



March Edition : Where Leaders Are Made

Club 1197998  
UI Toastmasters Club  
District 87, Area B2

Issue Jan-March/2017

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VISIT OUR CLUB

Day  
1st & 3rd week on Wednesday  
2nd & 4th week on Thursday

Time  
4.30-7.00 PM

Location  
Lobby/Lounge PAU Building  
Kampus Universitas Indonesia  
Depok

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SERVING AS A PRESIDENT OF UI TOASTMASTERS IS LIKE A RAINBOW

March 2016 marked the start of Arfita Noor Amalia's journey at Universitas Indonesia (UI) Toastmasters. Being a former regular member, Arfita soon realized that quality of education is the bottom line of Toastmasters. She strongly believes that each members deserves to have a good quality education, either communication skill or leadership skill. The willingness to make it come true and the urge to always contribute finally led her to nominate herself as a candidate of president at UI Toastmasters. Today, we know her as the current President of UI Toastmasters.



Arfita Noor Amalia, CC, CL

*"Today, we know her as the current President of UI Toastmaster"*

*"Toastmaster is about improvement and growing together"*

When she was asked about her feelings in serving as a president, Arfita spontaneously described it as a very colorful experience. "It is like a rainbow!" Being the only Toastmasters club in Indonesia which mostly consists of college students, UI Toastmasters has a distinct characteristic of ambitious young members. That is why Arfita considers serving these enthusiastic members to reach the best out of them as her liability because Toastmaster is not merely about receiving CC or CL. Toastmasters is about improvement and growing together. As for personal gains, she admits that being a president gives her the opportunity to expand her network and improve her interpersonal skill.

For the next few months or even years, Arfita hopes the members of UI Toastmasters will continue to grow by taking initiative and spread the positivity in every clubs they visit since that is how leaders are born. She also points out three core values that executive committees must possess: sincerity, understanding, and commitment. An organization will not run well without those values. Finally, she leaves a message for all members to keep on challenging themselves even though it is difficult. After all, everyone at UI Toastmasters will be there to help. "I can not do what you can do. You can not do what I can do. But together, we can do amazing things." (Sabrina Fitria)

*"Together we can do amazing things"*

What's Next?

In 29th April 2017 Division B gonna held International and Table Topics Contests Stay Tune!



## NEW ANGLES IN UNIVERSITAS INDONESIA TOASTMASTERS CLUB

**UI** Toastmasters Club has new excos (Executive Committee) for the January-June 2017 term. There are Arfita Noor Amalia as a President, Zenithesa Gifita Nadirini as a Vice President of Education, Reva Pernanda as a Vice President of Public Relation, Sindy Prabayuni as a Vice President of Membership, Redika Riasari as a Secretary, Jihada Amalia as a Treasurer, and Altifani Rizky Hayyu as a Sergeant-at-arms.

Each roles of excos is important to make the running of the club successful. According to Sindy, Vice President of Membership's role is to transform a guest to become a family member of toastmasters. Redika said that two among many of her role as a Secretary are to do the email blast; to inform the guest through email regarding the regular meeting (the theme, place, and W.O.D) and to prepare or update the meeting agenda. According to Tifani as Sergeant-at-arms, her role is to set up meeting room and open the weekly and additional meeting.

Being an excos is, no doubt, a priceless experience, as Redika said. "It leaves me great impression, to be an excos gain me priceless and precious experience", said her.

*"Because toastmasters is where leaders are made"*

Another impression given by Sindy, "Fantastic! is the best words that I can describe to be a part of this team." The same positive comment given by Tifani, "Being an excos is a great experience for improving our leadership and communication skills beyond Toastmasters modules."

