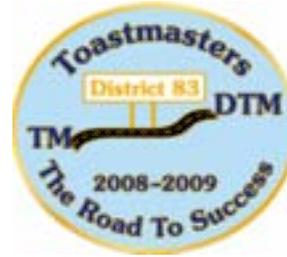


TOASTMASTERS DISTRICT 83 "TOASTMASTERS, THE ROAD TO SUCCESS"



May
2009

Volume 1, Issue 4,
District 83

TOAST TALK

District 83 Officers

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District Governor

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WOW, WE'VE DONE A LOT SO FAR **Paul Scharf, DTM, District 83 Governor**

Thanks to you we've done a lot in our inaugural year, so far. Our Toastmasters Leadership Institute (TLI) officer training sessions, this past summer, and winter was a great success and will continue. Many of our club officers were trained. This shows in the amount of Communications and Leadership awards that have been issued to many of you. Our Fall 2008 Conference had so many attendees that we had to print additional material during the conference. Seven new clubs were chartered.

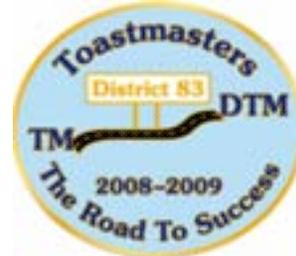
What is ahead for District 83? First is our new 1 ½ day Spring Conference. The conference will include two Key Note speakers: Ed Tate, CSP, ATMB, CL, 2000 World Champion of Public Speaking and Annelie Weber, DTM, our International Director. On Sunday, we will have a special Breakfast With The Champion, Ed Tate. This is a separate event and is open to the first 40 members who register for "the Sunday event".

The 2009 International Conference will be held in our back yard. It will be held on August 12-15 at Foxwoods in Connecticut. Meet and mingle with thousands of Toastmasters from around the world, attend outstanding workshops, see the 2009 World Champion of Public Speaking selected, and best of all, be brought on stage as a Distinguished District in our inaugural year. This last event will happen if we continue to complete four things: Charter more clubs, pay our dues, achieve and be awarded more CC's and AC's, between now and June 30th. This can be done. You and I will be on the stage on August 14 around 1:30PM.

We've done a lot so far and we will do a lot more in the next 2 ½ months.



Remember.....



Please note that the Editorial Staff reserves the right to make changes to your submissions to correct for grammar & spelling, update content, & to allow for space. Thank you for your understanding.



**District 83's Toastmasters
Inaugural Spring 2009 Conference
THE SWEET TASTE OF SUCCESS
The Woodbridge Hilton
120 Wood Ave. South, Iselin, NJ 08830
May 15-16, 2009**

5:00pm-12:00am

Friday

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5:00pm-6:30pm

Registration and Credentials

6:30pm-7:30pm

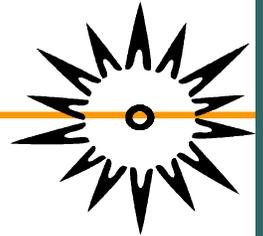
World Champion Public Speaker 2000
Ed Tate, CSP presents an Energizing Workshop

8:15pm-9:15pm

The Evaluation Contest: the best of 5 Divisions

9:15pm-12:00am

Fun Night Mix and mingle with your fellow Toastmasters



8:00am-10:00pm

Saturday

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8:00am-12:00pm

Registration and Credentials

9:00am-9:15am

General Opening Session

9:15am-9:30am

First Timers & Veterans Orientation

9:45am-10:30am

1st Set of Workshops

10:45am-11:30am

2nd Set of Workshops

12:00pm-1:30pm

Lunch Buffet

Keynote: Ed Tate, CSP World Champion Public Speaker 2000

2:00pm-4:30pm

Business Meeting: District Elections, Global Representation & Support Review

4:45pm-5:30pm

3rd Set of Workshops

6:00pm-6:20pm

Parade of Banners: The Pride of District 83

6:20pm-6:30pm

Distinguished Toastmasters Recognition

6:30pm-8:30pm

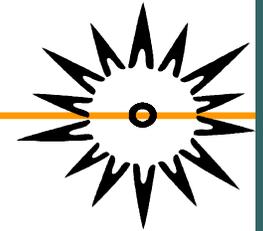
Dinner Banquet

8:45pm-9:45pm

Keynote: International Director Annelie Weber, DTM

9:45pm-10:30pm

International Speech Contest: the best of 5 Divisions
District 83 Awards Ceremony



Registration form available at
<http://toastmasters83.org/conference>
Registration \$90 per person (by May 1, 2009)
Onsite Registration \$100 per person (includes contestants)
www.toastmasters83.org





Hi there!

