

# THE CATALYST

DIVISION C ANNUAL NEWSLETTER



This October, Toastmasters International marks an incredible 100 years since Dr. Ralph C. Smedley held the first club meeting in 1924, setting in motion a global movement dedicated to the art of public speaking and leadership.

## ABOUT THE MAIN PHOTO

Catalyst is defined as an agent that initiates or speeds up significant change. Being a Toastmaster, we enhance our communication and leadership skills thereby creating an impact in the society. Through the symbol of a “GO” signal it tells us as Toastmasters to **COMMENCE** and create change.



## WHATS INSIDE

The Newsletter contains the compilation of all the collaborative effort of the members Division C for the Year 2023-2024. It contains several articles from the leaders and member along with the photos of all the club within the division.



## OUR MISSION

### **Toastmasters International Mission**

We empower individuals to become more effective communicators and leaders.

### **District Mission**

We build new clubs and support all clubs in achieving excellence.

### **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**

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





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# EDITORIAL TEAM MESSAGE

To my fellow Toastmasters of Division C,

As we continue our quest to become better speakers and leaders in our day-to-day lives by joining Toastmasters, we embrace a call — **A CALL TO CREATE CHANGE.**

I used to be a person who had plenty of insecurities in life, particularly in communication and leadership. That's why I joined Toastmasters in 2016. I was in awe of the confidence of the Toastmasters when I attended their club meetings, which led me to gladly respond and become a Toastmaster for 8 years now.

I always believe that whatever we do, we must do it well. It is by adopting this belief that I was able to become the person I am today. Though I am not as accomplished a Toastmaster as I want to be, I am proud of the path I have taken and the achievements I have made.

As my journey as a Toastmaster continually enhances my communication skills, it also ignites my passion to serve.

With that, I am honored and humbled to introduce to all, our annual newsletter entitled **CATALYST** — which means an agent that provokes or speeds significant change or action.

As Toastmasters, we are trained to become better speakers and leaders. Our quest to improve will make no sense if it cannot effect change — change in ourselves and in the communities we are involved with. It is through this realization that the team and I found inspiration to initiate the Annual Newsletter of the Division.

We are certain that there is nothing permanent in the world except change. Thus, our newsletter will serve as a reminder for us to provoke, speed up change, and embrace opportunities — a reminder that as Toastmasters, we have a certain responsibility to the world we choose to be a part of.



TM. JOHN JOSEPH GUINOO  
EDITORIAL TEAM DIV. C  
PICE-UAE & FELLOWS  
TOASTMASTERS CLUB



# EDITORIAL TEAM MESSAGE

Dear Toastmasters,

As we step into a new month filled with opportunities for growth and development, I am delighted to welcome you to the Division C Annual Toastmasters edition of our Toastmasters newsletter. March brings a sense of renewal and rejuvenation, making it the perfect time to refocus our efforts on honing our communication and leadership skills.

In UAE, amidst the vibrant energy of the Middle East Division, our Toastmasters community continues to thrive. Despite our challenges, we persist in our commitment to personal and professional growth, supporting each other along the way.

This month, let us embrace the theme to be resilient Catalyst. As Toastmasters, we understand the importance of adapting to change and overcoming obstacles with grace and determination. Let us draw inspiration from each other's journeys, celebrate our successes, and learn from our setbacks.

I encourage you to make the most of your resources within our Toastmasters community. Whether you attend club meetings, participate in workshops, or connect with fellow members, let us seize every opportunity to learn and grow together.

As we embark on another month of self-discovery and improvement, I wish you all continued success on your Toastmasters journey. Together, let us strive for excellence and make March a month to remember.



TM. SAE JISHI  
EDITORIAL TEAM DIV. C  
INNER UNIVERSE  
TOASTMASTERS CLUB

# EDITORIAL TEAM MESSAGE

Dear Fellow Toastmasters,

In the midst of the ever-changing tides of life, there stands a beacon of unwavering consistency—our beloved Toastmasters clubs from Area 8, 9 & 10 Division C. Through tumultuous times, it is within the confines of our club meetings that we discover solace, inspiration, and personal growth.

Toastmasters transcends the mere mastery of public speaking; it embarks on a journey of self-discovery, empowerment, and leadership. Each meeting is a canvas where we paint our stories, share insights, and refine our skills. It is a platform where voices are amplified, ideas exchanged, and lasting connections forged.

In the dynamic realm of communication, our Toastmasters clubs stand as a guiding light, leading individuals towards greater confidence, eloquence, and influence. Whether you are a seasoned or novice speaker, our clubs extend a warm embrace, ready to nurture your potential and celebrate your triumphs.

Beyond the podium, Toastmasters instils virtues that stretch far beyond speech—traits such as resilience, adaptability, and empathy. Through constructive feedback and supportive camaraderie, we foster leaders who ignite change, propel progress, and leave indelible marks in their communities.

As we embark upon this new chapter, let us recommit ourselves to the pursuit of growth and excellence. Let us confront the challenges ahead with unwavering courage and determination, knowing that within the confines of our Toastmasters clubs, the realm of possibilities is boundless.

So, my fellow Toastmasters, let us raise our glasses to the journey ahead—to the speeches that inspire, the friendships that flourish, and the leaders that emerge. Together, let us continue to radiate brilliance, illuminating the path towards a future filled with eloquence, confidence, and empowerment.

**Here's to the enduring power of  
Toastmasters — United, We Ascend.**



**TM. WILBERT CANTOR**  
**EDITORIAL TEAM DIV. C**  
PSME ABU DHABI & FRIENDS  
TOASTMASTERS CLUB



# DISTRICT LEADER MESSAGE

As we embark on another chapter of growth and development within Toastmasters, I am reminded of the invaluable advice I received: start from a blank slate. It's often in those moments of new beginnings that we find the greatest opportunities for personal and professional growth. Reflecting on my own journey, joining Toastmasters was a pivotal decision spurred by the aspiration for growth and the desire to turn inspiration into action.

Our theme for this newsletter, "*The Catalyst*", is a testament to the transformative power that lies within each of us. In a world characterized by rapid evolution and technological innovation, Division C stands as a beacon of progress and excellence. Our clubs are not merely places of gathering; they are catalysts for change, fostering environments where members can thrive and evolve.

I recall the stirring words of Barack Obama, urging us to be the change we seek. Inspired by his message, I embarked on a journey to conquer my fear of public speaking, finding solace and support within the Toastmasters community. With each speech delivered and each leadership role undertaken, I witnessed firsthand the remarkable transformation that occurs when we embrace change and challenge ourselves to grow.

But no journey is without its highs and lows. Serving as the District Leader for Division C presented its own set of challenges, yet it was through the unwavering support of my team – from club members to council leaders – that we were able to navigate through adversity and celebrate our collective achievements. Together, we have illuminated the path forward, shaping the future of Division C with unity and determination.

In Toastmasters, success is not merely measured by individual accomplishments but by our collective ability to turn ideas into reality through effective planning and execution. Whether it's delivering a speech or leading a project, the principles of planning and execution serve as the cornerstone of our growth as communicators and leaders. I am immensely proud of the dedication and commitment demonstrated by our members and club leaders, whose unwavering passion has propelled us forward on this journey.

As we continue to chart our course forward, let us remain steadfast in our commitment to growth, innovation, and excellence. **Together, as catalysts for change, we will inspire, empower, and transform not only ourselves but the world around us.**



TM. POOJA KUMAR  
DIVISION C DIRECTOR  
DISTRICT 105

# DISTRICT LEADER MESSAGE

Dear Charming Division C Toastmasters,

It is with immense pride and a sense of profound responsibility that I humbly take this opportunity to address you through your newsletter. Our journey together thus far has been rewarding and memorable. The dedication, resilience, and sheer passion you have displayed towards personal and collective growth have significantly contributed to keep Division C shining in District 105.

As members of this esteemed division, you have continuously showcased your commitment to not only enhancing your own communication and leadership skills but also to uplifting those around you. The camaraderie, support, and encouragement that permeate our meetings are testaments to the indomitable spirit that defines us as Toastmasters.

In our pursuit of excellence, let us remember the core values that bind us: Integrity, Respect, Service, and Excellence. These are not merely words but the very foundation upon which we build our journeys in Toastmasters and beyond. As we continue to navigate the path of growth and development, let these values guide us, inspire us, and remind us of the difference we are making in the lives of others and in the world.

As we stand on the threshold of the term's end, it's imperative to reflect on the goals we set for ourselves and our District. Goals that were crafted not just as benchmarks of achievement but as stepping stones towards our greater vision of empowerment, leadership, and communication excellence. The progress we have made is commendable, yet the journey towards our aspirations is an ever-evolving path.

