

FORUM LIFE

August 2024

President's Pen

THE CONVENTION IS NEARLY HERE!
What exciting times to be a Forum member.



This is a Convention with a difference, inviting the public to share with members the experience and joys of speaking out in front of audiences, tips on what worked for our invited presenters and how to climb that ladder of success.

It is not too late to register for all or part of the Convention. Send your registration form to State Treasurer and State President whose contact details are on the form. You can also go through forum@beconfident.org.au.

YOU will be our ambassadors on the day, mingling with the visitors and showing them Forum's great camaraderie and warmth.

We are a very special group so let that show and don't forget to wear your badges with pride.

**CONFIDENCE
IN PUBLIC SPEAKING**

**7th SEPTEMBER
2024**

GETTING BEYOND THE FEAR  **OUR CHOICE**

DID YOU KNOW?

3 in 4 people rank public speaking as a greater fear than dying.



Only 1 in 4 people are ranked as confident!

An exceptional panel of experts and leading minds in public speaking will share the journey to "Confidence in Public Speaking", getting beyond the fear.

Listen to the choices that each speaker made, and ask questions to find out how they master public speaking.

Mentors build stronger Forums

The Mentor is viewed as a person for all members.

The Constitution R1.4 says:

The management committee may appoint an appropriate member to the office of Mentor. This office shall be responsible for guiding and assisting new members to achieve understanding and competence in all aspect of Forum activity. They shall hold office until the next biannual / annual general meeting and be eligible for reappointment.

The Bylaws B4 and B5 also have brief mentions that the Mentor is appointed by the committee and also that it's the President's duty to ensure other committee members are mentored within their positions.

The Mentor can brainstorm and offer assistance to a new member on ways they could construct a speech and have a practise session with them – in person or on the phone. Members should be encouraged to rehearse, out loud, at least 3-5 times. Feedback can be offered to the member after the speech has been delivered.

The Mentor could advise newer members of activities and format of the General, Committee, Biannual / Annual meetings, Conferences, Conventions and the speaking competitions.

Membership

Are you interested in joining FORUM?

Please email us for information about your local club: forum@beconfident.org.au

What makes FORUM different?

Our members are friendly, our group sessions are informal and our mentors are experienced professionals in public speaking.

You get to choose how and when you participate in your group – no lock-in memberships, no minimum attendance requirements and best of all, no pressure!

We run **workshops, tutorials** and give helpful feedback to assist your communication journey.

Being part of Forum is designed to be no hassle, no pressure and no worry – just meaningful time amongst a supportive group to help you be a more confident communicator.

E-Forum

Our monthly Forum Online Zoom meetings are a great way to improve your personal speaking skills from the comfort of your own home.

These meetings are open to existing Forum members who wish to have more opportunities to speak in front of others, as well as non-Forum members who are looking to join a professional, interesting group for a small joining fee.

This session the E-forum club is once again speaking to engaging topics such as *Reach for the Stars, A Little Bit of Paper, A Community Concern, How They Lived, Good Aussie Humour, Media Review and A New Beginning*. Each meeting the participants also enjoy a tutorial presentation.

E-Forum meets via Zoom at 7pm on the 2nd Monday of the Month.

For membership enquires email forum@beconfident.org.au

There's an engaging topic for everyone at E-Forum

Ashgrove Forum

Ashgrove Forum was founded sixty-four years ago in 1960 under the leadership of their first President, Judith Morwood. On the 16th of October this year, Ashgrove Forum will reach a milestone that few clubs of any kind have managed, when it holds its 1000th General Meeting.

This is definitely something to celebrate! To mark this significant milestone Ashgrove is organising a lunch at Zegato's Restaurant in the Ashgrove Golf Club, 863 Waterworks Road, The Gap at 12.30pm, on Saturday the 19th of October. The cost for the two course Lunch is \$40.00pp. Registration Forms will be distributed to all Forum Clubs, with bookings closing on 11 October. Ashgrove Forum hopes the State Management Committee and Office Bearers and members from all sister Forum Clubs and their guests will join them to celebrate this momentous occasion.

