

# MOMENTS THAT MATTER!



What are some personal **moments that mattered** to You over the last two years?

*Each of our lives have been transformed in some significant way. We were tasked to learn how to communicate differently, use technology more effectively, and experience growth along the way in our personal and professional lives. How have You used those moments that mattered in Your life to leverage Your Toastmasters objectives and goals? **Toastmasters Leadership Institute** will help You gain tools through presentations, panel interviews, and workshops to empower, inspire, and motivate You to create new moments that matter on Your Toastmasters journey.*

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# MOMENTS THAT MATTER!

## What You Need to Know about Toastmasters Leadership Institute

### Before registering for TLI

- Club officers **must attend** the session corresponding to their office for DCP credit. Only one officer training session is needed, but you can attend both if you desire.
- **Please review** the entire program (this document) and all the breakout sessions before clicking on the [“Click Here to Register for TLI!”](#) link located at the top of each page.
- TLI is presented in four tracks, two Friday night and two Saturday morning.
- An Officer Training and a separate Electives track are offered on both days.
- Choose up to four breakout sessions, one from each of the four tracks.
- Please mute your audio as soon as you enter the breakout session.
- There is a 15-minute comfort break between each breakout session.

**NEW!** Please bring a **BACKGROUND image** to share that reflects **MOMENTS THAT MATTER** in your life! We will all turn them on at selected times during the program to show unity with the theme of this year’s program! Let's not only recognize and celebrate these moments, let's be encouraged to **sparkle** in this new Toastmaster year.

Please respond to the **evaluation form** that will be emailed to you after TLI. It will help us create the best possible Winter training. Many of your requests last time have been incorporated into this program!!



Our **KEYNOTE** speaker is **Sondra Nunez**, past Region 1 advisor! This one hour session is guaranteed to **FIRE YOU UP!** She will share several moments in her life that were transformational. She is inviting **ALL OF US** to recall those special moments that made a difference in our own lives. She plans several breakout sessions where we share those moments with others. She will cap it off with a call to action – building these moments into stories and sharing them to inspire others to join us on our Toastmasters Journey!

Lorri Andersen, DTM  
Program Quality Director  
with Lakeitha Ruffin

Dr. Gwendolyn Avington  
TLI Curriculum Coordinator  
with Kamili Talley

Bob Hall, DTM  
TLI Coordinator  
with Barbie Klein

# MOMENTS THAT MATTER!

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<b>Friday June 3</b>  <b>DAY 1</b>	6:00pm-6:15pm	Zoom Open for Networking (Room A)
	<b>6:15pm-7:15pm</b>	<b>Club Officer Training</b> (Rooms B-H)
	7:15pm-7:30pm	Comfort Break
	<b>7:30pm-8:30pm</b>	<b>Electives</b> (Rooms A-I)
	8:30pm-8:35pm	Closing Remarks by Trio (Room A)

<b>Saturday June 4</b>  <b>DAY 2</b>	08:30am-08:45am	Zoom Open for Networking (Room A)
	08:45am-09:00am	Opening Remarks by Trio (Room A)
	<b>09:00am-09:45am</b>	<b>Keynote: Sondra Nunez</b> (Room A)
	09:45am-10:00am	Share Your Moments! (Room A)
	10:00am-10:15am	Open Training Rooms
	<b>10:15am-11:15am</b>	<b>Electives</b> (Rooms A-I)
	11:15am-11:30am	Comfort Break
	<b>11:30am-12:30pm</b>	<b>Club Officer Training</b> (Rooms B-H)
	<b>11:30am-12:30pm</b>	<b>Electives</b> (Room A and Room I)
	12:30pm-12:45pm	Closing Remarks (Room A)

Color	Legend
Red	Keynote
Green	Officer Training
Purple	Electives

# BREAKOUT ROOMS

[Click here to register for TLI.](#)

First Round of Breakout Sessions – Club Officer Training			
<b>Friday, Jun 3, 2022 6:15pm – 7:15pm</b>	ROOM A	ROOM B	ROOM C
	Not used	<b>President</b> Presidential Power: Unlock the Potential of Your Team! <i>Matthew Douglass</i>	<b>VP Education</b> How to be a VPE 101 <i>Crystal Clark</i>
	ROOM D	ROOM E	ROOM F
	<b>VP Membership</b> VP Membership, The Best Officer! <i>Chris Jeans</i>	<b>VP Public Relations</b> PR Masterclass: Club Branding <i>Stephana Johnson</i>	<b>Sergeant-at-Arms</b> SAA Training for Beginners and Veterans <i>David Freedman</i>
	ROOM G	ROOM H	ROOM I
	<b>Secretary</b> Secretary, Functional AND Fun <i>Brinn Hemmingson</i>	<b>Treasurer</b> Preventing Idiot Errors <i>Jerry Kleffner</i>	Not used

Second Round of Breakout Sessions – Electives			
<b>Friday, Jun 3, 2022 7:30pm – 8:30pm</b>	ROOM A	ROOM B	ROOM C
	<b>Advanced Toastmasters Topic</b> HD Video & Audio-conferencing Technology <i>Tom Briggs</i>	<b>Best Practices in Toastmasters</b> The Foundation Mentor, giving new Toastmasters a Solid Start  <i>Cheri Redgrave</i>	<b>Connecting &amp; Career</b> Don't hide it. Flaunt it!  <i>Leela Seeber</i>
	ROOM D	ROOM E	ROOM F
	<b>Leadership &amp; Communication</b> Notice with L.O.V.E for Early & Worsening Mental Health Warning Signs <i>Elizabeth Spitzer</i>	<b>Pathways</b> The Secret to a Cohesive Pathways Journey  <i>Stephanie Stephan</i>	<b>Storytelling</b> Lead with Strategic Storytelling  <i>Suzanne Loeb</i>
	ROOM G	ROOM H	ROOM I
	<b>Technology</b> Marketing with Technology  <i>Pamela Benjamin</i>	<b>Hybrid Clubs</b> Hybrid Meetings: Making the Best of Both Worlds <i>Daniel Goodrich; Fred Bergeron; Scott Strickland</i>	<b>Working As a Team</b> Discover your leadership style  <i>Cynthia Jones</i>