I urge each one of you to take this moment to rekindle your commitment to your personal goals and to the vision we share. Let us challenge ourselves to stretch beyond our perceived limits, to reach out to fellow members in support and encouragement, and to make the most of the time remaining in this term.

I wish to express my deepest gratitude for your unwavering dedication and inspiring achievements. Your efforts are the cornerstone of Division C's successes, and it is your spirit that drives us forward. Together, let us make the remaining days of this term count, achieving our goals and setting the stage for future successes.

*Yours in Service and Excellence*



**JAMEEL SHAKEEL, DTM**  
**DISTRICT DIRECTOR**  
**REGION 11, DISTRICT 105**



# DISTRICT LEADER MESSAGE

## **Planning: The Cornerstone of Toastmasters Core Values**

A well-thought-out strategy or a good plan is more than simply a road map to success; it is the cornerstone of sustaining the four basic values that characterize the Toastmasters' experience: Integrity, Respect, Service, and Excellence.

Toastmasters is a great platform where other than stage time and leadership opportunities, we also get to experiment with the art of planning and team work. Our 4 Core Values are closely associated to proper planning.

## **Planning and Integrity: The Promise You Make to Yourself**

Integrity means doing the right thing with the best of your ability, even when no one is watching. Whether it's a speech for your next Toastmasters meeting or a project at work, when you plan you are making a commitment to yourself. Planning is a silent promise to yourself to bring your best self to the table.

Respect Through Planning: Honoring Time and Talent

Respect for your fellow Toastmasters and colleagues is reflected in how you value their time, resources, and abilities. By carefully considering meeting agendas, project timelines, and the allocation of responsibilities, you demonstrate respect for others. You help your team operate efficiently, avoiding wasted effort and ensuring everyone's contributions are valued.

## **Planning as an Act of Service**

The spirit of service is at the heart of Toastmasters. Planning is an inherently selfless act. When you take the time to develop a well-structured plan, you are making things easier for everyone involved. Your efforts ensure that roles are clearly defined, expectations are managed, and potential obstacles are addressed. This proactive approach is an act of service, lightening the load for those around you and enabling them to give their best.

## **Excellence: The Fruit of Meticulous Planning**

"Failing to plan is planning to fail," rings true in many aspects of life. When you have with a carefully crafted plan, you set the stage for excellence. A well-devised plan allows you to anticipate challenges, allocate resources effectively, refine your approach, and measure your progress. With a detailed roadmap, you increase the likelihood of exceptional results – the true embodiment of the Toastmasters' value of excellence.

Dear Toastmasters, people often wonder how can we improve the **QUALITY** of Toastmasters learning experience? The answer is "**PLANNING**". Planning our regular meetings in advance is the key. Involve the personal achievements members as part of your plan – it can work wonders. By meticulously crafting our approach to meetings, projects, and our individual growth journeys, we are not only paving the way for our own success, but also uphold the core values that define our organization. Planning ensures integrity, respect, service, and ultimately, the pursuit of excellence. Embracing planning is not just a tactic for achievement, but a commitment to living the Toastmasters' values every step of the way.



**SAIJU VICTOR, DTM**  
**PROGRAM QUALITY**  
**DIRECTOR**  
**REGION 11, DISTRICT 105**

# DISTRICT LEADER MESSAGE

It was a pleasure to be attending the Mid-Year training in Turkey at the beginning of this year. A great opportunity to meet some of the finest leaders from Region 11 including the International President, DTM Morag Mathieson and her team. The 2-day training was an eye opener for me as it gave me the tools and the information to execute and redefine the District 105 plan.

The Area and the Division speech contests in Oman and in Abu Dhabi were a treat to watch for me during the past 2 months. I could not attend all the Speech contests, but the ones I had an opportunity to attend gave me a sense of pride and belonging to the Toastmasters Fraternity. The contestants had a majestic presence on stage, used body language to great effect, some of them were very hilarious. It's not possible for everyone to win at the speech contest, but participation in a contest is the key. I found Toastmasters enjoying these speech contests with some of them taking up Leadership assignments, while the others settle for the communication skills segment.

As I near the completion of 9 months of my term as the District 105, Club Growth Director, I am quite happy to have taken up this leadership challenge. It has given me the opportunity to interact with many Toastmasters around the globe and learn many new things in life. Although, the role involves a lot of follow up with the team members, however, I have been able to handle it with the help of the CGD team members who are skillful and always willing to help. It gives me an opportunity to recognize their work, review my performance and express words of gratitude, appreciation, and encouragement.

There will be more excitement in April 2024 after the Eid holidays as the Division contests will be completed. Thus, setting us up for the wishful DTAC 2024 in Oman.

**“Success is stumbling from failure to failure with no loss of enthusiasm,” said Winston Churchill.**



CYPRIAN MISQUITH, DTM  
CLUB GROWTH DIRECTOR  
REGION 11, DISTRICT 105



# DISTRICT LEADER MESSAGE

**Camaraderie - This is the first thing that comes to mind when I reflect on Division C.**

My journey as a Toastmaster began unexpectedly when I was called upon to serve as the backup speaker for the Debate Contest representing Division C, just 8 months after joining Toastmasters. From there, my path unfolded: I was entrusted with the role of Division C PR and Admin Manager the following year, followed by leading as the Area Director of a delightful Area comprising 7 thriving clubs. In 2022-2023, I assumed the position of Division C Director, overseeing 16 clubs, and ultimately achieving the Division's recognition as a President's Distinguished Status.

As you read this article, I currently hold the role of PRM of District 105. Throughout my leadership journey, one lesson stands out: the significance of camaraderie in fostering strong connections with clubs, members, and teams. Despite often being misconstrued with collaboration or delegation, camaraderie embodies the spirit of friendship, mutual support, and teamwork among individuals striving toward a shared objective. Though intangible, its impact on the workplace is profound.

Within the realm of Toastmasters, where leadership roles are fulfilled by dedicated volunteers committed to self-improvement, it falls upon us as leaders to cultivate camaraderie.

I firmly believe that camaraderie is not just a nice-to-have but an essential component of effective teamwork. At the end of the day, it's not just about the results achieved but also about how we collaborated as a team.

**Let's pledge to be there for one another, fostering an environment rich in camaraderie.**

**Let's elevate our camaraderie to new heights.**



TM. AVODAI NAYAGAM  
PUBLIC RELATIONS  
MANAGER  
REGION 11, DISTRICT 105

# DISTRICT LEADER MESSAGE

Division C holds a special place in my heart as my home division. As the Immediate Past Division C Director, I am delighted and proud to witness the remarkable progress made by our areas and clubs this year, along with the outstanding achievements of our members.

I would like to share my perspective on assuming the role of District 105 Administration Manager.

"What next?" This question arose early this year as I approached the end of my term as the Division N Director. What lay ahead for me in my Toastmasters journey?

Suddenly, DTM Jameel Shakeel, the incoming District Director, reached out to me and posed another question: Would I be interested in serving as the district 105 Administration Manager for the year 2023-24? After thoughtful consideration, I enthusiastically accepted. I realize now that declining this opportunity would have been a mistake; I have gained valuable knowledge and thoroughly enjoy collaborating with my fellow district team members.

Oscar De La Hoya once said, "There is always space for improvement, no matter how long you've been in the business." This sentiment deeply resonates with me. I joined Toastmasters to enhance my leadership and communication skills, and the role of administration manager has significantly contributed to my personal development journey.

As the administration manager, my responsibilities include assisting in executing the district success plan, facilitating district executive committee and district executive council meetings, and supporting the team in achieving educational and club growth milestones across the district.

It is my mission as administration manager to streamline communication between the district team and the divisions, areas, and clubs, making the process seamless. I aim to optimize logistics to establish an efficient communication system within the district, allowing us to dedicate more time to skill development and less to organizational matters.

Rainer Maria Rilke famously said, "the only journey is the one within," a sentiment I wholeheartedly embrace. We must continually introspect and explore how we can contribute to the Toastmasters mission.

I encourage each of you to take on leadership roles at the club, area, division, and district levels. It is an invaluable educational experience that will enrich both your personal and professional lives.

I extend my best wishes to all of you for a fulfilling and rewarding journey in Toastmasters!!



