

Speakers' Corner

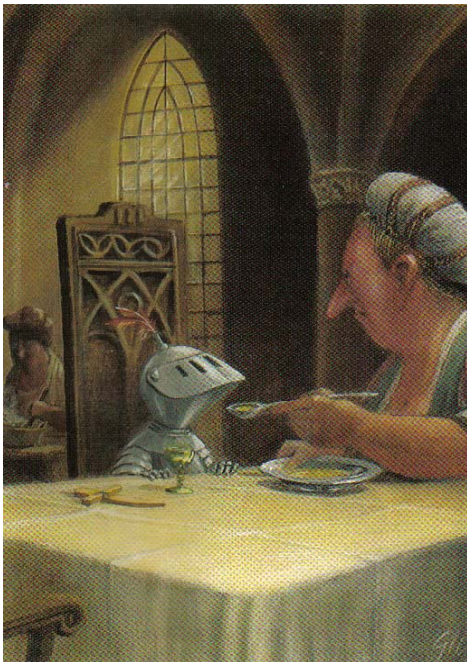


Toastmasters of Basel

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Henry VIII was a difficult child



Editorial

Thirty-seven people attended the Club's workshop on March 15th. In case you missed it, there is no need to despair immediately. In his article 'Knowing Your "Self" Avi Rosenkranz summarises some of the issues highlighted during the day.

The Area Contest took place on March 18th. Bea Vieten records what happened there. The Spring Division Contest will take place on April 19th in Berne and I urge you all to come out and be there to support Dori.

The next newsletter should be published in June 2008 and all contributions will as usual be most welcome.

The Club's Annual General Meeting will take place on May 27th. This is your chance to have your say how the Club will be run in the forthcoming year. So why not join in and make yourself heard.

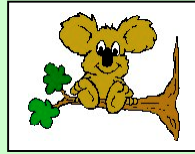
Thomas



Calendar 2008

16 April	Regular meeting
19 April	Division Contest in Berne
29 April	Regular meeting
14 May	Regular meeting
16-18 May	Spring District Conference in Prague
27 May	Annual General Meeting
11 June	Regular Meeting
24 June	Regular Meeting
09 July	Regular meeting
22 July	Regular meeting
06 August	Regular meeting
19 August	Regular meeting

Getting the knack of the new leadership track



In the last committee meeting, we were discussing the deadline for people who are still completing the old leadership manual. From 1st July, it will no longer be possible to become a "competent leader" using the old system. There was a general consensus that it takes a long time to complete the new manual compared to the old one, so this sparked a question: how long would it actually take to complete the new leadership manual at the Basel club?

To complete the manual, you need to complete the following tasks:

- Take on at least 17 different meeting roles (evaluator, timer, Toastmaster of the Evening, general evaluator, ah-counter, grammarian, Table Topics master or speaker, or befriend a guest).
- Help organise a club event or the club newsletter once.
- Be the chairperson for a membership/PR campaign or club contest.
- Mentor another member.
- Either be the Toastmaster of the Evening and General Evaluator on different evenings, or be the chairperson for a membership/PR campaign or club contest.

It looks quite daunting when it is tabulated like that, but is it so difficult to achieve after all?

The tasks such as mentoring another member or helping to organise a club event are relatively flexible and can be planned in any time. Given that there are 25 meetings in a given year and two are used for the club contests, members will still have enough time to complete all of the 17 meeting role tasks within one year, as long as they are prepared to take it easy with giving speeches. The only issue may be the chairperson for a membership/PR campaign or club contest task. Contests are held only twice a year, and the PR or membership campaigns are held less often. This task may be the limiting step and the one to watch out for: competent leaders, don't miss your chance to be the contest chairperson or organise a campaign for the club!

Julia Bird

Knowing your „Self“

Delivering a successful speech is a result of being well prepared. But there are other factors too, which influence and affect the impression the speaker makes on his audience. It is his appearance, it is the way the speaker handles different props and aids he uses for his speech, but the audience always also experiences the speaker as a "character", a "personality" with strengths and weaknesses, radiating self assurance or personal insecurity – or both.

So, knowing your "Self", means that you should learn and know better who you *really* are, which can help to improve one's performance as a speaker.

The ancient sage *Hillel* said some 3000 years ago: "If I am not looking after myself, who will do?! But if I am looking *only* after myself – then: who am I? And: if not now, so when?!"

This wisdom can be interpreted in several ways, but one interpretation for sure is, knowing yourself better is a goal we should try to achieve right now and in every moment of our life.

But why, after all, should we *know* ourselves? The answer is obvious: our personalities consist of certain parts, traits, properties and abilities, and if we know, *who we are*, we can better estimate our limits and goals. This, of course, does not mean that we should raise our hands and surrender, saying "That's how and what I am – I can't be different" – of course not! We can use our brains and our wisdom to change and adapt, but we need to *know* what we have to and what we *can* change – and what *not*.