# BREAKOUT ROOMS

[Click here to register for TLL.](#)

Third Round of Breakout Sessions – Electives			
<b>Saturday, Jun 4, 2022 10:15am - 11:15am</b>	ROOM A	ROOM B	ROOM C
	<b>Best Practices in Toastmasters</b> Toastmasters 101 <i>Leanna Lindquist</i>	<b>Connecting and Career</b> 10 Connections that will help catapult your career <i>Stephana Johnson</i>	<b>Leadership and Communication</b> Lead, Follow or get out of the way <i>PJ Kleffner</i>
	ROOM D	ROOM E	ROOM F
	<b>Storytelling</b> Spellbinding Stories <i>Matthew Douglass</i>	<b>Advanced Pathways</b> “Pathways-Growing Toastmasters Members, One at a Time” <i>David Bones</i>	<b>Connecting and Communication</b> Music is a Method! <i>Kamili Talley</i>
	ROOM G	ROOM H	ROOM I
	<b>Leadership &amp; Communication</b> Leader? Who me? Yes You! <i>Denise Holmes</i>	<b>Parliamentary Procedure</b> Behind the Curtain <i>David Shehorn</i>	<b>Teamwork</b> Your TM Skills can help Kids Explore Careers <i>Penny Jahraus</i>

Fourth Round of Breakout Sessions – Club Officer Training			
<b>Saturday, Jun 4, 2022 11:30am - 12:30pm</b>	ROOM A	ROOM B	ROOM C
	<b>Technology-ELECTIVE</b> Prepare your technology like a pro. <i>Crystal Clark</i>	<b>President</b> So Now You’re the President! <i>Cindy Laatsch</i>	<b>VP Education</b> The Core Officer in Reaching Club Success <i>Renee Taylor</i>
	ROOM D	ROOM E	ROOM F
	<b>VP Membership</b> Growing Through Connection <i>Scott Strickland</i>	<b>VP Public Relations</b> Club Officer Training <i>Craig Cottle</i>	<b>Sergeant-at-Arms</b> The hidden support to an excellent meeting <i>Leo Kurkoski</i>
	ROOM G	ROOM H	ROOM I
	<b>Secretary</b> The Honorable Secretary! <i>Dorothy Cottingham</i>	<b>Treasurer</b> Leading the Way, Your Role as Treasurer <i>Janet Cerasin</i>	<b>Storytelling-ELECTIVE</b> The Art and Zen of Storytelling <i>Mike Daily</i>

# SESSIONS

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**FRIDAY June 3rd (Except for Keynote)**

Category	Type	Session	Presenter(s)	Page
KEYNOTE (Saturday)	Workshop	Making the Most of the Moments that Matter (with Q&A)	Sondra Nunez, DTM, PRA	8
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Officer Training	VPE	How to be a VPE 101	Crystal Clark	10
Officer Training	VPM	VP Membership, Best Officer!	Chris Jeans	11
Officer Training	VPPR	PR Masterclass:Club Branding	Stephana Johnson	12
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Officer Training	Secretary	Secretary, Functional AND Fun	Brinn Hemmingson	14
Officer Training	Treasurer	Preventing Idiot Errors	Jerry Kleffner	15
Advanced Toastmasters	Workshop	HD Video & Audio-conferencing Technology	Tom Briggs	16
Best Practices	Presentation	The Foundation Mentor	Cheri Redgrave	17
Connecting & Career	Presentation	Don't hide it. Flaunt it!	Leela Seeber	18
Leadership & Communication	Presentation	Notice with L.O.V.E ... Mental Health Warning Signs	Elizabeth Spitzer	19
Pathways	Workshop	The Secret to a Cohesive Pathway Journey	Stephanie Stephan	20
Storytelling	Presentation	Lead with Strategic Storytelling	Suzanne Loeb	21
Technology	Presentation	Marketing with Technology	Pamela Benjamin	22
Hybrid Clubs	Panel Discussion	Hybrid Meetings: Making the Best of Both Worlds"	Daniel Goodrich; Fred Bergeron;Scott Strickland	23
Teamwork	Presentation	Discover your leadership style	Cynthia Jones	24

# SESSIONS

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**SATURDAY June 4th**

Category	Type	Session	Presenter(s)	Page
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Connecting and Career	Workshop	10 Connections that will help catapult your career	Stephana Johnson	26
Leadership and Communication	Presentation	Lead, Follow or get out of the way	PJ Kleffner	27
Storytelling	Workshop	Spellbinding Stories	Matthew Douglass	28
Advanced Pathways	Presentation	Growing Members, One at a Time	David Bones	29
Connecting and Communication	Presentation	Music is a Method!	Kamili Talley	30
Leadership & Communication	Presentation	Leader? Who me? Yes You!	Denise Holmes	31
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Officer Training	President	So Now You're the President!	Cindy Laatsch	35
Officer Training	VPE	The Core Officer in Reaching Your Club's Success	Renee Taylor	36
Officer Training	VPM	Growing Through Connection	Scott Strickland	37
Officer Training	VPPR	Club Officer Training	Craig Cottle	38
Officer Training	SAA	Hidden support->excellent meeting	Leo Kurkoski	39
Officer Training	Secretary	The Honorable Secretary!	Dorothy Cottingham	40
Officer Training	Treasurer	Lead the Way ... as Treasurer	Janet Cerasin	41
Storytelling	Presentation	Zen of Storytelling	Mike Daily	42
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# SESSIONS

[Click here to register for TLI.](#)

ROOM A

## Keynote

### *Making the Most of the Moments that Matter*

**Sondra Nunez, DTM, PRA**



When was the last time you took time to reflect on the moments in your life that mattered most? Yesterday? Last month? Last year? In today's ever-changing world, with continual demands on our time and energy, the moments that matter most can be easily overlooked. During today's interactive presentation, in addition to Sondra sharing a few of the moments that mattered most to her, you will have the opportunity to consider and share a few of your own moments that mattered, and as a group, we will discuss ways you can make the most of those moments to enhance your Toastmasters journey.