**NAMARATHA PANDEY, DTM**  
**ADMIN MANAGER**  
**REGION 11, DISTRICT 105**





# Division C Council Team

## 2023-2024



Division C Director  
TM Pooja Kumar



Area 8 Director  
TM Jerry Fer Damian



Area 9 Director  
TM Riyad Abdul Salam



Area 10 Director  
TM Christian Vitug



Division C PQD  
TM Abidul Islam



Division C CGD  
TM Rameez Sulaiman



Division C PRM  
TM John Joseph Guinoo



Division C Admin  
TM Nisha Gupta



Division C Fun Architect  
TM Sabnam Saiyed



Division C Fun Architect  
TM Orika Wasu



Division C Advisor  
DTM Alok Tuteja



Immed. Past Div Director  
TM Namratha Pandey



# **CLUB PRESIDENT ARTICLES**

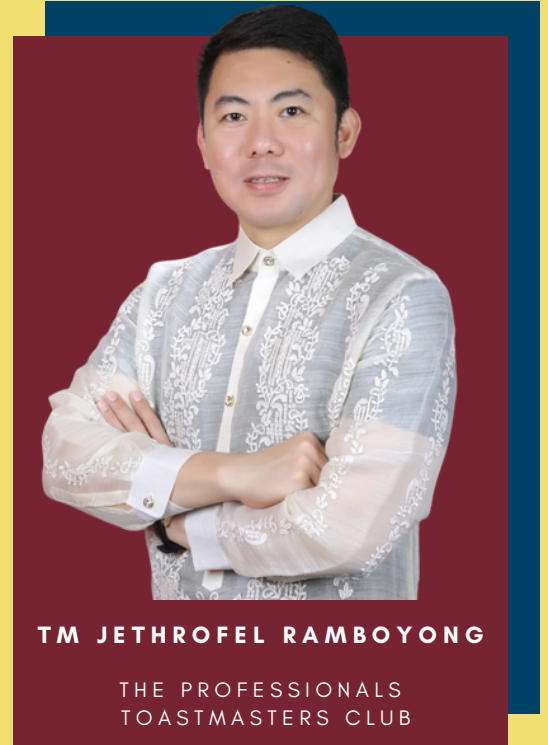
- **The Professionals TMC**
- **Abu Dhabi Malayalam TMC**
- **Kera TMC**
- **Al Ruwais TMC**
- **NMC Corporate Chapter Club**
- **IIEE Abu Dhabi and Friends TMC**
- **PSME Abu Dhabi & Friends TMC**
- **ISC TMC**
- **Abu Dhabi Knights (ADK) TMC**
- **Inner Universe TMC**
- **Abu Dhabi Women's TMC**
- **PICE-UAE & Fellows TMC**

# CLUB PRESIDENTS - ARTICLES

My journey with Toastmasters has been profoundly humbling. It began in 2006 when I joined The Achievers Toastmasters Club. There, I embraced various roles within every meeting and took on multiple leadership positions. My dedication led me to serve as President from 2015 to 2017. After departing the club in 2018, my wife and I embarked on a new venture by founding The Professionals Toastmasters Club in January 2020, where I have held the presidency since 2021.

Choosing to join Toastmasters was a gesture of humility on my part, driven by a desire for personal and professional development. This journey has profoundly transformed me, igniting a deep-seated passion for leadership that enabled me to mentor and coach individuals from diverse backgrounds. This role has afforded me immense satisfaction, fulfillment, and joy, knowing that I've made a lasting impact on people across the globe. Their respect and regard for me complete my sense of accomplishment.

Toastmasters is a precious opportunity, a forum where leaders are forged. It empowers members to discover their potential, encouraging continuous growth and improvement. This ethos of empowerment and self-betterment is what makes being a Toastmaster a truly valuable and life-changing experience.



**TM JETHROFEL RAMBOYONG**

THE PROFESSIONALS  
TOASTMASTERS CLUB



**TM RAHIM ABDUL RAHIMAN**

ABU DHABI MALAYALAM  
TOASTMASTERS CLUB

*"The easiest thing is to react. The second easiest thing is to respond. But the hardest thing is to initiate."*

My incredible journey as a Toastmaster began in March 2018 with the initiative to charter the TKM Toastmasters Club alongside a group of like-minded friends. Remarkably, this was achieved without any of us having prior exposure to Toastmasters or even attending a single club meeting. This venture transformed me, offering an abundance of fun and learning, and eventually led me to serve as the Club President.

The next chapter of my Toastmasters journey unfolded in 2022 with the co-founding of the first of its kind Toastmasters Club in Abu Dhabi — **The Abu Dhabi Malayalam Toastmasters Club**. This endeavor was pursued with a group of primarily Malayali friends who shared the belief that our mother tongue represents more than just a language; it is a sense of identity and belonging. I am currently fulfilling the role of Club President here as well.

Both endeavors continue to foster personal growth and have a lasting positive impact on the lives of those around us.

Thank you, Toastmasters.



# CLUB PRESIDENTS - ARTICLES

*"A lovely accident"* is how I describe my journey as a Toastmaster.

One of my colleagues invited me to a gathering, hinting that it would be an unprecedented program. That day, I was introduced to the term "Toastmaster." The decision to join Toastmasters was immediate, as it gave me new wings, strong enough to dispel the butterflies in my stomach.

I began as a member, then served as treasurer and Vice President of Education (VPE), and today, I am leading the club as its President. It's hard to believe how I transitioned from an introvert to a club leader. Looking back, I see the remarkable four years that transformed me into someone I never imagined I could be. Indeed, we all possess a latent fire that, with dedication and practice, can ignite into something brighter.

Herein lies the key: *"The power of practice is amazing."*



**TM FAISAL KAKKATTUMMEL**

KERA TOASTMASTERS



**TM HAMAD SAEED AL NAQBI**

AL RUWAIS TOASTMASTERS CLUB

Embarking on my Toastmasters journey, I initially entered as a regular member, driven by a desire to refine my communication skills. As I embraced various speaking roles, I discovered the empowering impact of effective public discourse. The evolution continued with my appointment as the Club Vice President of Membership. In this pivotal role, I cultivated organizational prowess, spearheading initiatives to attract and retain members, thereby fostering a vibrant, inclusive atmosphere.

This stint not only deepened my understanding of member engagement but also instilled in me a passion for cultivating a supportive Toastmasters community. The journey's pinnacle was my ascent to Club President. Steering the club through meetings and initiatives, I amalgamated leadership finesse with communication strategies, ensuring a thriving and cohesive environment. It symbolized not just a progression through titles but a personal odyssey of growth, resilience, and the honing of public speaking and leadership skills.

Each step in this transformative journey contributed to my holistic development. From a novice member absorbing the fundamentals, to the strategic Vice President of Membership, and finally the guiding force as Club President, my Toastmasters voyage epitomizes dedication, leadership, and an unwavering commitment to the art of effective communication within a supportive community.

# CLUB PRESIDENTS - ARTICLES

**Once a Toastmaster, always a Toastmaster!** Many members often ask themselves, "Why should I take on a leadership role in Toastmasters?" Essentially, they are wondering, "What's in it for me?" This question crossed my mind early in my Toastmasters journey when I was approached to serve as Vice President of Education by the club leadership committee. I considered what value would it provide me.

Leadership roles in Toastmasters serve dual purposes. They fulfill essential functions within the club or district, while also offering significant personal growth and development opportunities. Each role provides individuals with transferable skills; for instance, club officers learn team leadership, effective budget management, paperwork handling, and meeting conduct. At NMC Corporate Toastmasters, we emphasize robust support to enhance members' communication and leadership skills.

As a member of NMC Corporate Toastmasters, I've had the privilege of working with strong mentors, receiving invaluable guidance, and achieving success in competitions, including at the Division level. Toastmasters has significantly contributed to my career and personal growth, enhancing both my personal and interpersonal skills. I have had opportunities to engage with esteemed Toastmasters and senior members such as DTM Katrak, DTM Sunil, DTM Robert, and many other respected Toastmasters. Our esteemed Toastmasters inspire others to reach their full potential and foster lasting connections. Through their guidance, they have empowered countless individuals to achieve their goals.

How can we enhance the Toastmasters experience for new members? At NMC Corporate Toastmasters, we suggest dedicating specific time slots on the club calendar for Ice

Breaker speeches. This ensures that new members can quickly participate in speaking opportunities, fostering immediate involvement and engagement.



**TM SATISH RATNALA**

NMC CORPORATE CHAPTER CLUB



**TM. ELMER CASAO**

IIEE ABU DHABI AND FRIENDS  
TOASTMASTERS CLUB

When you are surrounded by people with the same intensity of passion and interest in becoming effective communicators and better leaders, everything that seems unachievable becomes possible. This was the driving force behind the accreditation of the IIEE Abu Dhabi and Friends Toastmasters Club as an official Club of Toastmasters International.

The club leadership and its members will always be grateful to all the leaders within the area, especially to AD TM Christian Vitug and our club sponsor (PICE-UAE and Fellows Toastmasters Club), led by President TM Bernie Favorito, who have consistently extended their helping hands to guide us in the conduct of our club meetings.