Tifani personally thought that new members should challenge themselves to be the next excos voluntarily, because it will give you good relationships with other members in UI Toastmasters Club and other Toastmasters Clubs too. "As an excos, you're not only contribute to our club's success, but you can also participate in Toastmasters events such as prepared speech and table topic contest from club level until international level", said her. Redika also agreed with this, "I think new members should be brave to be the next excos, because you will get additional benefits by being an excos; get to know the running of the club, practice team work and leadership, are a few of them" said her. Sindy said, "For members of UI Toastmasters, I encourage YOU to be a part of the next excos. Feel the challenge, thrill and also affection that you will never get in somewhere else. Because toastmasters is where leaders are made". (Al-Tifani Rizky Hayyu)



### Universitas Indonesia Toastmasters Club Executive Committee 2017



**Arfita Noor Amalia, CC, CL**  
Club President



**Zenithesa Gifita Nadirini, CC, CL**  
VP Education



**G. Ayu Sindy Prabayuni, CC**  
VP Membership



**Reva Pernanda, CC**  
VP Public Relation



**Redika Riasari**  
Club Secretary



**Jihada Amalia**  
Club Treasurer



**Altifani Rizky Hayyu, CC**  
Club Sergeant-at-Arms



**Annisa Sholiha, ACB, ALB**  
Club Immediate Past President

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**UI Toastmasters Club**

**TOASTMASTERS**  
INTERNATIONAL

WHERE LEADERS ARE MADE

Club #1197998  
Lobby/Lounge PAU Building  
Kampus Universitas Indonesia  
Depok 16424, West Java, Indonesia



## WHAT'S IN!

### THE JOY OF JOINING SPEECH CONTEST



Contests are always beneficial for personal and professional development of a person. In Toastmasters, we hold speech contests annually as one of our traditions. On February 18th 2017, UI Toastmasters Club held their Club Contest for the Table Topics and International Speech Contest in Universitas Indonesia. The winners of club contests will continue competing at the area level and furthermore through the division, district and international level, which this year will take place in Las Vegas.

Though it was a cloudy Saturday morning, we had quite an audience. Some of our guests at this event included the Past Division I Director, DTM Michael Nicholson, Division B Director, DTM Cahyani Gita Ambarsari, Area Director B1 Risdiana Thomas, our lovely members from UI Toastmasters Club and also several members from other Toastmasters clubs. The contest started off with the Table Topics Speech Contest, where the contestants battled with their impromptu two minutes speech. All three contestants had answered the question very well in such a relaxed manner. Then the contest continued with the International Speech Contest. All 5 contestants competed with their prepared speeches and have performed at their best. The results of this contest were read by the Chief Judge of the contest, and Andika Rizky Sulyat came out as the first winner for both Table Topics, as well as the International Speech Contest.

*"Just don't forget to have fun on stage!"*

Following this event, the Area B2 and B3 Contests took place in Talavera Office Park on



**Andika Rizky Sulyat, CC**

Wednesday, March 15th 2017. Our beloved member from UI Toastmasters Club, Andika have won 2nd place for both of the Table Topics and also the International Speech Contests of Area B2. He will continue to the division level contest, facing his competitors from other areas of Division B on April 29th at Dattabot Dojo Senopati. For Andika, his expectation of joining Toastmasters contests is not only to win, as he said, "I expect winning, but NOT too much. Instead, what has driven me is the excitement of learning when joining contests, and the happiness meeting up with the toastmaster members from our club and other clubs." However, for the area contest, he felt a bit of regret because he could not prepare his best before the contest. Though he reached 2nd place, he feels grateful and would like to thank his support system, especially his fellow members in UI Toastmasters Club. He is now very keen to prepare harder for the division level contest.

Good luck to Andika and also other courageous Toastmaster members who will proceed further in the contests. Surely you will gain lots of experience and learn valuable lessons in developing yourself. Just don't forget to have fun on stage! *(Lulus Yunindiah)*