#### **About the presenter**

Sondra Nunez joined Post Toasties Toastmasters, a corporate club sponsored by her employer, USAA Insurance, in 1996 at the suggestion of her supervisor, Donna Tapia. Donna was a valuable mentor to Sondra and although not a member herself, believed in the benefits to be gained by participation in the program.

Sondra has served in all club officer positions and most district positions including District Conference Chair, District Logistics Manager, District Administration Manager, all Trio positions, District Leadership Committee Chair, and is currently serving as the District 39 Audit Committee Chair. Sondra had the honor of serving as the 2019-2021 Region 1 Advisor and was awarded the 2020-2021 Presidential Citation from Toastmasters International.

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ROOM B

## **Officer Training President**

### *Presidential Power: Unlock the Potential of Your Team!*



#### **Matthew Douglass**

Your role as president as stated in the Club Constitution and Standard Bylaws of Toastmasters International is: “The club president is the chief executive officer of this club and is responsible for fulfilling the mission of the club. The president presides at meetings of this club and the club executive committee; appoints all committees; and has general supervision of the operation of this club.” In this session, we will demystify what this means, and how you can set the tone for a successful year.

#### **In this session you will learn**

- Identify your role within the club
- Fulfill your responsibilities within the club and club executive committee
- Find resources that help you fulfill your responsibilities

#### **About the presenter**

Matthew Douglass, DTM is a district finalist in Speech and Evaluation contests, an Area Director, and a Board Member with PR Masters, Waffle Toasters, and PMI Portland. In his time as a Toastmaster, he has seen brilliant examples of effective leadership. In this interactive 1-hour session, you will understand your role, responsibilities, and resources as you become President of your Toastmasters club.

## **Officer Training VP Education**

### *How to be a VPE 101*

#### **Crystal Clark**



If this is your first time being a VPE, this presentation will teach you all of the skills on how to work with your club members and the Toastmasters systems to be the best VPE possible.

#### **In this session you will learn**

- How to work with your club members as the VPE
- How to best serve your members and officers as VPE
- How to use the Toastmasters online systems to be the best VPE possible

#### **About the presenter**

Crystal Clark is a 2021 DTM recipient and the 2021 District 7 Herb C. Stude Educational Award recipient. She has been a Toastmaster for almost 8 years and has served in many different roles within Toastmasters, including Division B Director for the last 2 years. She enjoys training and serving others to be the best leader and speaker that they can be.

## **Officer Training VP Membership**



### *VP Membership, The Best Officer!*

#### **Chris Jeans**

As club officers, our goals should include helping the club members grow their public speaking and leadership skills. As the VP of Membership, you are key to helping the club attract new members and retain existing members. Your efforts help to create a foundation for achieving success. In this session we will discuss the importance of membership, methods to attract and retain members, processes and shortcuts to help make your job easier. Please be prepared to share your successful methods with the participants and share your challenges so the group can make suggestions for you to overcome.

#### **In this session you will learn**

- Why new members are important to club health
- How retaining members drives club growth
- Why each club is unique and multiple methods to build and retain members

#### **About the presenter**

Chris Jeans has been a Toastmaster for over 15 years and has earned his DTM. He has held multiple roles including Area Governor and Club Founder. Throughout his Toastmasters career, Chris has been a member of multiple clubs including Sporty Speakers Toastmasters for the last 8 years. He has held several Club officer roles including VP of Membership. He has supported his fellow club Toastmasters to consistently achieve President's Distinguished status.



## **Officer Training VP Public Relations**

### *PR Masterclass and Club Branding*



#### **Stephana Johnson**

Learn the exact steps to building a professional network and understand how and why this is one of the most effective actions in growing your club.

#### **In this session you will learn**

- How to confidently (and easily) create promos that get your club noticed
- The 5 Steps to Increase Your Club's Brand Awareness
- BONUS: Take home templates and an opportunity to be a part of District 7 PR Team

#### **About the presenter**

Stephana Johnson is the CEO (Chief Empowerment Officer) of Powerhouse Leaders, energizing leaders to shed the extra weight, look & feel their best so they skyrocket performance, productivity and profit. Founder & Creator of Yogilachi® method of optimal movement, mindset and nutrition and author of the books Model 4 Business and Finding Joy Beyond Trauma, through her writing, speaking and popular coaching programs she has helped over 10,000 people experience positive and often radical transformation. She loves flamenco dancing, travel and exploring exotic locations and leading a life of sustainable simplicity and passionate purpose with her family.

## **Officer Training Sergeant-at-Arms**

### *SAA Training for beginners and veterans*

**David Freedman**



You're the new President for your Toastmaster Club! Exciting! In this session – we'll discuss resources, how to conduct valuable Board Meetings and more. Plan to have an experience to kick off your year, and set you, your Board, and your club for success in the Toastmaster year.

#### **In this session you will learn**

- The responsibilities of what happens before, during, and after club meetings.
- The responsibilities the SAA has over property and distribution of goods at club meetings.
- Additional responsibilities as needed during the pandemic, i.e., becoming the Zoom Master of the club. This is especially important if you have a blended club.

#### **About the presenter**

As an actor, singer, writer, and public speaker who joined Toastmasters in 2013, David Freedman is a firm believer that clear, concise communication can make a difference in business and in life. David has a B.A. in English from the University of Oregon and an associate's degree in medical transcription from Mt. Hood Community College. A lifelong fan of science-fiction and fantasy, video games, and mythology, David enjoys thinking outside the box and finding new ways to communicate old ideas. Please welcome David Freedman.