As the President of this new club, I am thankful to all my co-officers and members, and I am excited to see them all become excellent public speakers, effective leaders, and managers, as a result of our Toastmasters International journey.

# CLUB PRESIDENTS - ARTICLES

In a straightforward manner, when I was asked to join a Toastmasters club, I was initially unyielding, brimming with a misplaced sense of arrogance. Believing I was already good enough, I initially dismissed the notion of joining a Toastmasters club. However, after being asked for the third time in 2021, I finally gave it a shot and embarked on my Toastmasters journey as the chartered Sgt. At Arms of the PSME Toastmasters Club in the Philippines and Secretary of the PSME Abu Dhabi and Friends Toastmasters Club. And, to be honest, upon reluctantly becoming a member, my perspective shifted drastically.

Toastmasters transformed my understanding, revealing that true learning begins with unlearning. It humbled me, showing that growth stems from openness and vulnerability. As I progressed from a participant to becoming a leader, I discovered my passion for fostering growth in others.

Fast forward to the year 2023-2024, as the President of the PSME Abu Dhabi and Friends Toastmasters Club in the UAE, I'm humbled by how far I've come. My journey has instilled in me a deep sense of gratitude and purpose. I am committed to guiding others on their path to becoming confident speakers and leaders, nurturing their innate potential.

In Toastmasters, I found not only a platform for personal growth but also a community dedicated to uplifting one another. My goal now is to pay it forward, empowering others to unleash their true capabilities and become the leaders and speakers they were destined to be.



**TM. DAYGRACE CABALI-SALUÑA**  
PSME ABU DHABI & FRIENDS  
TOASTMASTER CLUB



**TM. SHALINI BOTHELLO**  
ISC TOASTMASTERS CLUB

Keep pushing forward.....Each hurdle may seem higher, but don't halt your ascent up the mountain. The vista from the summit is truly breathtaking!

Since sixth grade, I've channeled my creativity through public speaking, viewing it as a platform for recognition and accolades. These accomplishments fueled my drive to continuously push my limits. Oratory has equipped me with essential life skills, proving invaluable in family, work, and various events. Joining the ISC Toastmasters club in Abu Dhabi aimed to refine my speaking abilities.

Through Toastmasters, I've embraced speaking before large audiences and gained valuable leadership skills applicable to my profession. Recalling my debut speech at the Division contest, the constructive feedback spurred improvement.

Toastmasters fosters effective communication and leadership. Embracing candid feedback cultivates growth. Initially, I begrudged the biweekly sessions but now anticipate them eagerly, reaping benefits from oration to leadership. Leading the ISC Toastmasters Club, I've witnessed personal growth, epitomizing Toastmasters' ethos of perpetual advancement. The potential is boundless. Transitioning from club triumphs to regional and international competitions demands pushing beyond comfort zones. Mastery requires practice and confidence. Confidence is key; it preludes victory.

Toastmasters molded me into a benevolent individual, emphasizing the reciprocity of giving and receiving. Even small gestures can catalyze profound change. In the words of Ralph Emerson, our greatest triumph lies not in avoiding failure but in resilience. So, keep smiling, stay joyful, and embrace every challenge.



# CLUB PRESIDENTS - ARTICLES

"Celebrate your progress, embrace your journey, and let Toastmasters be the catalyst for your transformation."

Over the past nine years, my engagement with Toastmasters has been profoundly transformative, marked by deep self-improvement, introspection, and a significant increase in self-confidence. Initially, I joined Toastmasters primarily for networking and to collect stories for my writing, but the experience has far exceeded those initial goals.

My journey through various leadership roles has perfectly aligned with my personal aspirations. Starting as the Vice President of Public Relations, where I utilized my graphic design skills, was a defining moment. In this role, I achieved the distinction of the best newsletter at the District Toastmasters Annual Conference (DTAC) for my club. Following this, I served as Vice President of Membership, Vice President of Education, and Area 55 Director, each role contributing significantly to my personal growth and development.

This journey has also brought me numerous speaking awards, showcasing my commitment to improving my communication skills. Currently, I am privileged to serve as the President of the Abu Dhabi Knights (ADK), a role I approach with immense pride and dedication. My time with Toastmasters has not only enhanced my storytelling skills but has also equipped me with invaluable leadership capabilities, encouraging ongoing growth and satisfaction.

Looking forward, I am determined to not only achieve the esteemed Distinguished Toastmaster (DTM) title but also to excel in every aspect of my life. Armed with a solid foundation and priceless experiences, I am keen to continue overcoming challenges, embracing new opportunities, and striving for excellence. Here's to the future, promising continuous growth, fulfillment, and an unwavering quest for success.



**TM. REENA ALTAF**

ABU DHABI KNIGHTS (ADK)  
TOASTMASTERS



**TM PRATIBHA TIWARI**

INNER UNIVERSE  
TOASTMASTERS CLUB

In October 2018, I embarked on a transformative journey with Toastmasters, stepping into the role of Club Secretary. Little did I know, this would mark the beginning of an enriching odyssey in leadership. Year after year, I embraced diverse roles within the club, from Vice President of Public Relations (VPPR) to Vice President of Membership, Vice President of Education, and now, as President. Each role presented its unique challenges and opportunities, whether facilitating physical meetings or adapting to the virtual landscape during the trials of the pandemic.

Through every twist and turn, I've gleaned invaluable lessons in leadership—lessons that transcend mere titles and responsibilities. It's been a journey of continuous growth, where every encounter, every decision, and every interaction has served as a stepping stone towards honing my skills and refining my approach.

As I reflect on this voyage, I am filled with gratitude for the experiences that have shaped me, the challenges that have strengthened me, and the community that has supported me. Here's to the unwavering spirit of growth, resilience, and camaraderie that defines our Toastmasters journey—a journey I am proud to have undertaken and eager to continue.

# CLUB PRESIDENTS - ARTICLES

Toastmasters International is an organization focused on improving public speaking and leadership skills, regardless of gender or work experience. After a hiatus of about thirteen years, I yearned to get back into the workforce. Hence, I started studying NLP and EI, but what about my public speaking skill, which is a major factor? Luckily, my husband was already a Toastmaster; he inspired me to join Toastmasters. From the first meeting I attended, I was hooked. What inspired me the most was the positive, inclusive approach of Toastmasters. Not only were all the members I met so polite and ready to help, but I also wanted to duplicate it. Without looking back, I embarked on my journey with Toastmasters. I understood one thing from the very beginning: the key to success here is consistency.

After two years as a Toastmaster, I wanted more. I knew there were many educated homemakers around who wanted to speak but, due to timing or lack of opportunity, were not able to do so. Hence, ADWTC was born. Our journey here has not been easy. I started as the VPE, and DTM Namrata was the President. Some of the major problems we faced were timing, language, and motivation. We shifted the time to noon so that women could attend without any problems, we had English presentations to help our members, and we regularly motivated all our members. From women not being able to say even a complete sentence to our members standing tall and proud at the Division level contest, it is needless to say that our club has grown, and so have I, as this year I was the President of the club. Yes, my journey from a new Toastmaster to President of ADWTC has been transformative, one of personal and societal growth and nothing but a blessing.



**TM SABNAM SAIYED**  
ABU DHABI WOMEN'S  
TOASTMASTERS CLUB



**TM BERNIE FAVORITO**  
PICE-UAE & FELLOWS  
TOASTMASTERS CLUB

“Leadership is no longer about your position. It’s now more about your passion for excellence and making a difference. You can lead without a title.” — Robin Sharma

I regard my role as the President of PICE-UAE & Fellows TMC as an unfinished chapter in my Toastmasters journey.

Being one of the founding members and officers of the club has filled me with immense pride and pleasure, allowing me to serve continuously since the club’s inception in October 2019. My progression from Sergeant at Arms to various Vice President roles has marked significant growth, learning, and profound leadership development, culminating in my current position. This journey, from delivering tentative speeches to confidently leading a global organization, epitomizes dedication, skill-building, and an unwavering commitment to personal and professional growth.

Serving as President offers the chance to mentor others, oversee club operations, and contribute to both the growth of the club and its members. These responsibilities demand strategic thinking and the ability to inspire and motivate each member through smart planning, a supportive system, and execution with the assistance of my outstanding Executive Committee.

In conclusion, the journey to the Toastmasters presidency is not just about achieving a title or a position of authority; it’s about creating a lasting legacy of leadership, inspiration, and positive impact. As each Toastmaster ascends to the highest levels of leadership, they embody the collective hopes, dreams, and aspirations of an organization united in its mission to empower individuals to become their best selves – both in and out of the spotlight.”