Ashgrove Forum Club meets in the Ashgrove Library Meeting Room at 6.30pm, on the 3rd Wednesday of each month. Visitors are always welcome to attend and observe without obligation to speak, though they may do so if they wish.

For more information, contact Secretary Pat at pepperpat@bigpond.com

Ashgrove Celebrates 1000 meetings

Bayside Forum

Bayside Forum, under new President Tania, is focusing this session on promoting the Forum on multiple fronts by

- joining with Cleveland Forum in their upcoming promotions,
- hosting a community meeting in October with invitations to local community groups,
- perfecting individual elevator pitches to enable members to speak succinctly and fluently in any situation,
- increasing our Facebook presence with regular posts and sharing,
- article in the local paper,
- participating in the coming Convention on 7th September and acting as ambassadors to visitors.

We also enthusiastically welcomed back a previous member, Cassie, who has returned to the local area and Ben from a leave of absence. With a theme of “That’s Entertainment”, a stimulating and interesting time this session is assured for members and visitors to our meetings.



Bayside welcomes enquiries through its email address of baysideforum@gmail.com.

Bremer Forum

Bremer Forum held a public awareness activity in the Ipswich Mall on Saturday 24th August. The day was filled with wonderful speeches, lovely friends, beautiful weather and a celebratory team lunch rounded off the day.

The members entertained the crowd and passer-by's with speech topics ranging from Secrets of a Happy Partnership, Ipswich History, Poisoning, Memories of a Scottish Local, Entrepreneurial Pitch for Drive South, A Beautiful Noise and Superheroes.



Bremer Forum sent a press release to Ipswich News Today and Springfield News. Keep an eye out for an article which is expected to be published on Thursday 29th August.

New members are always welcome at Bremer Forum. Please send email enquiries to forum@beconfident.org.au

Chermside Forum

Chermside Forum is very happy to introduce our newest member, Kevin Nicholas. Kevin joined Forum to gain confidence, particularly, with impromptu speaking. However, while we might be helping him to gain confidence, Kevin is helping members to be confident to use technology with our presentations and speeches. He has already presented a tutorial on PowerPoint and Google Slides and championed the microphone. Confidence with technology is a work in progress.

How fortunate Chermside members are to have this new member who can share his knowledge and skills to help us gain confidence too! Kevin has made an introductory speech, participated in an interview with another member and given a 5 minute speech which was excellent.

Chermside Forum is thriving!



Cleveland Forum

Cleveland Forum now meets in our local Library. We are fortunate to have the Elders room - with photos of past First Nation Elders looking down on us as we continue their tradition of a 'yarning' circle on Quandamooka land.

We are pleased our numbers have increased. This year we have had 10 visitors and 5 inductions. Our new members have come along by personal invitation, from "What's on in Cleveland" in our local paper, one promotional meeting and a shopping centre outreach. As we welcome these new members care is taken to ask each person what they are looking for from Forum and how we can assist each one on their personal journey.

Two assessors have visited us taking advantage of the very short walk from the Cleveland train station to the library. As always we welcome visitors from other Forum Clubs and would love you to come and visit our new location.

Cleveland Forum is having an outstanding year!



Your Journey to Success Starts Now

Say hello to your best self!

Do you want to be a confident communicator who can speak easily in public, chair meetings with poise and inspire others to find their voice?

Forum is a Queensland-wide public speaking organisation with local, friendly groups who meet regularly to help each other be confident, effective communicators for their professional and personal lives.

When you join Forum, we guarantee you will find your best, confident self. There are clubs in various areas around Brisbane and in country Queensland.

TO FIND OUT WHAT IS HAPPENING AT EACH FORUM

Email us for the latest details: forum@beconfident.org.au

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Speak

Write

Lead

Network

<https://www.beconfident.org.au/>