MEMBER ACHIEVEMENTS



**Annisa Sholiha, ACB, ALB**  
as  
New Advanced Leader Bronze



**Arfita Noor Amalia, CC, CL**  
as  
New Competent Leader



**Emriati Samosir, DTM**  
for  
Triple Crown Achiever



**Altifani Rizky Hayyu, CC**  
as  
New Competent Communicator



**Reva Pernanda, CC**  
as  
New Competent Communicator



# HALL-OF-FAME

## THOSE WHO TURN A YEAR OLDER, WISER & HAPPIER



Rizka Nachira, TM  
Jan 7th



Arfita Noor Amalia, CC, CL  
Jan 26th



Marina Deviana, CC, CL  
March 20th



Emriati Samosir, DTM  
March 16th

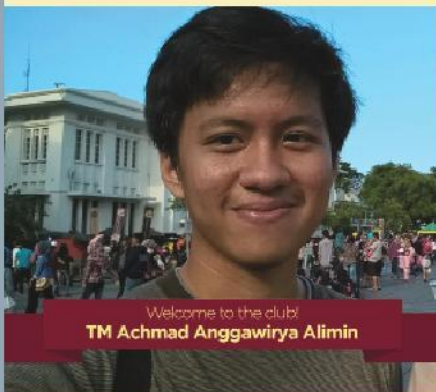


Latifah Nensi Fonia, TM  
March 24th 2017

## MEET THE FUTURE LEADERS

# WELCOME TO THE CLUB!

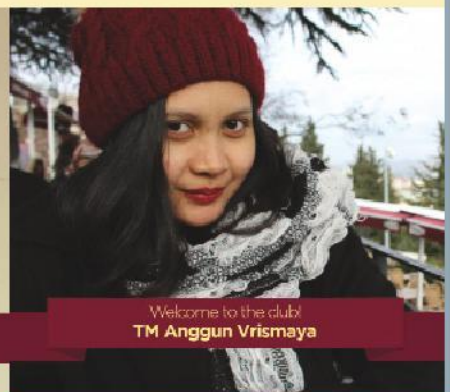
*"You guys are future leaders  
find your own path in here.  
Just don't forget to have fun!"*  
Where Leaders Are Made



Welcome to the club!  
TM Achmad Anggawirya Alimin



Welcome to the club!  
TM Laudza Ulayya Ghani



Welcome to the club!  
TM Anggun Vrismaya

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## HOW TO TOUCH YOUR AUDIENCE



A great speech does not only give a new knowledge to the audience, but also touches their heart. If you can touch the audience while delivering your speech, then they are more likely to be convinced with the topic you deliver. However, touching the audience is not all about attracting their attention in the opening, body, or conclusion, or using jokes or humor, but rather it is about how your speech can connect deeply to their heart. A touching speech would take the audience deep into your speech, and make them feel what you feel, from sadness to happiness, or from anger to joyful. It would make them feel as if they were living your life.

*"These are six steps to touch the audience through your speech."*

### 1) Know Who Your Audience Are

Knowing your audience is very important in delivering all types of speeches. Failing to consider your audience will cause them think that your speech is either boring or they will fail getting the values and messages in your speech. Why? It is because the topic that you deliver would be irrelevant or not related to them. For instance, if you are about to deliver a speech in front of university students, then you would consider topics such as college life, relationship, or how to get good grades. However, if your audiences are corporate managers, then you would have to choose topics such as business, leadership, or management.

### 2) Use Your Personal Experience that Involves Emotion

After you decide your topic by doing a research about your audience, the next thing you need to consider is to use your own personal experience. However, it is not just any ordinary personal experience. It has to contain your emotional feeling. Well, every one has their own emotional side. Every one has a nature of sympathy. So, by telling the audience your emotional experience,

you will get connected to them right away, and vice-versa, they will also easily connect to you and your story. For example, you can share a story about a big failure in your life, and how you encounter it and make your way "up" again. Or you can also tell a story about your mother and how she cares for you so much. So, if you expect that your speech would 'touch' your audience, then including your personal emotional experience in your speech is a must.

### 3) Convince the Audience that You Share the Same Problems with Them

Another thing that you need to think about when delivering your speech is to convince your audience that you have shared the same life problems with them. This will make them feel like being 'heard' and 'cared for'. Well, who does not love being cared for? By making them feel heard, they will definitely get connected to your speech. Once it happens, it would be much easier to win the audience and make them love your speech.