- **FINDING LEADERSHIP LESSONS IN THE MOUNTAINS**
- **NAVIGATING MY GROWTH THROUGH TOASTMASTERS: A REFLECTION**
- **DECISION IS FREEDOM**
- **THE LEADER INSIDE ME: A JOURNEY OF GROWTH AND TRANSFORMATION**
- **DECODING LEADERSHIP - THE TOASTMASTERS WAY!**
- **FUN DIRECTOR**
- **FULL PROOF WEIGHT REDUCING PLAN**
- **LEADERSHIP BEYOND TITLES**

## **FEATURED ARTICLES**



# "FINDING LEADERSHIP LESSONS IN THE MOUNTAINS"

TM. ABIDUL ISLAM  
AL RUWAIS TOASTMASTERS CLUB

"It is not the Mountain we conquer, but ourselves", said Sir Edmund Hillary. Having experienced two back-to-back mountaineering expeditions to the Mount Kilimanjaro and the Everest Base Camp in two years, I think I could feel the enduring power of raw mountains to unbox oneself naturally, without the paraphernalia of modern-day management tool kits.



Embarking on a 130-kilometer trek spanning 12 days to Everest Base Camp at an altitude of 5300 meters is an experience that goes beyond the physical challenge of reaching the summit. It tests one's mental and emotional strength and pushes us to dig deep to pull out our leadership abilities and those of our teammates. In October 2023, I was part of a team of 14 individuals spanning an age bracket of 28 to 53, setting out on this incredible adventure called the EBC Trek. Little did we know that this expedition would not only test our physical limits but also teach us priceless lessons in leadership and human relationships. We were mostly strangers to one another before that trip as the team was formed online.



## First stop: Kathmandu

After gathering here, we shared nervous smiles and exchanged pleasantries. We knew that we were up to a challenge of a lifetime, but had very little clue what we were actually up to.

## Second stop: Flight to Lukla

After the exciting flight to one of the world's most dangerous airports in Lukla, as we hit the ground with our boots and backpacks, it became clear that it was all about resilience, focus, and mental strength. It was incredible to see team members step up, taking charge of different tasks and making decisions that would benefit the entire group. We started to experience the power of individual leadership firsthand and realized that it can emerge naturally within anyone, regardless of their age or physical fitness levels.

With the backdrop of the daunting terrain and elements, we decided to be brutally honest about ourselves and it became the foundation upon which our team formed and thrived. Everyone felt free to discuss their fears, limitations, and vulnerabilities, knowing that it was necessary for the safety and well-being of the entire team. The team realized that leadership requires honesty not only within us but also towards others. By acknowledging our weaknesses and being truthful with our team, we laid the groundwork for collective understanding and pragmatic goal-setting.

It was quite obvious to us that teamwork was vital, but we had time limitations to form that bond required with teamwork. But it just so happened that while we were on the trail, Teamwork proved to be the backbone of our successful summit to Everest Base Camp as each team member possessed and brought their unique skills, knowledge, and strengths to the trek. We had a few young guys with high levels of fitness and paramedic skills, two young tech-savvy ladies with their fancy vlogging gizmos, and a few heads with grey hair to keep things calm and planned when needed. We quickly learned that effective teamwork is not just about working together towards a common goal, but also about embracing diversity and leveraging the strengths of each individual.

Walking, eating, and sleeping with a team of people, practically with only a few days of acquaintance could have been a challenge. However, the team leveraged transparency, which acted as the bridge, enabling effective communication and understanding. From the moment we set foot on the mountain, we openly discussed our expectations, concerns, and triumphs. Transparency allowed us to bond quickly, navigate challenges more effectively, and provide an effective foundation for trust and collaboration. Leadership demands transparency, and we experience it meaningfully, as withholding information or hiding one's vulnerabilities only creates barriers and could be seriously detrimental.

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## Our Goal Destination: Reaching the Summit

I still vividly remember the heavy breathing in the high altitudes, desperate evenings stranded in the mountains due to inclement weather, and the joys we got with a warm bowl of Maggi or cup of lemon ginger tea during a wet freezing walk. The best memory I carry is the fact that, after thirteen of us reached the summit, we waited for more than an hour in the chilling weather to take the group photo, waiting for the one last member to arrive. It demonstrated the level to which we had developed as a team after the grueling trek, respecting shared goals, team spirit, and empathy.

## Final Stop: Everest Base Camp

Our journey to Everest Base Camp was more than just a physical adventure. It was a profound life lesson, teaching us the power of individual leadership, honesty, teamwork, and transparency. As we stood at the base camp, soaking in the grandeur of the white peaks and glaciers, we realized that these leadership lessons were invaluable not just in the context of the trek, but also in our personal and professional lives. The majestic mountains have a unique way of holding a mirror in front of us and telling us that leadership resides within each of us, waiting to be unlocked.





# "THE LEADER INSIDE ME: A JOURNEY OF GROWTH AND TRANSFORMATION"

TM PRATHIBHA TIWARI  
INNER UNIVERSE TOASTMASTERS CLUB



From a young age, the concept of greatness held a powerful allure for me. I would lose myself in stories of remarkable leaders who had left an indelible mark on the world. Driven by an insatiable curiosity, I once turned to my mother with a burning question: *"How can I cultivate greatness within myself?"* Her wise response was simple yet profound: *"By doing everything from the heart and with unwavering honesty."*

As I ventured further into the labyrinth of life, I encountered the complexities of human interactions. There were moments when I felt disheartened by the less-than-warm responses, and even outright rudeness, from some individuals. It was during one of these moments that my husband became my guiding light. He imparted invaluable wisdom on managing my own emotions and staying steadfast in my commitment to doing good work, regardless of external reactions.

My quest for inner greatness took a spiritual turn when I crossed paths with a revered guru. He taught me the delicate art of integrating spirituality with materialistic goals, encouraging me to be both ethical and mindful in all my endeavors. He unveiled the soul's purpose in my journey, revealing that greatness wasn't just about personal achievement but also about making a positive impact on the world. With the toolkit of coaching and counselling skills in hand, I embarked on a journey of self-transformation. These newfound abilities became my armour against the fear of judgment, fostering in me newfound confidence and unwavering courage. As I applied these skills to my own life, I realized the profound impact they could have in helping others navigate their own paths.

The transformative power of leadership found its home when I joined Toastmasters. Here, I discovered the concept of servant leadership, a philosophy that resonated deeply with me. It was a platform that allowed me to elevate my leadership skills to new heights. Through Toastmasters, I learned that true leadership lies in serving others, in helping them grow, learn, and achieve their goals. It was a profound realization that leadership is not about standing above, but about standing beside and lifting others up.

My journey toward becoming the leader inside me has been a tapestry woven with threads of wisdom, resilience, and growth. It's a journey that continues to unfold, with each experience and lesson adding a new layer of depth to my understanding of leadership.



In essence, the leader inside me is not a static entity, but a dynamic force, always evolving, always learning. It's a leader who leads with the heart, guided by honesty and authenticity. In my ever-unfolding journey, I've come to realize that leadership is not about being at the top; it's about helping others reach their own summit. It's about inspiring and empowering those around me to discover the leaders within themselves. And in doing so, I've found that greatness isn't merely a destination; it's a lifelong expedition of self-discovery and service to others.





# “NAVIGATING MY GROWTH THROUGH TOASTMASTERS: A REFLECTION”

TM DIVYESH UPADHYAY  
AL AIN TOASTMASTERS CLUB



Starting my career in clinical research, particularly in the fields of genomics and fertility management, has been an enlightening journey. It has combined rigorous scientific exploration with significant personal and professional development. This journey, filled with its fair share of obstacles and milestones, took a remarkable turn with my involvement in Toastmasters International. This experience profoundly reshaped my approach to research, leadership, and communication.

Deciding to join Toastmasters International was a transformative step. It not only enhanced my public speaking and leadership skills but also integrated me into a community committed to mutual growth and improvement. The journey was enriched by mentorship from MTM Deepti Tak, President of the Al Ain Toastmasters Club, and TM Manoharan, Vice President of Education. Their guidance instilled in me a leadership philosophy centered on empathy, essential for effective team collaboration and the creation of impactful presentations.

This engagement refined my speaking abilities, boosting my confidence in impromptu speech scenarios such as Table Topics, which improved my quick-thinking skills adaptability. These are crucial for managing unexpected professional discussions. Furthermore, their advice on speech preparation enabled me to simplify complex scientific concepts, making my research more accessible to a broader audience.

The impact of Toastmasters went beyond personal development, marking a significant influence on my professional life. In the complex world of clinical research, where leadership, clear communication, and ethical adherence are paramount, Toastmasters equipped me with the tools to navigate these challenges with integrity and grace. This journey enhanced not only my oratory and leadership capabilities but also reaffirmed my commitment to conducting ethical research and prioritizing patient welfare.