## **Officer Training Secretary**

### *Secretary: Functional AND Fun*

#### **Brinn Hemmingson**



Today Brinn brings her experience as a Secretary (practical and functional) and her experience as a Newsletter editor for the same position coupled with a sense of humor and desire to make this position Fun–For Everyone! Learn tips on how to streamline minutes, forms for tracking them, and techniques to help keep you and your board smiling.

#### **In this session you will learn how to ...**

- Organize notes
- Use forms
- Bring joy to the role

#### **About the presenter**

Brinn Hemmingson has been a Toastmaster for 18 years and Secretary in 3 clubs. Today she brings her experience from these roles to you to show that this position can be Fun as well as very important for a club.

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ROOM H

## **Officer Training Treasurer**

### *Preventing Idiot Errors*

**Jerry Kleffner**



The treasurer role is all about the Toastmasters core values of Integrity, Respect, Service and Excellence. As treasurer, your club has entrusted you with the club funds. Adhering to those values will make you successful in the role and will ensure that your reputation is solid.

#### **In this session you will learn some tips for ...**

- Tracking member dues and renewal payments
- Tracking cash-flow and budgeting
- Changing bank account signers

#### **About the presenter**

Jerry Kleffner has been a member of Babble-On Toastmasters since 2005. He has served in most of the club leadership roles including several years as club treasurer. The treasurer role is a natural fit since he works in accounting for The Old Spaghetti Factory. He has served District 7 in area and division leadership roles as well as in district finance, audit and credentials.

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ROOM A

## **Advanced Toastmasters**

### *Advanced HD Video Conferencing in Zoom*

**Tom Briggs**



Think you know how to get the best video and audio on popular video-conferencing solutions? Want to improve the way you look and sound? Prepare to think like a film director and an IT expert. Learn how to improve your onscreen presence by evaluating your technical setup, optimizing your webcam, microphone, internet connection, and computing platform for high-definition experiences.

#### **In this session you will learn**

- Confidence that your video and audio on all platforms is as good as possible
- Tips on identifying weaknesses in your current hardware configuration
- Learn how to look and sound better on camera for work, friends or fun.

#### **About the presenter**

For nearly 20 years, Tom Briggs has helped technical experts explain complex and groundbreaking technologies in simple, straightforward language. Whether behind or in front of the camera, in his role as a strategic communications strategist, Tom has grown an ability to make technical things simple and understandable.

## **Best Practices**

### *The Foundation Mentor*

#### **Cheri Redgrave**



The Foundation Mentor—providing new Toastmasters with the fundamentals needed for a solid start.

#### **In this session you will learn**

- Help your new members navigate the mysteries of club meetings.
- Give all new members the same basic fundamentals
- Create a framework that allows new members to interact with other members so they can find a great mentor match.

#### **About the presenter**

Cheri Redgrave is a double DTM, and a member of Communicators Plus and Toastmasters of Redmond. She has created the position of Foundation Mentor in both clubs. New members benefit from getting a solid 2 month start before being assigned a permanent club mentor.

## **Connecting & Career**

### *Don't hide it. Flaunt it!*

#### **Leela Seeber**



An interactive discussion of ways to leverage your Toastmaster experience to build beneficial connections. For those currently seeking a new job/promotion we will discuss where & how to highlight your Toastmaster experience on your resume or Linked In. If you are currently in a job or retired we will discuss the benefits of connecting and mentoring.

#### **In this session you will learn**

- Inspiration to share your Toastmaster experience
- Benefits of building connections
- Keywords to use on your resume and Linked In to highlight skills developed and practiced in Toastmasters

#### **About the presenter**

Leela Seeber has a Masters in Education from Portland State University. She has experience working in education, adult care, transportation, and financial industries. She has lived in the Portland area most of her life and has one adult daughter and a bossy cat. Leela has been a Toastmaster since 2019. She has served as a VP of Education and Area Director. Currently, Leela is co-president of New Horizons.



## **Leadership & Communication**

### *Support Mental Wellbeing With L.O.V.E.*

**Elizabeth Spitzer**



In this workshop Liz will share some common signs & symptoms we can be aware of to notice when a person may be experiencing a worsening mental health condition that needs support. She will introduce an easy way to remember how to offer your own kind of support. Sometimes, knowing someone is able to listen with L.O.V.E is all we need to help us cope through our experience.

#### **In this session you will learn**

- The common early signs and symptoms for a worsening mental health condition.
- How to notice and listen with L.O.V.E.
- Bonus, resource guide to some local (Oregon) and national (USA) agencies that can offer assistance for mental health wellbeing

#### **About the presenter**

Liz will be bringing together elements of her knowledge as a nationally certified Mental Health First Aid Instructor and certified Compassionate Listening Facilitator. She is also a certified trainer for QPR (Question, Persuade, Refer) - a suicide prevention training - and has been professionally trained to be a life coach through the Institute for Professional Excellence in Coaching (iPEC). As a professional trainer and facilitator, she loves creating experiences with others and hosting learning opportunities that help people feel better about themselves, encouraging people to co-build a friendlier, more resilient world, and supporting people as they learn ideas on how to reach out and offer support to others.

## **Pathways**

### *The Secret to a Cohesive Pathways Journey*

**Stephanie Stephan**



As we stand in front of our Pathways curriculum with wondering eyes, embarking on a brand new learning experience, we often think how can we make the most of it? How can it be the most meaningful, transformational experience yet? How can I integrate all these skills into a renewed mindset that enriches all the levels of my Pathways learning? If any of these questions intrigue you, I have the training for you! Come and join me as we explore together the secret to a cohesive Pathways journey.

#### **In this session you will learn how to**

- Promote motivation
- Remove overload
- Eliminate Confusion

#### **About the presenter**

Acquiring the skill of storytelling drew Stephanie Stephan to the wonderful world of public speaking. A new club was formed 3 years ago, and she joined, only to discover that polishing her speaking and listening skills became her new passion. Today she is the president of the Waffle Toasters club. She has thoroughly enjoyed bringing her passion to her work in Technology to help other engineers and women communities to also benefit from having this multi-functional skill. In her free time, you may see Stephanie scooting around Oregon with her Vespa club friends and family. Otherwise, she may be at the farm animal shelters enjoying the great company of a diverse number of heartwarming creatures who fill her life with immense love.

