more rewarding.

Toastmasters provides a structured learning path that guides members through various skill levels, from basic communication to advanced speaking and leadership skills. At NHCO Toastmasters, members benefit from these structured programs, which cover topics such as vocal variety, body language, audience engagement, and storytelling. Each module targets a specific aspect of public speaking, ensuring gradual and consistent improvement.

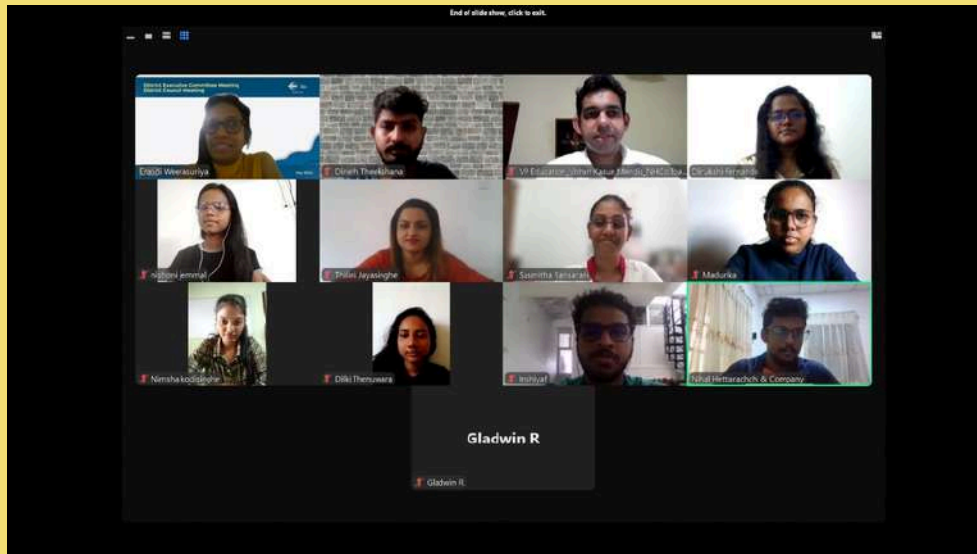
Toastmasters is about more than just improving public speaking; it's also about developing leadership skills. Each meeting has roles like "Toastmaster of the Day," "Timer," or "Evaluator," which give members the opportunity to lead, manage, and give feedback to others. Being part of NHCO Toastmasters offers opportunities to build leadership skills that will be valuable in any professional setting.

Constructive feedback is a cornerstone of the Toastmasters experience. Each speaker receives specific, actionable feedback, allowing for steady improvement over time. Through each session, I expect to gain insights into what I'm doing well and what needs refining. This feedback cycle fosters continuous learning, helping me grow not only as a speaker but also as a critical listener, which is another valuable skill.

Regular attendance and participation in NHCO Toastmasters meetings offer numerous opportunities to present in front of an audience. Over time, this exposure reduces nervousness and builds confidence. The boost in confidence extends to other professional situations, such as client presentations, team meetings, or even interviews.

From NHCO's Toastmasters club, I look forward to expanding my communication skills, gaining confidence, and building a stronger professional presence. I aim not only to become a great speaker but also to improve my listening skills, develop empathy for other speakers, and learn to appreciate diverse communication styles. NHCO's Toastmasters club will be an investment in self-improvement, one that will yield lasting benefits for my career and personal life. I'm excited to see how this journey will unfold, gaining new perspectives, skills, and friendships along the way.

New member orientation



NHCO TMC

NEW MEMBER ORIENTATION



TM Nimsha
Kodisinghe



TM Dilki
Thenuwara



TM Nishomi
Jemmal



TM Mohamed
Inshiyaf



TM Madurika
Sewwandhi

 17th October

 10AM onwards

 Zoom



Toastmasters: A Place to Learn and Grow

“The expert in anything was once a beginner.” — Helen Hayes. Everyone starts their career as a beginner, and the journey to achieving our dreams requires progress, learning, and growth. For me, mastering the English language is essential to attaining my aspirations. However, it’s not just about language; developing professional skills and behaviors is equally important. That’s why I joined Toastmasters.