As I advance in the field of genomics, the lessons and skills acquired from Toastmasters continue to be invaluable, shaping my investigative approach and leadership style. This experience underscored the critical importance of lifelong learning and development, a principle I embrace in every aspect of my life.

Reflecting on this transformative period with Toastmasters, I recognize the profound impact that continuous self-improvement and support from a community can have on an individual's career and personal growth. It has highlighted the essential role of effective communication and leadership in the realm of scientific research, facilitating groundbreaking discoveries and fostering enhanced collaborative efforts.

Moving forward in my career, the principles and skills honed through Toastmasters will undoubtedly remain a guiding force, inspiring further innovation, and excellence. This journey has not only contributed to my professional achievements but has also enriched my personal development, illustrating the transformative power of embracing new challenges and opportunities for growth.





Do you often find yourself caught in burdensome situations, laden with options yet incapable of choosing one? I am one of you. Many of us procrastinate, avoiding decisions due to fear of the consequences of a wrong choice. We understand the need to make decisions to improve our lives but remain paralyzed by indecision. We know that we need to make certain decisions to make our lives better, but we continue to live with our problems, because we are unable to make decisions.

Decisions become challenging when we lack necessary information, are uncertain about the decision's importance, or when emotions cloud our judgment. Napoleon Bonaparte once said, "Nothing is more difficult, and therefore more precious, than to be able to decide." I longed to go on a solo trip for years but couldn't muster the courage. And yes! It happened finally last year. It was not an easy decision. I spent hours wondering if I could do it, if it was the right time, etc.

So how did it happen?

I took conscious steps toward it. But before that, I found out what stopped me from deciding. It is what I call "DEL," - Decision Paralysis, Emotions & Lack of Input. Suffering from decision paralysis and a scarcity of information, I realized I had never actively sought out details or considered my options; fear and anxiety held me back.



So, I believe that decision is freedom. It gives you the wings to fly and makes you courageous.

As Graham Brown said, "Life is about choices. Some we regret, some we are proud of. Some will haunt us forever. We are what we chose to be"

So, decide what you want to do and just do it. Believe me, it will make you feel better from inside, comfortable and stress-free.

So, let me take you through the steps, that I took which helped me tick off a bucket list item for my solo trip:

**STEP 1:** Identify my goal - To take a solo trip.

**STEP 2:** Gather information - I researched online, consulted travel agencies, and spoke to friends who had embarked on similar journeys.

**STEP 3:** Check Alternatives - I considered three different countries.

**STEP 4:** Choose among the alternatives - I chose Georgia!

*Pro tip - Choose a goal you align with and consider the things that excite you about the trip, so that you will be motivated to do it.*

**STEP 5:** Take Action and evaluate your goal. And yes, I did it! And I am thrilled and confident about the decisional took.



# "DECODING LEADERSHIP - THE TOASTMASTERS WAY!"

**TM SHAMEEMA AHMED AFRIDA**  
 INNER UNIVERSE  
 ABU DHABI WOMENS  
 AL RUWAIS TOASTMASTERS CLUB



Toastmasters International, as we all know, is a platform that empowers individuals to become effective communicators and leaders. With more than 13 Toastmasters years under my belt, I can confidently say that my journey as a member of Toastmasters has been truly transformative. Indeed, it commenced with initial steps, serving as a club officer, and then shifting gears to undertake wider roles like Area Director, Division Director, and culminating as part of the District Trio in the Club Growth Director's role. The experience has fostered my personal growth and provided me a safe space to share my thoughts, friendships, and bonds to cherish for a lifetime!

My guiding mantra has been one of service leadership, aiming to uphold the values of Toastmasters in whatever I intend to do. Like in any other field, true leadership lies in serving others, trying to help others without expecting any return, but enjoying every moment of it when it lasts. Toastmasters provide opportunities on multiple fronts, be it mentoring by aspiring new members, organizing vibrant club meetings, supporting, assisting fellow officers in contests with quality, supporting fellow officers, or even chartering new clubs, it pays dividends to embody commitment, honesty, and empathy.

I joined Toastmasters in 2011, after being part of DTAC 2011 in Amman as a non-member. Seeing the wonderful opportunities and the vibrant people I met in that amazing DTAC, was a no-brainer for me to join the club.

However, my first taste of leadership in Toastmasters came when I took on the role of a club officer. As the roles changed over the years culminating in the club President of one of the prestigious clubs in Abu Dhabi, the bug of service leadership stuck to me, as I seemed to start enjoying the experience.



With time, I was given wider leadership opportunities as an Area Director and went on to be the first female Division Director from Abu Dhabi. This was a massive experience that taught me the power of perseverance, persuasion, and conflict management in real-life situations. As an Area or Division leader, it was during this phase that I truly understood the power of teamwork and collaboration in achieving shared goals. As Division Director, I also had the challenge and opportunity to navigate a newly formed Division through the turbulence of the pandemic, experiencing the strength of resilience, commitment, and innovative leadership.

I consider myself privileged to be also able to serve as District Club Growth Director. Having a bird's eye view of arguably the world's largest District then, opened the windows for me to experience a wide range of opportunities and challenges about governance and ethics including the spectrum of challenges any club or a member faces. It indeed was an intense learning curve, epitomizing demanding commitment and resilience.

If I try decoding the Leadership journey, it has been exhilarating and life-changing. It not only helped me transform as an individual but has also allowed me to form lasting friendships and possibly create a positive impact in the lives of others. I cherish my journey so far being grounded in honesty and empathy, which gave me a platform to grow, learn, and empower others. As Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others". It's a demanding proposition, but in Toastmasters context, I felt it is a pretty realistic one.





TM ORIKA WASU

ABU DHABI KNIGHTS TOASTMASTERS CLUB



*“When you follow your passion, every step becomes a purposeful stride towards your dreams”*

In the heart of a bustling city lived a young girl named Orika, who harbored a dream of traversing the world and immersing herself in diverse cultures. However, growing up in a conservative family, she encountered numerous obstacles that appeared insurmountable. Undeterred by her circumstances, she obtained her driving license at the age of 18, working odd jobs and saving every penny she could to finance her dream of independence. Despite the constraints imposed by her family, she remained resolute in her determination to actualize her aspirations.

Finally, she embarked on her inaugural solo adventure to the United States. With aspirations to study abroad, she ventured forth to explore a new country and culture, immersing herself in novel experiences. Finally, she embarked on her inaugural solo adventure to the United States. With aspirations to study abroad, she ventured forth to explore a new country and culture, immersing herself in novel experiences.

Upon completing her graduation, Orika set forth to explore the world, encountering countless challenges, from linguistic barriers to navigating unfamiliar terrain. Yet with each obstacle, she grew stronger and more resilient, acquiring invaluable lessons along the way. As she traversed the globe, her passion for travel deepened, finding herself inspired by the kindness and generosity of strangers she encountered. Despite diverse backgrounds and cultures, they welcomed her with open arms, imparting the true essence of hospitality and compassion. Through her journey, she discovered that the world brimmed with boundless possibilities and opportunities for personal growth. Her story epitomizes the power of perseverance, courage, and unwavering belief in one's dreams. Despite facing myriad obstacles, she refused to relinquish her passion for travel, discovering the transformative power of following her heart.



Orika perceives herself akin to her rendition of National Geographic; imbued with an insatiable curiosity about the world, passionate about exploration and learning, and eager for unique experiences and insights. Much like National Geographic, she endeavors to unearth new discoveries, cherish the beauty of diversity, and inspire others to appreciate the marvels of life. She perpetually embraces this mindset, endeavoring to lead a life replete with adventure, discovery, and meaningful connections with both people and the world.

With this vision in mind, Orika joined Toastmasters, where she swiftly ascended to the role of Fun Director in Division C. She believes that her adventurous and outgoing nature perfectly aligns with the duties of a Fun Director. It presents an opportunity to unleash her creativity, spontaneity, and zest for life as she navigates new destinations and immerses herself in diverse cultures. Much like orchestrating fun and engaging activities in Toastmasters, solo travel affords her the chance to steer the helm in crafting unique experiences and engendering unforgettable moments. Whether exploring bustling cities, serene landscapes, or off-the-beaten-path destinations, each journey metamorphoses into a chapter in her personal narrative of adventure and discovery.

Thus, Orika shall persist in exploration, continue to share her experiences, and endeavor to inspire others to embrace the joy of solo travel and exploration! She packs her sense of adventure and embarks on her next solo travel escapade with the same passion and joy that she brings to Toastmasters!