### 4). Maximize Facial Expression

Delivering the right topic to your audience by using your emotional experience and convincing the audience that you share the same problems would not make any significant effect in reaching to their heart if you have no facial expressions or use the wrong ones while delivering your speech. Just imagine when you are telling a story about you being broken-hearted, but you're saying it by smiling and laughing. Or delivering a story about your greatest achievement so far, but then your face is all flat.

### 5). Use Humor to Entertain The Audience

The fifth step to consider is using a humor in your speech. In the beginning, you need to 'break the ice' with the audience. This is very important to grab their attention, make them become your friend, and keep on track with you until the end of your speech. Then, as your speech progress, you still need to use some



humor to entertain them, just for the sake of keeping them connected to you. But, please do remember not to use so much humor because your speech will lose its sense of values, and you would find it more difficult to 'touch' their heart.

### 6). Balance The Sadness and Happiness in Your Story

The final step to note down if you want to touch your audience with your speech is to balance between the sadness and happiness of your story. Of course, if you only focus on the happy side, your speech does not have values and lessons that can be brought home by the audience. Conversely, if you put too much of a sad story, then you would just look like a failure, and they will soon lose respect to you. Forget about inspiring and leaving a great emotional impression in your audience's heart.

In conclusion, if you can touch the heart of your audiences', then you absolutely have inspired them and given them values about life. Isn't inspiring people what makes a great public speaker and a leader? *(Andika Rizky S)*

## YOUR IMPROMPTU SPEECH



Table Topics Session, Jan 12th 2017

**I**f you find yourself in a hostile situation, have you ever felt so anxious, like when you get pointed by your lecturer or volunteering in table topics session? Based on the survey on among the student few years ago, "what are things we could do to help make you more successful here?" At the top of that list is the notion of responding to cold calls (when you are in a situation that you are asked to speak off the cuff and in the moment. Here we list few tips for you to manage your impromptu speech based on lecturer notes, Matt Abrahams (Lecturer of Stanford Graduate School of Business) enjoy it!

Anxiety management, Anxiety is natural as a human being. Based on survey 85% of

people are struggling when speaking in front of the public, so it's very normal. By (Greeting) taking a deep breath and saying "hey this is me, when I'm nervous" will make you feel normal. (Reframing) how you see speaking situation, reframe your speech as a conversation rather than a performance by; Start with the question will make you more dialogic as a presenter; List the question when you make script rather than bullet point then answering a question on your speech; Use conversational language. (Being Present) Bring yourself in the present moment, stop worrying about the future. Walk around the building, listen to song, push up or just counting or a tongue twister (warm up your voice) is few of the best way to being present.

Ground rules, very first thing that gets in people's way when it comes to spontaneous speaking, is themselves, we get in our way, we want to be perfect, we want to give right answer, we want our toast to be incredibly memorable. This thing burden by our effort & trying, the best thing we can do is get our self out of the way, easier said than done. Speaking as an opportunity not a thread mind set. Stop stock piling, just being spontaneous. Our brain always prepared as some information or pattern to speaking then its takes much time. Things you have to do is taking a practice of being spontaneous like dare to be dull.

Speaking spontaneously, there are 2 basic things you have to manage in case of speaking spontaneously. It is What to say and How to say it. To be a good respondent you have to focus on what your audience say (Be at that time). By understanding what your audience wants, therefore you have done first step "What to say". By "How to say", there are a few sophisticated ways to present your response, understanding the people about your idea in a very effective way. Our brain is scientifically trained to understand any information that is structured rather than not. Structure of Problem/Opportunity (what the issue?), solution (what solution that you offer) and Benefit (what the benefit of following through it) or What, so What and now what will present your audience a simple plot of information to digest your idea. This structure helps you as a speaker to remember and helps your audience to know where you are going with it.

Speech is not just the way of sharing information, but also how to offer your idea in an interesting way. By having Anxiety management, understanding ground rules and practice will prepare you to be an adorable communicator. *(Achmad Anggawirya Alimin)*