



A message from
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Forum Communicators

Hello & Welcome!! Forum's theme this biennium is "Connect & Grow", which is appropriate, because you're here on the Forum website, investigating options to learn about confident communication.

Let's connect! More than just talk, you can connect with inspiring people, confident speakers and tutors who so willingly share their time, expertise and selves, which in turn enriches the learning experience for all of us!

Forum provides a supportive environment in which we can grow and #beconfident.

You'll discover a taste of meeting content and ideas and people in this newsletter....then make sure you check out our **syllabus** for this session, so you can find the nearest Forum location and meeting details.

Come, visit & connect with Forum
"Your confident tomorrow starts today!"



WELCOME TO FORUM'S FIRST NEWSLETTER FOR 2018 - WE HOPE YOU ENJOY THE HAPPENINGS AT SOME OF OUR FORUMS - STIMULATING SPEECHES, ENJOYABLE OUTINGS AND GREAT MEETINGS!

ASHGROVE FORUM

The recent speech title "The Value of Women's Sport in Society" produced a compelling main speech, demonstrating how sport is a means of instilling positive character traits, combatting negative conditionings and offsetting stereotyping of young girls.

A following speaker gave an interesting insight into the valuable contribution of women in Ancient Greece to their society through sport.

And yet another speaker turned the topic around, querying the need for gender bias and the current inequality in the distribution of available funding.

An impromptu fun challenge entitled "On My Recent Holiday" featured a selection of unseen holiday slides, belonging to a complete stranger or fictitious character. These were projected and then spoken about as if you had been there and knew all about it.

Every meeting at Forum is different and always a lot of fun!!

BREMER FORUM

The current session theme at Bremer Forum is 'Little Chats about Big Things' - big things like Home, Race, Hunger, Battles and Work. These are the topics of five ten-minute speeches that will be presented throughout the session.

Due in part to redevelopment of the Ipswich Mall, Bremer Forum has left its 'home' of many years and gone in search of a more salubrious venue. This session Bremer members are trying out the Ipswich Country Golf Club at Leichhardt.

Taking up this idea of 'leaving', our Co-Presidents (pictured below) are presenting the session as a flying experience. Upon arrival at the new terminal (the new venue), members were met by 'flight attendants' who handed them passports and boarding passes. Passengers then buckled up, turned all mobile devices to flight mode, and embarked upon the first leg of the journey.

Their destination? A-More-Confident-You!



BREMER FORUM

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Having left their usual venue, members are also leaving their comfort zone in other ways. They have committed to leaving the lectern for example, and are experimenting with ways of delivering speeches without a structure to hold notes on, or hide behind! Thus, the session includes not only 'First Class' speaking, but also 'Business Class' workshops on the use of notes and palm cards, training the memory, and presenting a confident, relaxed, speaking body.

Bremer Forum also entered an event in the Ipswich Festival for the first time, to be held on the 17th of April. The event is titled 'Raconteurs in the Basement' and will be held at Goleby's Basement in Ipswich.

Another event to look forward to is our 1920's Speakeasy themed birthday in May, which will look back over twenty years of speaking. We invite you to dust off your flapper gear and join us for a dining experience to remember!

Seats are available on all flights so visitors are always welcome to join Bremer Forum's journey of a lifetime.

SUCCESS is not final,
failure is not fatal:
it is the courage to
continue that counts.

-Winston Churchill



AN OUTING WITH FORUM FRIENDS Mao's Last Dancer Exhibition

Four members of Cleveland Forum along with a member from Chermside Forum recently attended the Li Cunxin (Mao's Last Dancer) exhibition at the Museum of Brisbane, which is located on the top level of City Hall. Whether you are a ballet enthusiast or simply have read the book of his life, or seen the film, this exhibition is well worth a visit.

It tells the story of an 11 year old peasant boy, Li, who is plucked from his Chinese family by Madame Mao's Artistic team and taken to the Beijing Ballet Academy.

As many of you would know, Li succeeded in his quest to become a professional dancer and is now Artistic Director of the Queensland Ballet. This current exhibition depicts Li's path from a poor Chinese village, to the big city of Beijing, then on to Houston USA and finally, Australia. Displayed are artefacts, documents and the most exquisite costumes. There are interviews with his delightful parents, and with Li and his Australian wife Mary, as well as video footage of Li dancing in various demanding roles.



The 5th Thursday of any month is
a day when Cleveland Forum has
a social day.

We all agree that Forum provides a wonderful opportunity for meeting new people and developing great friendships.



Community Involvement

Community involvement is often intertwined with the active lives of Forum members, and this recently included the 2018 Commonwealth Games on the Gold Coast, where one of our Life Members, along with her daughter and granddaughter volunteered to be 'Game Shapers'.

Forum Life Member Pam was delegated to the area of the Games Village which coordinated transport for the athletes to deliver them safely to their training and/or competition venues. There were many other people also going to the venues with the athletes; physiotherapists, doctors, team officials and team managers, all in need of transport. There was even time for a chat with the Governor of a small Pacific Island who was here to support his team.





Nana Bear Pam also got to see Camilla, Duchess of Cornwall, shook the hand of a gold medallist and was able to wish many of the athletes good luck. Pam was inspired by the amazing physical training the athletes go through and thinks that the para-athletes are awesome. One wheel chair athlete who Pam met was competing in the 50 metre freestyle, and despite her severely gnarled hands, this athlete was motivated and enthusiastic - truly an inspiration for us all!



Mother Bear Linda got to take it easy as a driver in the area where cars could be booked to take any team members anywhere they wanted to go. The trouble was - not enough of them knew of the service, so the drivers spent a lot of time watching the Games on TV. One job Linda did have involved taking the Indian Ambassador to a meeting and then returning him and a couple of other dignitaries to the Games Village.

Granddaughter Baby Bear Larissa (aged 19) had fun at the pool. She even got to usher her own mother and grandmother to their seats at the swimming. All in all - it was a wonderful experience for the three of them - what a great event to share with your family!

A few tips for making GREAT speeches

Speak about something you are passionate about and/or have an indepth knowledge. If not - research your subject well.

Think about your audience and use the appropriate language.

Be yourself.

Be objective, not subjective.

Practise, practise, practise!

Check your timing and practise out loud.

"If you can speak, you can influence. If you can influence, you can change lives."



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