# "FULL PROOF WEIGHT REDUCING PLAN"

TM NISHA MITTAL  
ISC TOASTMASTERS CLUB



You've probably encountered the claim before — "Eat all your favorite dishes and lose weight." If you're like me, you're skeptical. After all, indulging in my favorite dishes is precisely how I gained weight. But this approach is different. It incorporates well-loved favorites and offers alternatives for other indulgences.

My childhood overflowed with crazy, funny moments and, unfortunately, struggles with overeating from an early age. My mother's frequent admonitions included "Don't eat any more, you've had enough," "Get some exercise, you're starting to look like a bean bag chair with lips," and "Don't even think about ordering a pizza."

If you were asked a table topic - to list everything you think you should, could, or might do to control overeating or emotional eating, you could probably turn that to a 10 min speech. We've all been bombarded with healthy eating advice, but most miss one key strategy. When applied correctly, this strategy not only helps curb overeating but also improves overall well-being.

Overeating is often a vicious cycle, a hamster wheel of stress eating, exhaustion, guilt, and shame, followed by eating to feel better, feeling stuck, or overindulging after a terrible day because you're too busy for a healthier solution.

I've learned some valuable lessons along the way. Once, when I was 12, my mom prepared a delicious meal of rajma chawal (kidney beans with rice), my favorite. By dinner time, I had already imagined eating it hundreds of times, drawn in by the tantalizing aroma from the kitchen. Finally, after all that imagination the dish was ready to be served for dinner. When it was served, with a generous topping of desi ghee (indian butter), chopped onions, green chilies, and mango pickle on the side, I devoured it instantly. It was one of the best meals I'd ever had. In my childhood eagerness, I asked for seconds, despite being full.



After finishing the second plate, my stomach was stretched to its limits almost like someone would mistaken to have a set of twins within, but my greed wasn't satisfied. Ignoring my mother's warnings, I sneaked into the kitchen like a thief for another serving. Soon after, I was in agony, my stomach cramped as if it were about to burst. That night, after much discomfort and a sudden rush to vomit, I learned a harsh lesson about the dangers of overindulgence.

So, here's my tip for those looking to shed some pounds: indulge in your favorite meal that you're considering eliminating from your diet, fully or partially. It might just change your relationship with that food and help you on your journey to better health.



# "LEADERSHIP BEYOND TITLES"

**TM MARIA THERESA DE MESA MENDOZA**  
THE PROFESSIONALS TOASTMASTERS CLUB

TRUE LEADER	SELF-SERVING / FAME AND POWER-SEEKING LEADER
It's always a WE – Team work.	It's always ME, MYSELF & I in all gains.
Empowering and lifting team members to achieve their potential and benefits all.	Seeks personal gain, self-centered, focuses on personal achievement, recognitions for power and fame.
Operates with integrity and driven by moral principles, practices what we preach.	Uses manipulation or deceit to achieve personal goals, compromising ethical standards.
Encourages open and transparent communication and embrace feedback for self-improvement.	Know it all attitude – refuse to accept feedback and never cared to listen.
Take responsibility for actions and outcomes and learns from mistakes.	Blames others & avoiding personal accountability.
Values diversity and includes various perspectives in decision-making.	Favors a select few, often ignoring broader input or diversity.
Flexible and responsive to change, understanding it's a part of growth.	Resists change, clinging to outdated practices for personal comfort.
Builds trust through consistency and reliability, fostering a safe environment.	Uses fear as a control method, undermining team morale and trust.
Self-Aware, reflective and aware of personal strengths and weaknesses, always seeking to improve.	Driven by ego, often lacking self-reflection and overestimating capabilities.
Puts the needs of the team and organization first, leading by example.	Serves self, prioritizes personal needs and desires over those of the team or organization.
Inspires and motivates through actions and not just words.	Seeks attention & validation, – lacks genuine inspirations.
Focuses on leaving a positive legacy and making a lasting difference.	Seeks immediate gratification and personal accolades.
Genuine and authentic, stays true to themselves.	Superficial, presents a facade to manipulate perceptions.

Throughout our journeys, both personal and professional, we've encountered a spectrum of leaders, each leaving a unique imprint on our growth and well-being. Gone are the days when leadership was synonymous with grand titles signifying power and authority. Today, the true measure of leadership transcends hierarchical positions, focusing instead on one's capacity to leave a positive impact, ignite passion, and foster transformative change.

Simon Sinek's profound insight, *"Leadership is not about being in charge. It is about taking care of those in your charge"*, encapsulates the paradigm shift in our understanding of leadership. This modern perspective champions a leadership style rooted in empathy, compassion, and a sincere commitment to the growth of individuals. By prioritizing the needs and potential of team members over personal ambition, leaders create environments where individuals feel valued, understood, and empowered to reach their highest potential.

Echoing the timeless wisdom of Mahatma Gandhi, *"Be the change you want to see in the world"*, this approach to leadership emphasizes the necessity of self-reflection and transformation. To inspire and lead effectively, the journey begins within ourselves. It's a call to examine our values, behaviors, and the ripple effects we create in the world. True leadership requires congruence between our actions and words, ensuring our integrity remains intact, especially when no one is watching. It's about walking the talk and practicing what we preach, building respect and trust through genuine actions rather than empty promises.

As we navigate the path of leadership, a critical self-audit can illuminate the essence of our leadership style. Are we embodying the principles of a true leader, fostering teamwork, empowering others, and leading with ethical integrity? Or have we strayed towards a self-serving path, marked by ego-driven decisions and a pursuit of personal gain at the expense of others?

This self-reflection isn't about judgment, but about recognizing our power to shape lives and to drive positive changes. It's an opportunity to align our leadership style with our core values and aspirations, striving to be the beacon of inspiration we once sought in others.

As we move forward, let us embrace the ideals of true leadership, committing to a path that prioritizes empathy, integrity, and empowerment. By doing so, we not only become the leaders that others wish to have, but also ignite a wave of transformation that reverberates through our teams, organizations, and communities, redefining the essence of leadership for generations to come.

Reflecting on our leadership journey, it's time to ask ourselves: **What kind of leader do we aspire to be?**





# Congratulations!

## DIVISION C - DTAC 2024 CONTESTANTS



**TM NICOLLETE UBAS**

PICE-UAE & FELLOWS  
TOASTMASTERS CLUB  
AREA 10



**TM RASLYN RASIAH**

ADK TOASTMASTERS CLUB  
AREA 10



**TM SHALINI BOTHELLO**

ISC TOASTMASTERS CLUB  
AREA 8



**TM AMAR GANESH**

ADK TOASTMASTERS CLUB  
AREA 10



# QUIZ SECTION

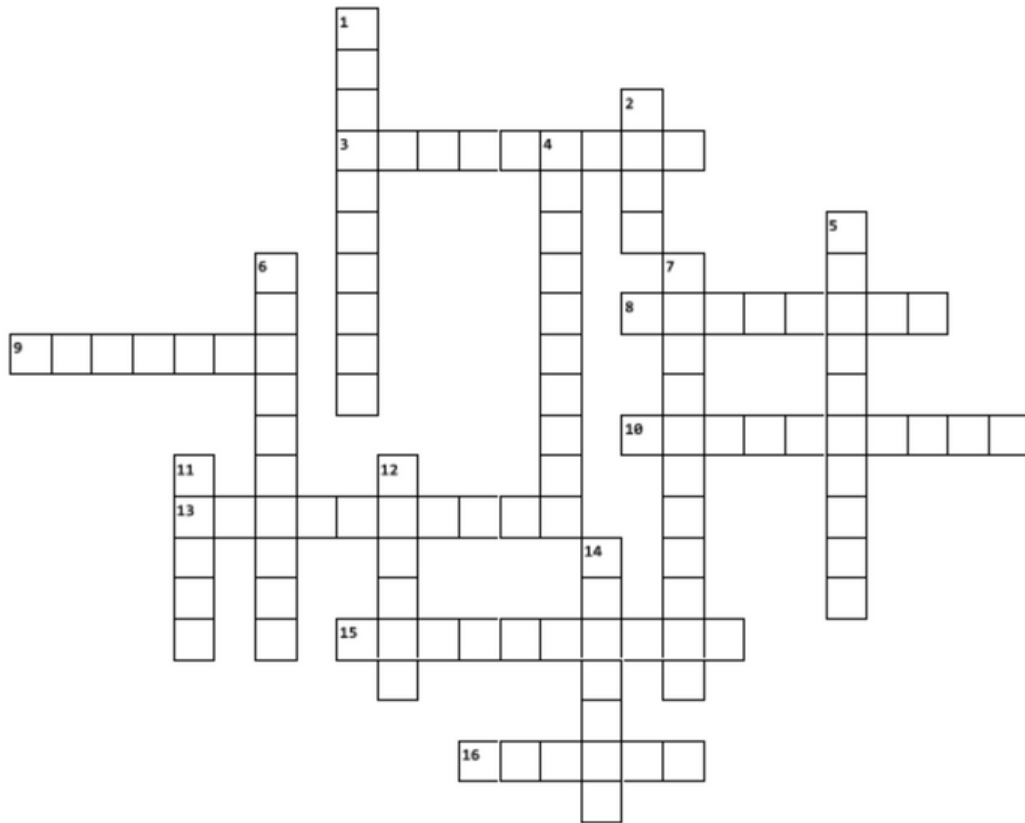
## CROSSWORD PUZZLE

### Across

- 3. A member in a toastmaster meeting who provides constructive feedback to prepared speeches
- 8. Online learning system for skill development in Toastmasters
- 9. Number of clubs in Division C, District 105
- 10. Status granting access to Toastmasters meetings and resources
- 13. The first speech of new member
- 15. One of the core competencies in the pathways program
- 16. The prepared speaker gives a \_\_\_\_\_