## **Storytelling**

### *Lead with Strategic Storytelling*

**Suzanne Loeb**



When you need to take command, step out to center stage and tell a story! This entertaining and interactive session gives you the secret strategy for successful storytelling. Bring an understanding of your leadership style. You will get a template and the basics you need to make a difference.

#### **In this session you will learn how to...**

- Use your unique leadership style to set your stage.
- Fascinate by choosing and using your "right-good" words and pauses.
- Inspire and motivate others to take action and implement solutions

#### **About the presenter**

Have you dreamed of standing on a big stage, leading an audience that waits for your next words? Suzanne Loeb had that dream. While she isn't there on the big stage yet, she has figured out the secret to leading people, making a point, and engaging them to listen. Suzanne joined Toastmasters in 2004 when she learned her new job as a safety consultant required public speaking. That was the beginning of her on-and-off membership in Toastmasters. First, she would get on board for a short time to practice her speaking skills and stop. Then, in 2018, she rejoined Toastmasters to become a member of Encouraging Words. Inspired by the group, she decided to commit to the process and find where it would lead her. Suzanne discovered this - when you step up and reflect aloud, the next natural step doesn't look that difficult! That is what Toastmasters gives everyone – the opportunity to reflect aloud! In her presentation, she will share how you can step up and take center stage and lead with storytelling.

## Technology

### *Marketing Your Club with Tech Tools*

#### **Pamela Benjamin**



Pamela will be explaining technical tools to help you market your club and members on Social Media. One tool is VidIQ, a YouTube tool that enables you to see topics and subjects on YouTube. This helps you research ideas for special meetings or open houses for Hybrid or Zoom meetings. Also, if you are taping Member Speeches and Meetings and uploading them to YouTube, you will be able to find "tags" to help people find the meeting theme or speech topics. As you build a following on YouTube or social media, you will make new friends with others in the District and around the world as you post these in Facebook, and Instagram, and upload them to YouTube. With patience and a positive team, you can build a following for your team and possibly new members.

#### **In this session you will learn**

- No Boring Posts
- Highlighting members
- Showcasing past Meetings

#### **About the presenter**

Pamela Benjamin became a Toastmaster in January of 2013 and is a club officer in three online clubs: Online Presenters, Witty Birds, and Digital Communicators. She loves learning and working on new communication skills and projects. She lives in Dallas Texas and was an Area Director twice and a Division Director in District 25. She is an Area Director in District 71 UK and Ireland. Her clubs are in Dublin, Ireland. She loves meeting new people and attending Toastmasters meetings.

## Hybrid Clubs

### *Hybrid Meetings: The Best of Both Worlds*

**Daniel Goodrich; Fred Bergeron; Scott Strickland**



Many questions have been raised over the past year on how to successfully run a meeting partly online and partly in person. This format is referred to as a Hybrid Meeting and Clubs that have adopted this model are called Hybrid Clubs. It takes some planning, the right equipment, and some patience. This session will be led by three panelists, Dan Goodrich, Scott Strickland, and Fred Bergeron, with complementary and contrasting points of view. These presenters have learned the ropes through trial and error and will share with us the benefits and challenges of running hybrid club meetings.

#### **In this session you will learn**

- The advantages and drawbacks to hybrid meetings
- The equipment setup for three different clubs, including photos!
- Tips and tricks for doing a hybrid meeting

#### **About the presenters**

Daniel joined Toastmasters in 1987, and has held every club officer position. He sharpens his communication skills by helping new members grow in their speaking skills. He is an electrical engineer at Bonneville Power Administration and enjoys jogging, hiking and watching movies.

Scott joined Toastmasters to ward off boredom, never imagining what opportunities awaited. He's a different person today because of it. He joined Babble-On Toastmasters and is now in his second term as club president. He enjoys hiking and biking across Oregon.

Fred Bergeron is from Daytona Beach, Florida, home of the Daytona 500. An avid photographer, he joined Toastmasters in 2014, and has held every club office, and several District 84 roles, including Public Relations Manager. He also helped charter PR Masters in District 7.

## **Teamwork**

### *Discover your leadership style*

**Cynthia Jones**



Teaching how to communicate with your team members and beyond.

#### **In this session you will learn**

- What is MY style of communicating
- How do I read what the person I am communicating with style is
- How to make the person you are communicating with walk away knowing YOU understood them

#### **About the presenter**

Cynthia has been part of Toastmasters since 2016. She loves the value of learning how to speak, teach and present at all levels. Toastmasters = FREE evaluations to better yourself and of course the speech contests are so much fun. She has enjoyed them all. She is now being trained to use her speaking talent for her career all because she was invited to a "Toastmaster meeting" at work. Lean in and learn from this great organization.

[Click here to register for TLL.](#)

ROOM A

## **Advanced Toastmasters**

### *Toastmasters 101*

**Leanna Lindquist**



Are you new to Toastmasters? Do you wonder how you can get the most out of your membership? Are you unsure where to look for answers to your Toastmasters questions? Would you like to be able to access all the resources available to you? If you answered yes to any of these questions then Toastmasters 101 is for you. Help shape this breakout session by emailing questions you want answered or topics you want covered to [leanna.lindquist@gmail.com](mailto:leanna.lindquist@gmail.com).

#### **In this session you will learn**

- What opportunities are available beyond the Club.
- Where to go to find the answers.
- How to get the most out of your membership.

#### **About the presenter**

Leanna has been a Toastmaster for almost 13 years. Her home club is Marylhurst Toastmasters. She also belongs to Tell Me a Story and Feedbackers. She has held all club officer roles and most District roles including District Director. She guarantees that you will leave today with a number of resources that will serve you well.



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ROOM B

## **Connecting and Career**

### *10 Connections that will help catapult your career*

**Stephana Johnson**



Learn the exact steps to building a professional network and understand how and why this is one of the most effective actions in supporting your career.