On my first day, I attended as a guest, and I was immediately impressed by the progress of the members, the roles they embraced, and the way they helped each other through evaluations. The "Word of the Day" concept is particularly effective; practicing that word throughout the day reinforces my vocabulary and aids retention. Since joining, I’ve noticed a significant improvement in my communication, leadership, and language skills. The club even tracks filler sounds (like “Ah” and “Um”), helping me reduce these in my performances.

The evaluation forms provide valuable insights, guiding me on how to perform better in future speeches while avoiding past mistakes. Toastmasters has not only equipped me with knowledge but has also instilled the confidence to speak and communicate effectively. Joining Toastmasters has led to substantial personal and professional growth. The structured paths encourage me to set and achieve specific goals, while preparing speeches sharpens my analytical and organizational skills.

In conclusion, public speaking is often cited as one of the greatest fears among individuals. Yet, effective communication is a vital skill in both personal and professional contexts. If you’re looking to enhance your speaking abilities and boost your confidence, joining Toastmasters is an excellent choice. This organization offers a supportive environment that fosters growth and development, helping members become not just better speakers, but also more effective leaders.



TM Mohamed Inshiyaf

"Success is the sum of small efforts, repeated day in and day out."

Individuals have to make an effort to better themselves every day, even if it's only by 1%. I used to be one of those folks who never bothered. This kind of thinking inspired me to join Toastmasters, where my goals were to increase my self-assurance, get over my shyness, and get better at speaking English.

I've seen a change in my communication style since joining. I've learnt responsibility, collaboration, and how every experience influences one's personal and professional development via taking on a variety of positions. Toastmasters offers a helpful setting where errors are chances for learning, and with continued practice, I've gained confidence.

Leadership skills are also developed through Toastmasters. Here, the adage "Leaders are not born; they are made" is applicable. Taking on several responsibilities has given me the opportunity to

hone my leadership abilities without worrying about criticism. Through this process, we learn how to manage various aspects of our life in addition to leadership. To sum up, Toastmasters offers more than just a way to get better at public speaking. It encourages both professional and personal development, making people more self-assured and capable leaders and communicators. It gives us the ability to become better versions of ourselves by constant practice.



TM Dilki Thenuwara

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**TM Madurika
Sewwandi**

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Joining NHCO Toastmasters as a newcomer has been an enriching experience and I encourage anyone who is seeking to improve their communication skills and personal growth to take the plunge. I attended my first Toastmasters orientation about a few days ago through that program fellow toastmasters sharing their experiences and ideas then I can get idea about the Toastmaster program.

Through the toastmaster making it a valuable experience for personal and professional growth. Members improve their public speaking skills through practice in a supportive environment, which builds confidence and enhances communication abilities. The program also fosters

leadership development by providing opportunities to take on various roles within the club, promoting skills in team management and organization.

Our club president has been a great guide, offering support and tips. Their encouragement, along with other members, has helped me set and work toward my own goals.



TM Nimsha Kodisinghe

I had been seeking suggestions on how to become more confident when speaking to people. At that time, I heard about the NHCO Toastmasters club and was fortunate to have the chance to become a member.

I attended my first Toastmasters meeting about a month ago. When I went to the first educational meeting, I had no idea how the meeting would work. However, we recently had a freshers' orientation program, and the fellow Toastmasters provided us a good understanding of the Toastmasters Club.

Being a member of Toastmasters has made me more confident about what I am saying in front of people. I enjoy all parts of the meeting, especially learning how to listen better. Participating in the table topics session has helped me prepare for quick speeches. At first, I froze up, but I have found that I am slowly learning to present table topic speeches more quickly.

The members of the NHCO Toastmasters club are kind and supportive, which has helped me feel less nervous when making a speech. I feel fortunate to have found such wonderful friends.

I am motivated to stay in Toastmasters because I have made progress in learning to communicate more effectively, thanks to the encouragement of the other members. I am really grateful to our Toastmaster president for the opportunity she gave me to be a part of this club and for the continuous guidance she provides.

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