### Down

- 1. One of the Toastmaster International Core Values
- 2. How many countries in District 105
- 4. Role in Toastmasters meeting responsible for tracking filler words
- 5. Members are empowered to develop communication and \_\_\_\_\_ skills in a club.
- 6. Gathering of Toastmaster members for keynote speaker and contest
- 7. A segment in Toastmaster meeting helped that helps to improve impromptu speaking
- 11. Role in a Toastmasters meeting responsible for tracking speaking times
- 12. Experienced guide in Toastmasters
- 14. Founder of Toastmaster International



## SPOT 6 DIFFERENCES



For Answers: Refer to page 45





# CLUB PHOTOS



# CLUB PHOTOS



## ISC TOASTMASTERS CLUB



## THE PROFESSIONALS TOASTMASTERS CLUB



# CLUB PHOTOS



## ABU DHABI WOMENS TOASTMASTERS CLUB



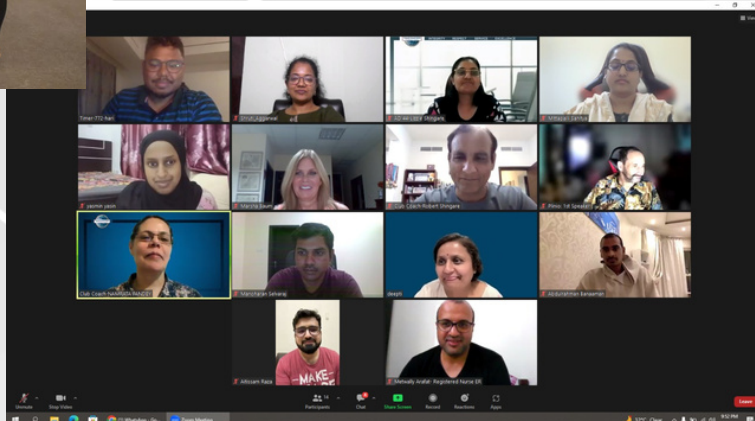
## PSME ABU DHABI & FRIENDS TOASTMASTER CLUB



# CLUB PHOTOS



## BASHARIA TOASTMASTERS CLUB



## AL AIN TOASTMASTERS CLUB



# CLUB PHOTOS



## TKM TOASTMASTERS CLUB



## KERA TOASTMASTERS CLUB



# CLUB PHOTOS



## ABU DHABI MALAYALAM TOASTMASTERS CLUB



## NMC CORPORATE TOASTMASTERS CLUB

# CLUB PHOTOS



## AL RUWAIS TOASTMASTERS CLUB



## INNER UNIVERSE TOASTMASTERS CLUB



# CLUB PHOTOS



## PICE-UAE & FELLOWS TOASTMASTERS CLUB



## ABU DHABI KNIGHTS TOASTMASTERS CLUB



# CLUB PHOTOS



## IIEE ABU DHABI AND FRIENDS TOASTMASTERS CLUB

### JUST FOR FUN!

Q1: Why did the Toastmaster join the gym?

*A: Because they wanted to exercise their speech.*

Q2: Why did the Toastmaster take a cooking class ?

*A: To learn how to "toast" the crowd!*

Q3: What did the Toastmaster say when they stumbled over their words during a speech?

*A: Oops, I toasted that line!*

Q4: Why did the Toastmaster become a chef?

*A: Because they wanted to cook up unforgettable speeches!*

Q5: How did the Toastmaster become a smooth talker?

*A: They spread their words like butter!*

Q6: How did the Toastmaster calm their nerves before a speech?

*A: They imagined the audience as slices of bread!*

Q7: How did the Toastmaster become a expert in public speaking?

*A: They followed the "Toastmasters" recipe.*

Q8: What did the Toastmaster say when they finished their speech?

*A: That was a toast to remember.*

Q9: Why did the Toastmaster say always carry a loaf of bread in their bag?

*A: Because they believed in being prepared for any toast-emergency!*





# **ANNUAL SPEACH CONTEST PHOTOS**



# AREA 8 ANNUAL SPEECH CONTEST





# AREA 9 ANNUAL SPEECH CONTEST





# AREA 10 ANNUAL SPEECH CONTEST





# DIVISION C ANNUAL SPEECH CONTEST





# QUIZ ANSWERS

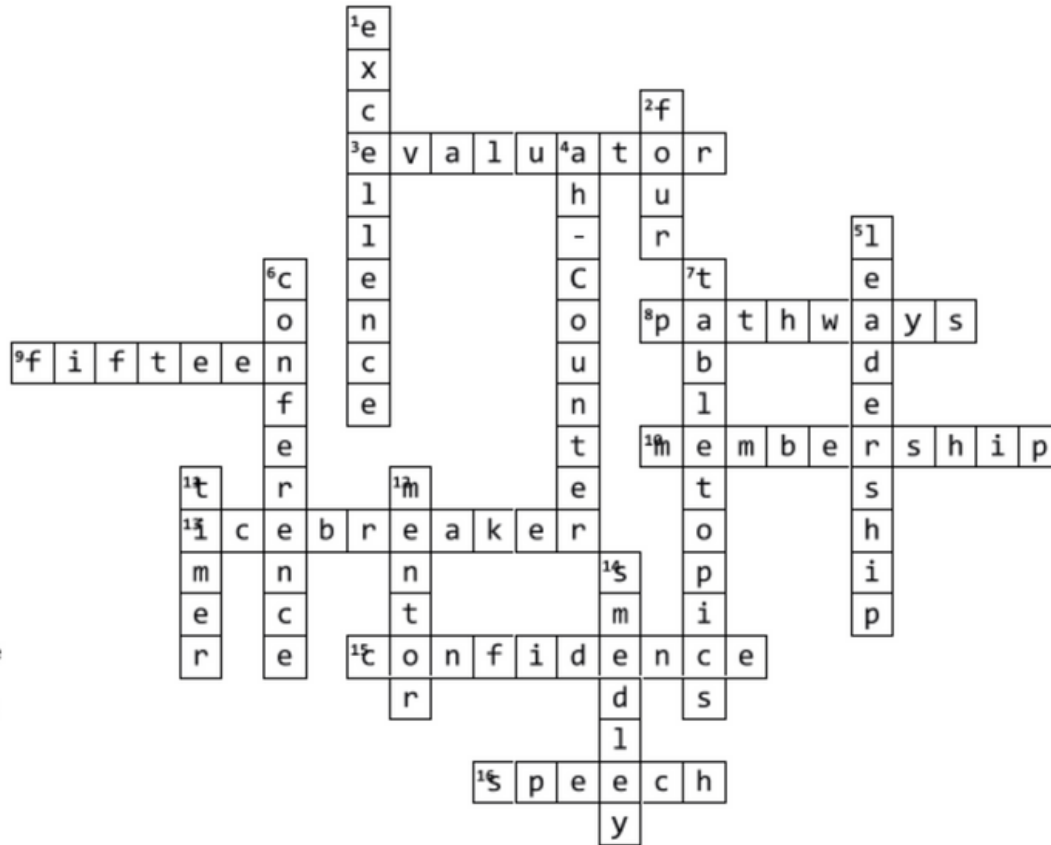
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## SPOT 6 DIFFERENCES





# SOCIAL MEDIA ACCOUNTS

## DISTRICT 105



Linkedin:

[www.linkedin.com/company/toastmasters-district105/](http://www.linkedin.com/company/toastmasters-district105/)



FB Page:

<https://www.facebook.com/groups/d105toastmasters>



Website: [www.district105.org](http://www.district105.org)

## DIVISION C



FB Page:

<https://www.facebook.com/groups/3176982735670650>

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**1924**

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