I want to tell you about the most exciting Toastmasters event happening within District 83 this year - **the 2009 Spring Conference!** Come and experience "THE SWEET TASTE OF SUCCESS" which is the conference theme. The Spring Conference will be held on [Friday, May 15 and Saturday May 16 at the Woodbridge Hilton in Iselin, NJ.](#)

With the current economical challenges that we are all facing, the Spring Conference provides an opportunity for all Toastmasters to grow and improve their Communication and Leadership skills, putting them on the Road to Success!

There are **workshops** on both days that one learn from talented and skilled presenters. There are great keynote speakers - **Ed Tate, the 2000 World Champion of Public Speaking** and **Annelie Weber, Toastmasters International Director for Region 7** who will share their experiences of **success**.

See and hear the best speakers and evaluators in District 83 compete at the **District's Evaluation and International Speech Contests**. Make new friends and meet old ones at **Fun Night, the Buffet Lunch or the Dinner Banquet**, or at any other of the great activities scheduled.

Take part in shaping the future of District 83 at the **Business Meeting** where the new **District Officers will be elected** as well as discussion of the re-alignment of Toastmasters International organization structure.

Plus much more! For details, see the flyer, attached herein, and please visit our website: www.Toastmasters83.org

I encourage you all to come to the 2009 Spring Conference where you will truly experience the "Sweet Taste of Success"!

I hope to see you there!!

With warm regards,

Jim Birnbaum

Conference Chairperson

District 83 2009 Spring Conference

T: 973-691-3844 | M: 908-303-6976 | H: 908-850-5616

E: jim.birnbaum@effem.com



WHAT'S HAPPENING IN DISTRICT 83!

Division A Governor, Deborah Clark, DTM:

Albert Smith, Area 11 Governor, had a successful Area Contest. Albert also sponsored an Office Training that had members from several clubs who were able to attend and complete their office training. Congratulations to a new club Toastmasters R Us! Meryl Schrank won First Place in the Evaluation Contest. Aileen Walter, Area 13 Governor, hosted the joint Area Contest, with help from many individuals. Thank you for your support! The Roche Club, in Nutley continues to hold the Gavel, but it looks like Jersey Toastmasters is coming next month to "Capture The Gavel"

Area 42 Boosts A New Club: Area 42 Governor, Sarah Van Valkenburg:

We all know of the importance and criticality of building new clubs to keep us alive and thriving as a District in the Metropolitan area. As it turns out, the folks at American General Life Companies understands the importance of having a new Toastmasters Club, as well. We all know them as a company that offers various types of insurance to individuals and groups, but this time they offered an "insurance policy" to their very own employees. We are all aware of what a rocky, tumultuous economy is facing us during the current recession. Lay-offs are affecting thousands of people daily in our country. In the face of adversity, American General has responded by starting their own corporate Toastmaster's club in Neptune, NJ. As club president, Karen Triola said, "With the number of people being laid off and needing to face the prospect of interviewing again, I couldn't think of a better way to help my fellow colleagues than by starting a group that would help us improve our communication abilities". On February 18, District 83 Governor, Paul Scharf; Lt. Governor of Marketing, Tom Somers; Division D Governor, George Corrado; Area 42 Governor, Sarah Van Valkenburg; and Jim Samuel, held a Demonstration meeting at American General and the response was enormous. Over twenty of their employees were in attendance and ready to start a club of their own. The following week a logistical meeting was held to recruit 7 officers for the club, and fill out the sponsorship paperwork to charter the club. The club was chartered in early March; and on April 7, Paul Scharf will be officially presenting the club with their charter. The club now meets every Tuesday during lunch hour to practice communicating - toastmaster's style. To date, they have already completed a dozen ice breakers speeches, and even produced a contestant for the Spring 2009 Area Level International Speech Contest held on 3/31/09 in Freehold, NJ. Contestant, Deanne Nirider, used the experience to learn about Toastmaster contests and to complete her 2nd CC manual speech. Hats off to all the folks at American General who have embraced the spirit of Toastmasters so whole heartedly. They are building quite an "Insurance Policy" for their employees whenever they have a need to use good, strong communication skills, whether it be in an interview scenario or any other circumstance that surfaces in their personal or professional lives.