An almost endless row of old and new personality theories explain to us, that mankind consists of different "types". I prefer not to address the issue of moral aspects, if it is right or wrong to categorize human personalities, but the fact is that we usually *do judge* our counterpart in many different ways: how he dresses, his posture, his speech, his looks, we have an impression about his intelligence, and finally, we often feel sympathy or antipathy towards our vis-à-vis. How come – and can we influence this impression, we make on others?

Yes, we can – by knowing ourselves and being able to assess which kind of personality we represent. C. G. Jung, a Swiss physician and psychologist, developed the theory of "Extra- and Introversión" and described mainly two types of human beings on a continuum from extremely intro- to extremely extravert. While the *introvert* person usually keeps more quiet and restricted in social contacts and more "dry" in his expressions, the *extravert* personality stand for outgoing, sometimes over-bearing, and easygoing habits. Sigmund Freud not only developed the *Psychoanalysis*, but based this kind of therapy on a personality theory, which defines three parts in each person: the "super-ego", which describes and is responsible for all

the internalized social, ethical, political, religious values and laws, the "id", which reflects the instincts, needs and basic drives (sexuality, freedom, food, power, etc.) and the "ego", which has to mediate between these two powers. Depending on the basic character traits of a person, either the *super-ego* or the *id* is the stronger part in this ongoing and never ending combat, and this is how we experience certain people: either more restricted, or more outgoing. Finally, we have another theory, which refers to a very strong relationship between physique and character: Ernst Kretschmer developed a theory that in simple words says that a certain type of physique reflects a certain character model: Kretschmer claims, that the "ectomorph" (or in his words: "leptosom") body shape (a slim, tall person, with small and long fingers and an oval looking face) holds a character picture similar to what C. G. Jung called *introvert*. On the other hand, "endomorph" shaped people leave a "round" impression, they look smaller, with smaller fingers and a much rounder shaped face. They tend to be Jung's "extraverts". Kretschmer also refers to a third type, the mesomorph, which he called the "athletic" type.

So, if we learn to judge, who we are, based on one or the other personality theories, we can better assess which are our stronger traits and which not. And if we know this, we can handle situations accordingly – and, after all, we can also better evaluate our vis-à-vis, which can help us to make an even better impression.

An example: once I know, that I am a certain type of person, who for instance is more down-to-earth, more the analytical type, more the type who likes to plan his performance as much as possible, I will of course not force myself into situations, in which I would have to react spontaneously, as then I would know that spontaneity is not really my stronghold. Or someone else who loves to be spontaneous, who knows endless jokes and a story to almost any keyword, will learn that his periods of high concentration are smaller; so he will try to avoid situations in which he need to be highly concentrated over long periods of time, but prefers speeches or topics which allow him to easily float between facts and add-ons.

Of course, these are only three rather *old theories* – but once you have learned them and try to understand others based on them, you will certainly find it much easier handling certain situations.

But let me end with – maybe the most important issue in all this: one should always try to avoid *judging* someone based on his personality traits: being a "good" or a "special" or even a "bad" being has absolutely nothing to do with a certain personality. Basically, all humans are *good* beings, and all we need to do, is to look after and find the *good* in our "selves" to also find the *good* in others!

Avi Rosenkranz



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 July 2007 – June 2008

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On March 18th four of our members (Julia, Nina, Lorena and Dori) participated at the Area Contest for International Speech and Evaluation in Zürich. All speeches were fantastic. It was really not easy to say who gave the best speech.

After a very nice dinner we heard a very informative and interesting target speech by a lady on crutches, who received helpful, encouraging and dynamic evaluations. I am sure everybody enjoyed this evening, and especially the good food of the Blue Monkey restaurant.

And the winners are:

1st place: Karen Brokemann
2nd place: Dori Hungerbühler
3rd place: Graham Tritt

1st place: Allison Clarke
2nd place: Mayank Kapoor
3rd place: Nina Carrasco

As you can see we did very well by achieving 2nd and 3rd places!

Congratulations to Nina and Dori for their good effort. And of course also congratulations to Lorena and Julia for their performance and their courage to participate in the Area Contest! To take part in one in this contest is big step forward!

Unfortunately there was one disqualification for the International Speech due to not reaching the minimum given time (4'30"). That does not happen often, but as you see it does happen. This is really unfortunate and shows you how important it is to watch the time!

Dori Hungerbühler will present our club for the evaluations contest at the Division Conference in Berne on Saturday the **19th of April 2008!**

Everybody is welcome to come to this conference! A lot of fun is granted, because they have in the evening a wild fun dance: **Ceilidh Dancing**

For more information have a look at their homepage: <http://bern.freetoasthost.ws/page3.html>

I hope a lot of people will support Dori at the Division Conference!

Summary by Bea