#### **In this session you will learn**

- Learn the exact steps to building a professional network from contact to follow up.
- Understand how and why this is one of the most effective actions in supporting your career.

#### **About the presenter**

Stephana Johnson is the CEO (Chief Empowerment Officer) of Powerhouse Leaders, energizing leaders to shed the extra weight, look & feel their best so they skyrocket performance, productivity and profit. Founder & Creator of Yogilachi® method of optimal movement, mindset and nutrition and author of the books *Model 4 Business* and *Finding Joy Beyond Trauma*, through her writing, speaking and popular coaching programs she has helped over 10,000 people experience positive and often radical transformation. She loves flamenco dancing, travel and exploring exotic locations and leading a life of sustainable simplicity and passionate purpose with her family.

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ROOM C

## **Leadership and Communication**

### *Lead, Follow or get out of the way*

**PJ Kleffner**



Not everyone wants to be a leader. That's okay, because we need followers also. Leaders provide a vision, motivation and feedback, but it's the followers who actually get the job done! What if you don't want to be a leader or a follower sometimes? In those cases, stay out of the way, so the others can do what they want to do. During this session, we will discuss various situations where you might find yourself in these different roles.

#### **In this session you will learn**

- How to recognize leadership opportunities
- How to be a good follower
- Know when to stay out of the way

#### **About the presenter**

PJ Kleffner, DTM, is the District 7 Immediate Past District Director. He became involved in Club leadership roles soon after joining Toastmasters 20 years ago and never looked back. In addition to Area, Division and District Trio positions, he has served as a member or chair of numerous committees, including TLI/Conference Registration, Club Realignment, Nominating Committee, Speechcraft Coordinator, and Pathways Guide. He has a BS in Business and Management and is enjoying retirement after 40+ years in the high-tech industry.

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ROOM D

## **Storytelling**

### *Spellbinding Stories*

**Matthew Douglass**



Stories are fundamental to cognition and communication. Stories pre-date written language – they are hard-wired into our consciousness as humans because they spark memory, connection, and meaning. Great storytelling is a lot more than just a recitation of facts and events. Great stories change the world.

In this session you will learn to reframe your typical 5–7-minute speech into a story that moves your audience and transforms your weekly experience in Toastmasters to something extraordinary.

#### **In this session you will learn**

- Simplify structure for elegant accessibility
- Edit story for clarity and
- Practice storytelling techniques that propel words to leap off the page

#### **About the presenter**

Matthew Douglass, DTM is a district finalist in Speech and Evaluation contests, an Area Director, and a Board Member with PR Masters, Waffle Toasters, and PMI Portland. As a corporate leader, a people manager, and a paid speaker and comedian Matthew uses the power of story to move people. He believes nothing is more essential to becoming a prodigious Toastmaster.

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ROOM E

## **Advanced Pathways**

### *“Pathways-Growing Toastmasters Members, One at a Time”*



#### **David Bones**

This is the final Pathways event of the year, and it has been incredible to connect with those of you who attended Learning Labs throughout. We are not done yet!

#### **In this session you will learn**

- Solutions for those Struggling in Base Camp
- Alternatives for those finding Pathways Projects long/difficult
- Pathways Learning Center

#### **About the presenter**

Dave Bones, DTM has been in Toastmasters for 11 years. He is currently the VP Education for Liberty Talkers, a Division Director, and Club Coach. He has served as a Division Pathways Proponent, Area Director, Club Mentor, and all club officer roles except Treasurer. He has completed three Toastmasters Paths and is working on a fourth. He has achieved the Pathways Mentor designation and was D7 Toastmaster of the Year in 2021.

[Click here to register for TLL.](#)

ROOM F

## **Connecting and Communication**

### *Music is a Method!*

**Kamili Talley**



Music is often thought of as a freeform, random art. However, this is not the case. Almost without exception, the works of musical melodies are bound by special rules and techniques called music theory, which is the method behind the music. Combine music theory with physics, repetition, and perseverance, and we arrive at the conclusion that music is a method. In this session, we'll (1) interview a local musician to understand some of the moments that matter in a person's journey to becoming a musician, (2) discuss the parallels between her moments and those moments that matter in a person's Toastmaster journey, and (3) listen to the culmination of these moments through a musical performance.

#### **In this session you will learn**

- What are key moments that matter in a musician / performing artist's journey?
- What are key moments that matter in a toastmaster's journey?
- Why do these moments matter?

#### **About the presenter**

Kamili has three teenage sons, two cats, is getting ready for her first guitar lesson, and is learning how to wood-work.. She works for Nike Legal Operations as a Business Analytics & Insights Manager and recently completed her MBA. Toastmasters is the element that straddles both these personal and professional worlds. Kamili has served in leadership roles at both the club and district levels. The skills she's gained, the relationships she's cultivated, and the moments she's experienced throughout her Toastmasters journey has had positive impacts on her career and personal life. And in return, she looks to "pay it forward."

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ROOM G

## **Leadership and Communication**

### **Leader? Who me? Yes, You!**

**Denise Holmes**



#### **Description**

Leadership might be easier if it was a destination. It's not! Our facilitator, executive leadership coach Denise Holmes, says while many leadership skills can be learned, leadership is also a state of being and a series of choices we make. The bad news is it's easy to doubt our own readiness to lead and not see ourselves as a leader for lack of title or training. The good news is you already have the inherent capacity to be a leader, and the real work is in seeing and growing this capacity within you. This session helps tease out what leadership is and is not, focuses on helping you recognize your own leadership strengths, and begins the process for crafting a personal leadership vision to support a unique leadership presence.

#### **In this session, participants will:**

- Explore what leadership is and is not.
- Increase awareness of leadership as a state of being, more than just a series of actions.
- Begin the process of crafting a vision for themselves as a leader.