Division E: Added Members in Area 51: Matt Taylor, CC: Club 5169 "Speak-UPS Toastmasters" has added 2 members this month. That's 10 new members this Toastmasters year. We have had several Icebreakers, 2 CC's, and 1 ACB, and have earned Distinguished Club status already; so we are poised to earn Select Distinguished status easily by June 30th. We have hosted two Area Governor visits, once for each UPS campus (Mahwah and Ramsey), and sent contestants to the Area level for both the Evaluation and International Speech contests.

Division E: Sunset Toastmasters: Karen Seeman, DTM:

Sunset Toastmasters will be hosting its first Youth Leadership program mid April. Remembering how this program greatly impacted his life, Jamie Rubertis contacted Sunset Toastmasters to see if this program could be presented to his pre-teens at the Pearl River Middle School. Seasoned Toastmasters veteran and Director of Quality and Communications Sandy Cokely, was thrilled to help in advertising the event to the middle schoolers' parents. The Youth Leadership Program Coordinator is Karen Seeman, DTM and the Assistant Coordinator is Barbara Noyes, ACB. Incidentally Barbara Noyes and Karen Seeman representing Toastmasters serve as judges for the last four years at Rockland County's National Forensics League where high school students compete in several different types of communication events similar to the Toastmasters program. The Pearl River Library is excited to hold an event directly impacting its youthful citizens for 8 weeks. This is Rockland County's first Youth Leadership program. Wouldn't it be wonderful to have a similar impact on the youths' lives as Mr. Jamie Rubertis experienced? This is yet another chance to make effective communication a world-wide reality one person at a time.



“Dress” for the Holidays

by, Rosemarie Salvatore MBL Toastmasters

Twenty minutes away over the Hudson River, major retailers like Macy’s and Bloomingdale’s were getting ready to unveil their long awaited holiday windows. In Rutherford, NJ, the MBL Toastmaster’s Club was hard at work on their own holiday window - of a slightly smaller scale.

Under the guidance of Project Manager Jeannie Zolotor, Toastmasters Andrew Paleologos, Linda Haft, Miguel Cruz, and I were given the task of dressing the display window of the Rutherford Public Library. We had met several times during the months of October and November to plan what our window would look like.

Located on Rutherford’s Park Avenue, the library has a large store-front window facing the town’s main thoroughfare. Local groups are allowed to reserve the window for a month at a time. While this was not the first time that MBL Toastmasters has decorated the space, it was the first time since I became a member, just about one year ago, and the first time I had ever been involved in a creative project of this nature.

Having always been a fan of New York City’s immensely popular holiday windows, I was excited about getting a taste of the window dressing process.

Since our month was December, a time when there really is a lot of “toasting” going on, it was suggested that the theme be “Toasting in the New Year.” It was agreed that this was very appropriate.

“This was a rewarding and fun project. A combination of new and experienced members helped to make this happen. Many hours of preparation were needed and new Toastmasters like Linda, Rosemarie and Miguel provided great energy for the “Toast in the New Year” theme,” said Paleologos, a veteran of our group. We had a banner made with our slogan on it, and then went to work expanding on the idea.

Another idea was to have back drops done with the Official Toastmasters Logo on it. As Jeannie Zolotor commented, “These were a great investment for our club because they could be used again after the window was dismantled.” Jeannie brought to our attention how celebrity interviews at awards shows and such often take place in front of a similar backdrop with a program or network’s logo on it. This improves the quality of the photos taken during the interview. These Toastmasters backdrops will be used at future MBL meetings when we have officers or special guests visiting and we want to document that event with a photo.

Since December 1st first fell on a Monday, our Window Committee had to miss our regularly scheduled meeting that day. MBL Toastmasters meets on the 1st, 3rd and 5th Mondays of the month at 7PM in the basement auditorium of the Rutherford Library.

Our decorating evening began not far away, upstairs in the main library. There, near the main entrance, the library has two smaller display cases that can also be “rented.” This time our group was able to reserve both the inside cases and the outside window for the same month. We got to work arranging our collection of plaques and awards in the cases along with bells, small wire trees and other holiday themed ornaments and decorations.

In one of these cases we also proudly displayed the book, “Transformation for Life: A Healing Book for Adult Children of

Alcoholics & Others,” by experienced member and author Roland Petit. Said Petit, “I joined Toastmasters almost three years ago after writing my first book and was scheduled to deliver a one hour speech at an international conference. Toastmasters has empowered me to deliver meaningful speeches and I recommend it to all who want to grow in their abilities and confidence.” (*Petit’s books can be purchased at www.transformationforlife.com, or at www.amazon.com.*)

When the two inside cases were done, it was time to move the much larger outside window. After covering the side and back walls of the window with paper and draping the floor with a gold cloth, we added flower arrangements, courtesy of member Linda Taft. Wanting to give the window the feel of an old fashioned holiday celebration, Zolotor added some hand made jewelry, an elegant clutch purse, and a pair of white gloves. These items were placed on top of a classical-style pedestal.

