



FORUM LIFE

October 2019

FORUM Communicators welcomes new President & State Committee

FORUM Communicators recently welcomed Jannene Wall as their 37th State President at their Biennial Conference held September 13th-15th in the lovely Wynnum Bay area.

The State Committee for 2019-2021 includes Jannene Wall (President), Anna Bowman (Vice President), Helen Hinwood (Secretary), Rosie Arnold (Marketing Officer), Richard Hallson (Treasurer). Richard holds the privilege of being the first male to serve on the State Committee.

With a theme of Generation Next, they are very much laying new foundations for a future FORUM.



From Left: Rosie Arnold, Anna Bowman, Jannene Wall, Richard Hallson, Helen Hinwood

LIFE MEMBER | LORRAINE FORAN

FORUM Communicators recently bestowed the honor of Life Membership to Lorraine Foran. Lorraine is a much loved leader, member, mentor and friend to her home Forums in Ipswich and Bremer. Over the years Lorraine has worked tirelessly to spread the name of Forum throughout her community and has brought many new members through our doors.



Pictured left: Lorraine Foran receiving Life Membership of Forum, which was presented by Joy Martin, State President 2017-2019

FORUM Values on Display

FORUM shared its heartbeat with an enthusiastic group of women from NCYWQ (National Council of Young Women of QLD) at a recent training day. FORUM Trainers had the opportunity to impart skills and knowledge in the art of Confidently Communicating, Running Modern Meetings and the Role of Office Bearers.

If you are interested in FORUM Workshops contact us at: forum@beconfident.org.au



Be FORUM Ready!

"Tips & Tricks"

At The Lectern

Did You Know?

The Chairman is **ALWAYS** in control of the meeting and that's why, when you have something to say at a meeting, your

statement is **ALWAYS** preceded by these four important words:

**"Through You
Mr/Madame Chairman"**

Debate of the Ashes

The annual Debate of the Ashes between **Ashgrove and Bremer Forums** has just been battled out, with both sides rising to the occasion and delivering intelligent, well thought out arguments. Whilst it looked like friendly banter, debating rules were enforced and there was a great sense of competition lying beneath the surface. The two teams headed off at the podium to the title "Political Correctness is a Threat to Freedom of Speech". Although Bremer Forum won the debate on the night, the adjudicator had a tough job deciding on a winner, as both teams had well prepared, well structured arguments.

Are the rules of debating something that your organisation would be interested in?

Featured Member

Barbara Bryson joined Palm Beach-Currumbin Forum, after suffering with chronic pain, chronic stress and loss of cognitive functioning caused by a motor vehicle accident that had left her with severe injuries and disabilities. After having been a confident person all her life, Barbara found that chronic pain changes your brain and reduces your confidence, so she was excited and relieved when she was introduced to Forum where she was able to challenge herself as she retrained her brain and worked on redeveloping her confidence. Barbara is now able to participate in Spontaneous Speaking sessions, and she can also deliver well structured, well researched speeches with confidence and poise. Barbara's quality of life has improved and practicing her public speaking has been a significant piece of this process. Barbara loves the positive culture and encouraging environment that Forum provides.



After making so many positive steps in her life, these days you might find Barbara at home – making personal progress, cultivating ideas of joy, living out her art and cooking up a storm in the kitchen.

You might also find Barbara out in the community, helping others with her own positive message of growth, healing and determination. Barbara is a wonderful example of the power of positivity! FORUM people are ordinary every day people from all walks of life. *Do you see yourself in the picture?*

If YOU want to be able to speak confidently
Forum is for YOU.

Forums meet regularly in the following areas:

Ashgrove
Chermside
Cleveland
Dalby
Ipswich
Palm Beach-Currumbin
Wynnum

Do You Need More Information?

If so - visit our website:

www.beconfident.org

or email:

forum@beconfident.org.au

Watch our for our first
2020 Syllabus hitting the
website soon.

forum
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