#### **About the presenter**

Denise Holmes, owner of Holmes Street Leadership Consulting, is an executive coach and leadership consultant. She is adept at coaching leaders as they navigate the people side of change initiatives. To Denise, the best engagements occur when a leader has increased confidence in who they are, coupled with greater clarity and alignment in how they want to show up in ways that serve the leader, as well as their organization, team and customers. She has been a Toastmaster for many years, most recently serving as President (for the 3rd time) in her home club Washington Street Toastmasters and acting as Area 71 Director.

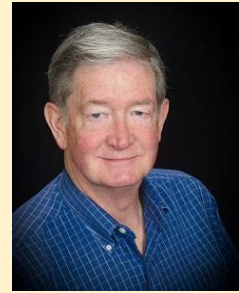
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ROOM H

## **Parliamentary Procedure**

### *Behind the Curtain*

#### **David Shehorn**



Club Success Starts With Truth in Planning. David will cover club planning that takes place “behind the curtain”, including Roberts' Rules of Order, Governing Documents, and Club Bylaws & Addendum.

#### **In this session you will learn**

- Recruitment is Essential for Club Survival
- Positive Experiences Inspire Retention
- Involvement Correlate with Challenges

#### **About the presenter**

Dave is an accomplished Toastmaster, on the edge of Distinction

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ROOM I

## **Teamwork**

### *Your TM Skills can help Kids Explore Careers*

#### **Penny Jahraus**



In this session, see how easy it is to share what you've learned along your career path with K-20 students. Students need these interactions, and the professionals often say, "That was FUN! When can I do it again?" Many New Horizons members have given such presentations. It's a perfect way to take your Toastmasters speaking and audience engagement skills to another level, benefiting students along the way! Penny will share the Oregon Connections/Nepris platform as a way to find your audience, and bring along some New Horizons friends to share their experience talking with students and using their TM skills as a virtual guest speaker.

#### **In this session you will learn**

- Why it is important to connect with K-20 students.
- How you can find a student audience using Oregon Connections/Nepris
- How your Toastmasters skills help you be an impactful guest speaker

#### **About the presenter**

Penny Jahraus has been a member of New Horizons since the fall of 2017. She is also the Program Director of Career-Connected Learning at the South Metro-Salem STEM Partnership. In this role, she helps K-20 teachers connect students with career professionals eager to share their story. With a background as a classroom teacher (K-8 & college), she knows these student-professional interactions can turn students from 'meh' into engaged students working towards future goals!



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ROOM A

## **Technology**

### *Prepare Your Technology Like a Pro*

**Crystal Clark**



Prepare Your Technology Like a Pro. Take steps to avoid last-minute mishaps and meltdowns.

#### **In this session you will learn**

- Never assume that everything will go perfect
- Your presentation materials are NOT your presentation
- If things do go wrong, keep your cool and press on

#### **About the presenter**

Crystal Clark is a 2021 DTM recipient and the 2021 District 7 Herb C. Stude Educational Award recipient. She has been a Toastmaster for almost 8 years and has served in many different roles within Toastmasters, specifically being the Division B Director for the last 2 years. She enjoys training and serving others to be the best leader and speaker that they can be.

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ROOM B

## **Officer Training President**

### *So Now You're the President!*

**Cindy Laatsch**



You're the new President for your Toastmaster Club! Exciting! In this session – we'll discuss resources, how to conduct valuable Board Meetings and more. Plan to have an experience to kick off your year, and set you, your Board, and your club for success in the Toastmaster year

#### **In this session you will learn how to...**

- Identify your role within the club
- Fulfill your responsibilities within the club and club executive committee
- Find resources that help you fulfill your responsibilities

#### **About the presenter**

Cindy Laatsch, DTM, joined Toastmasters the first evening she dropped into a meeting in 2009. She felt at home with a positive, supportive group of Lifelong Learners, and hasn't looked back. Cindy calls herself a "Toastmaster for Life."

Cindy served as the Region 1 Advisor for the 2019-2020 and 2020-2021 Toastmaster year. She was selected for the Presidents Citation in 2021 by Toastmasters International.

Cindy works at Harley-Davidson Motor Company – located in Milwaukee WI – where she manages the Global Help Desks and serves as the Manager of Customer Excellence for the Motor Company. Cindy splits time between Milwaukee and Florida with her husband Brad, and their dogs Tiny Olive and Moto Moto.

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ROOM C

## **Officer Training VP Education**

*The core officer in reaching your club's success*



### **Renee Taylor**

This session will introduce the VPE role responsibilities and share lessons learned to help you take on this important club position with confidence.

#### **In this session you will learn**

- The primary VPE role is supporting club members to reach their goals & objectives
- How VPEs from all over District 7 support each other with regular training and sharing
- As a VPE you are a core officer in reaching your club's successes

#### **About the presenter**

Renee enjoys living on the beautiful Southern Oregon coast and participating in her Toastmasters club as the Vice President of Education. For Renee, the VPE role is fun and rewarding. Now in her 2nd year as club VPE, Renee has become a strong advocate of the Pathways Curriculum and gladly assists and supports her club members with using it.

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ROOM D

## **Officer Training VP Membership**

### *Growing Through Connecting*



#### **Scott Strickland**

Clubs thrive by enrolling new members. The VPM works closely with the VPPR to identify potential members, introduce them to the benefits of membership, and enroll them in the club. Scott will review the responsibilities of the VPM and discuss how to ensure success in this critical club role

#### **In this session you will ...**

- Learn the responsibilities of the VPM
- Understand the working relationships with other members of the Executive Committee
- List ways to engage guests and identify their feelings and needs

#### **About the presenter**

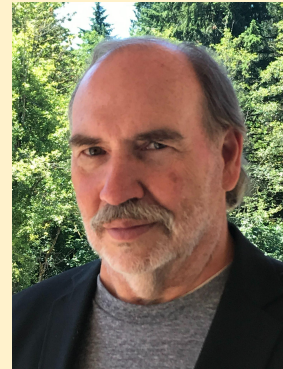
Scott joined Toastmasters 10 years ago to ward off boredom on Saturday evenings never imagining what opportunities awaited. Scott is a different person in so many ways directly because of his Toastmasters experience. He joined Babble-On Toastmasters three years ago and was immediately welcomed into a warm and inviting club. Now in his second year as club president, Scott enjoys teaching and learning from others. You will find him hiking in eastern Oregon and biking the Springwater Trail.