For the focal point in the center of the window, we put a small table with a tray containing an ice bucket, a bottle of “bubbly” (we had decided it should be an empty bottle), and two champagne glasses. We left the popped cork on the tray to look as though a celebration had been recently going on. We then added some curled ribbon to the scene to give it a festive flair.

For the finishing touches we added signs on small easels. One gave the viewer some general history about Toastmasters. Two or three gave quotes from famous Toastmasters, such as cookie maker Mrs. Fields. We also added to the back wall, on scroll-like stationery, a complete list of our MBL members and their designations. The very last thing was to hang the “Toasting in the New Year” sign - front and center in the window.

Throughout this process, various members took turns outside in the cold December night air to guide those inside. When the banner was straight and centered, we realized that it was just about time for the meeting downstairs to be letting out.

The rest of our group joined us to see the finished product. It met with a very positive response. People commented that it captured the spirit of the season and got the word out about our group. It was definitely the most interesting window seen at the library in recent memory. And it just may have been MBL’s best window yet!

Miguel Cruz commented, “It was a very special experience for me to have shared and contributed ideas with fellow Toastmasters that enabled us to create the beautiful window display. It was a wonderful group effort.”

I couldn’t agree more. As a new Toastmaster, I really enjoyed the challenge of public relations work combined with a creative twist. I look forward to many more projects like this one!



“JOANNE’S TALKING”

by Joanne Callahan, ATM-B, Novartis Toastmasters
IT’S ALL ABOUT ATTITUDE

When I was first approached to be President of my Toastmasters Club, I was currently serving as Vice President of Education, and had taken over the role of Vice President of Publicity from someone who had left the company. My first thought was ‘no’, because I wanted to be Vice President of Publicity again since I really like that role. I love to write, and writing a monthly newsletter was fun for me, and I missed it. I still do! So President was far from my mind.

What happened next is still a blur in my memory. One day the current President told me *she* was leaving the company, and the role was mine ad interim. One day she came to my office after I had left for the day, dumped off a pile of literature and books, and then she was gone, never to be seen again. Now I had three roles to fulfill, and it was only May. I cruised through the role of President, not taking it very seriously because I knew it was election month and I only had till June 30th before I would be relieved from duty. Much to my surprise, I was the only one who was thinking along these lines. Others in the club just assumed I would run for President, and my name wound up on the ballot without my even throwing my proverbial hat in the ring. Eventually I was coerced into accepting this reality, especially since no one else had expressed an interest in the role. Before I knew it, there I was, President of my Toastmasters Club.

I was not happy. July 1st was a long way off from June 30th and I had no idea what was expected of me until I had the bright idea to read ‘When You Are the President, a Guide to Effec-

tive Club Leadership’. I took this book home one weekend and started to get inspired. There were many things in the club I wanted to change and others I wanted to start instituting. I began highlighting paragraphs, sticking Post-It-Notes© on pages I wanted to refer back to, and began planning Officers Meetings. Maybe this role wouldn’t be so bad after all. I realized this was true after I had my first Officers Meeting and none of my ideas for improvement were shot down. I began to notice that once my attitude towards the role changed, the job became easier and I even started to enjoy it.

I began using the gavel, which I had never seen used in all my 7 years in this club. There is nothing more satisfying than opening and closing a Toastmasters Meeting with the bang of the gavel. Even others who I’ve handed the gavel over to are surprised at the mental power it wields.

While being President has not all been a bed of roses, I would strongly encourage those who have been in the club for at least a year to give it a try. Nothing makes you feel more proud than to announce to someone that you are the President of a Toastmasters Club. Even if that person has no idea what a Toastmasters Club is, it is a great conversation starter. It is also an excellent way to help spread the word about how Toastmasters can help people overcome their fear of public speaking and help strengthen their communication and leadership skills.

With election time right around the corner, now is the time to start think-

ing about what you would like to see changed in your club, what improvements you think would make attending meetings a more enjoyable experience for everyone. Set your eyes on the Presidency. You never know what you can achieve until you try.

"We can not tell what may happen to you in the strange medley of life. But we can decide what happens to us—how we take it, what we do with it—and that is what really counts in the end."

— Joseph F. Newton

Joanne Callahan, ATM-B
District 83 Club Newsletter Chair
President
Novartis East Hanover
Toastmasters
<http://novartis.freetoasthost.biz>



SUMMIT TOASTMASTERS

By Kelly Hufnagel



Summit Toastmasters enjoys a special gathering that all clubs should consider - the dinner meeting. Their semi-annual event was most recently held on the eve of our last snow storm, but drew 30 members and guests to the venerable Marco Polo Restaurant in Summit. It's a special way to change the venue, mingle with new people, and introduce others to the Toastmaster experience in an exciting social setting.



Gina Genovese, a former NJ mayor, presided as Toastmaster for an evening of fine speech making and Italian cuisine. Anita Fickensberger read a "Seussical"

story about her Toastmaster journey, Wendy McCahill movingly recounted her recent trip to the Presidential Inauguration, and Adam Layne recited an old English poem that left the audience in awe. Between speeches and courses, members and guests alike participated in fun Table Topics presented by Phil Campanella.

The dinner meeting is also an opportunity to present educational and leadership awards. Competent Communicator pins were presented to Brett Levine & Ed Walters; absent from the meeting were Margaret Bartlett, Harry Jessell and David Stodolak who also completed their CC's. Kelly Hufnagel (AC-S) and Bapi Sen (AC-G) were given their respective Advanced Communicator pins; absent were Lisa Fahoury (AC-B) and Bill Newmark (AC-B). Competent Leadership pins were given to Kelly Hufnagel and Paul Musho.



If you'd like to start this tradition with your own club and are looking for tips on organizing a successful event, please contact President Kelly Hufnagel of Summit Toastmasters @ kelly@hufnagel.us or 908-771-0105. More information about Summit Toastmasters can be found at their website:



www.summittoastmasters.com .



FRAN'S CORNER, Fran Okeson, DTM 13, PDG



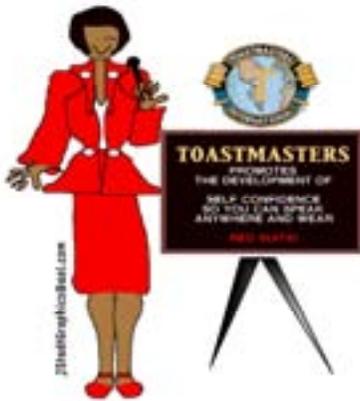
District Governor Paul J. Scharf, DTM begs and pleads for more CCs before June 30th! On his knees, Paul is asking all members of the District to speak, speak, speak! There are many opportunities out there for you - visit another Toastmasters club and ask to make a speech. Ask your club VP Education to hold a "Speakout" so your meeting will have only speeches and evaluations. Join a new club demo team and offer to be the speaker on the program. If you're a club officer, ask to make a speech about what you have done or learned from doing that job. If you're invited to speak in your community, ask a fellow member to accompany you and give you an evaluation (run this by your club VPE first.) Critique articles in magazines at a meeting. (everyone brings in a magazine and shares with another member. After five minutes, each person gives a speech about an article that interests them.) The fun is endless!!! On June 6th on my Cable TV Show, "Toastmasters in the Community," I will devote both shows (we tape two shows on the first Saturday of each month) to help bring in the District CC goal for the year. Any member who will be one speech away from completing a CC by June 30th will be invited to make a five minute basic manual speech on the show, and

have it evaluated "on the air." We can have seven speakers on each show so that's fourteen CCs that can be given to Paul, Brian, and Tom (our Top three), This offer is for members who guarantee that their CC will be filed before the deadline. Send me your name, speech number and speech title before May 15th, or talk to me at the Spring Conference. Any questions? Contact me at: (e) okiedokie@si.rr.com or (h) 718-984-1339

District 83 Condolence Chair Fran Okeson, DTM 13, PDG, is sorry to report the passing of **Past Region VII International Director Fran Gedra's husband, SAM GREENE**, on Monday, April 13th. Fran was an early member of the Smedley's Speakers Advanced Club on Staten Island. Sam, a retired Air Force General, will be laid to rest in Arlington National Cemetery. Cards of sympathy can be mailed to: Fran Gedra Greene at 5215 Southampton Drive, Springfield, Virginia 22151.