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ROOM E

## **Officer Training VP Public Relations**

### *VP Public Relations Club Officer Training*



#### **Craig Cottle**

VPPR Officer Training will cover ways to fulfill the responsibilities of the role outside the club, at the club meetings, and on the club Executive Committee

#### **In this session you will learn**

- What are my responsibilities as VPPR?
- How can I fulfill my VPPR responsibilities?
- What's one thing I can do today to promote my club?

#### **About the presenter**

Craig has been a Toastmaster since 2014, serving in a club officer role for most of that time. In addition Craig has been a President's Distinguished Club President, a President's Distinguished Area Director, and qualified as a Distinguished Toastmaster in March of 2020. Craig loves seeing the growth in individual members and in Toastmasters clubs, serving as mentor many times, as a club coach, and a new club sponsor.

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ROOM F

## **Officer Training Sergeant-at-Arms**

### *The hidden support to an excellent meeting*



#### **Leo Kurkoski**

The target audience is first for Sergeants-at-Arms, but also for any member. I will try to show the importance of this position so that all club members can better understand how this officer position can impact the success (or failure) of clubs to be energized to meet DCP goals.

#### **In this session you will learn how to ...**

- Set up the meeting room (zooming has some different aspects than actual meetings)
- Greet guests, and have a guest sign-in with contact information
- Ensure that the meeting starts on time

#### **About the presenter**

I submitted my application to Blue Ox Toastmasters late December 1973, but the actual application was not received and processed by TI until January 1974 (days of snail mail communications --computerized applications did not exist then). I have been a member of Blue Ox 1235 continuously since then (48+ years). I have been Area Governor (now Area Director) 3 times in District 7 during this time. I am a DTM. I am currently an active member of 2 clubs in 2 districts: Blue Ox in District-7, and Pikes Peak in District-26, Colorado Springs). I am now Vice President of Public Relations in both clubs. I was Sergeant-at Arms for each club the previous Toastmaster year.

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ROOM G

## **Officer Training Secretary**

### *The Honorable Secretary!*

**Dorothy Cottingham**



The title “Secretary” sounds old-fashioned, archaic, even. There is nothing old-fashioned about the need for accurate historical records of the actions taken by a group of people. You are the historian! It is foundational to every organization to keep accurate and complete records of all decisions, events and actions taken by the body. That is the role of the Toastmasters Club Secretary. Learn how to make your club history come alive!

#### **In this session you will learn**

I hope that the participants will come away with a sense of pride in the work they have been elected to do. The role of secretary is an honorable and important one.

#### **About the presenter**

Dorothy Cottingham has been a Toastmaster for over 40 years. In all that time, she managed to avoid holding the position of Club Secretary. Now that she has been Secretary for Cedar Hills Club 751 she has a deeper appreciation for the importance of the office of secretary. Dorothy has held every other leadership position in Toastmasters up to and including International Director, 2000-2002. Using her Toastmasters skills, Dorothy changed careers at age 60 and is now an ordained pastor in the Lutheran Church, since 2015. She puts her Toastmaster-learned skills to use every day keeping pastoral records, writing sermons, answering questions and evaluating projects. Please welcome, Distinguished Toastmaster, Past International Director, Dorothy Cottingham.

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ROOM H

## **Officer Training Treasurer**

### *Leading the Way, Your Role as Treasurer*



#### **Janet Cerasin**

Have you ever heard Club Officers say..."I've done every officer role except Treasurer!" Is this because being a Treasurer can sometimes be challenging? Anytime you deal with people's finances, things can get interesting. I will share how being a Treasurer can be fun and the best Officer on the Team!

#### **In this session you will learn**

- Opening bank accounts & changing of officers
- Setting a budget & audits
- Collecting and paying dues & reconciling accounts

#### **About the presenter**

Janet Cerasin, DTM joined Toastmasters October, 2000. She is a member of three clubs, Newberg Toastmasters, Sherwood Town Criers Toastmasters and Friday Night Fun Masters.



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ROOM I

## **Storytelling**

### *The Art and Zen of Storytelling.*

#### **Mike Daily**



We all have a story to tell. Telling your story with zest is the challenge. With a little nudge and helpful tips, you can get the audience sitting on the edge of their seat, make them cry, and yes, even laugh. Mike has been working for the past several years at telling stories. Some were portions of literature and others were modifications of real-life experiences. Come and have some fun telling stories.

#### **In this session you will learn how to ...**

- Determine what your story is and know it well.
- Set the mood and pull your audience into your story with Toastmaster skills.
- End well, otherwise they will never come back.

#### **About the presenter**

Mike is a Licensed Professional Engineer for over 30 years with a background doing commercial, industrial, educational, fire stations, medical and numerous specialized projects. He is also a principal at Lewis & Van Vleet, Inc. He was part of an award-winning engineering team and has published several white papers. He enjoys photography, motorcycling and other outdoor activities. He currently volunteers with Tualatin Valley Fire and Rescue and with Toastmasters. He is a proud grandfather of four grandchildren who call him “Grandpa Motorcycle.”

# RECOGNITION



**Thank you** to chief TLI Committee members, Lorri Andersen, Dr. Gwendolyn Avington, Lakeitha Ruffin and Kamili Talley.

Thank you to Leanna Lindquist, Katherine Stark and Phyllis Harmon for Registration.

Thanks also to Zoom Team Leader Ellen Ino and Room Coordinator Barbie Klein.

Special thanks to our presenters for sharing time and talent with all of us. And a big thank you for all the behind-the-scenes assistance.

We hope you enjoy your sessions and find some shining jewels of wisdom to take back to your clubs.