NOTICES, ANNOUNCEMENTS...

send your submissions to: IsabelHershey@yahoo.com



A special thank you to the Assistant Editorial Staff: District 83 Governor, Paul Scharf, DTM; Division B Governor Barbara Krasner, ACS/CL; Public Relations Officer, Karen Seeman, DTM; & Joanne Callahan, ATM-B.

TOASTMASTERS INTERNATIONAL CONVENTION, MGM Grand at Foxwoods, Mashantucket, Connecticut: Aug. 12 - 15, 2009, www.foxwoods.com

A warm thank you is extended to all of the Officers, Division Governors, Area Governors, and members who contributed to this issue of TOAST TALK.

A NOTE TO ALL OF OUR CLUBS:

-Please submit to the District Newsletter, "TOAST TALK", any club accomplishments, membership accomplishments, and future contest information. Pictures of club events are also welcome. Publicity, and acknowledgement are the life force of our clubs, and what better channel is there to communicate within your District; among current friends, and those waiting to be made. You may submit any of your news for publication & email distribution to: IsabelHershey@yahoo.com

-Please contact District Condolence Chair, Fran Okeson, DTM 13, PDG, if your club suffers the loss of a club member or an immediate family member. You can email Fran at okiedokie@si.rr.com or call her at 718-984-1339.



TOASTMASTERS DISTRICT 83

"TOASTMASTERS, THE ROAD TO SUCCESS"

ISABEL HERSHEY
NEWSLETTER
CHAIR

ISABELHERSHEY@YAHOO.COM



"I've learned that no matter what happens or how bad things seem today, life does go on and it will be better tomorrow" Maya Angelou

FELLOW TOASTMASTERS...

Of all of the recent criticisms that President Obama has endured since the beginning of his presidency, the one that I have been the most critical of is the alleged constant use of a teleprompter. It has been recently reported that even for the simplest of press conferences, President Obama is a loyal user of this crutch. Apparently it has become such a distraction to the media, that a number of articles have been written on the subject recently. Why, I ask myself would someone with such eloquent speech and delivery feel this dependent? As Toastmasters, our second main goal, and greatest of aspirations aside from managing the fear of public speaking; is abstaining from the use of handheld notes, scripts, and cards. We consider memorization and internalization of our speech to be the culmination of what we work towards at every meeting, every presentation, every contest. I realize that the magnitude of the subject matters differ greatly, to say the least. However, how much grander would he be, how much more would we marvel at his greatness if he spoke to us directly. Perhaps in spite of this ability to speak and mesmerize a crowd, he remains imperfectly human. He delivers with style and flair but public speaking can be challenging. It remains a challenge we can all tackle.

STRUGGLE TO SPEAK by Susan Berkley

A subscriber writes:

"There are days where I struggle to speak and tend to stutter and lack the ability to articulate sentences. Other days, things are fine and I can talk well. I have had brain scans and results are clear. Is there anything I can do?"

Susan Berkley: "First of all, let me say I am glad you had this problem checked by your doctor and that you have been given a clean bill of health. People are often surprised at how linked their voice and speech is to their thoughts, feelings and even their philosophy of life. We haven't spoken and I don't have any other details about your problem beyond what you share with me here. But here are two things to consider: First, the problem is less serious than you imagine. You may be a perfectionist with an overly

idealized view of yourself. Sometimes people believe they should speak without a single um, uh or glitch. They expect only pearls of wisdom to flow from their mouth, and when what they say doesn't live up to their own impossibly high standards they feel ashamed, even mortified. There is no such animal as a perfect speaker. Perhaps you are so afraid of making a mistake that you unconsciously judge everything you say and impede your own self expression. Second, you're not sure whether contributing to the conversation is a good idea. Shy people often have a lot to contribute, but they hold back, thinking that others will judge them or not appreciate what they have to say. But, when shy people are helped to see what really happens when they communicate and share, they often associate it with something good, such as helping others or growing in their personal and professional life. Unconsciously, these are the very things they resist.

I hope this was helpful and that you look for more opportunities to speak and share your thoughts with others, not less. My prescription for you is to find a community center, adult learning center or organization where you can teach a class or give a talk about something you're passionate about, a hobby or a special interest. I think you'll find that many of these symptoms of speaking stress will melt away when you use your communication skills to benefit others."

From The VoiceCoach Newsletter by Susan Berkley. Reprinted with permission. Copyright 2008. All Rights reserved. Susan Berkley is the author of "Speak To Influence:How To Unlock The Hidden Power of Your Voice." Available from your favorite bookseller. For a free subscription to The Voice Coach newsletter visit www.speaktoinfluence.com.



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