



# The Informer

February 2019

President's Report by *Riley Burkett*

## A New Year, new Rostrum!

What a couple of months it has been for Rostrum! A convention, launching of a new program and even a couple of new clubs to boot. It's all been happening as we embark on an exciting phase for both the organisation and our members.

Thanks to a group of dedicated and passionate members, in a short period of time we have managed to:

- restructure and rebrand the organisation whilst better defining the value it delivers
- update and refine all our marketing material
- introduce new training forums
- update our processes for registration and payments
- develop a new core training and coach's program

Not bad for a group of volunteers with a few ideas and not much time!

It was fantastic to see all this hard work on display at the recent Ignite Convention. Watching guests and members interact and engage with the new content was awesome to see and a great indication of what we can expect in 2019.

With the progress to date and plenty more on the horizon it's truly an exciting time to be part of Rostrum Clubs of WA. In fact, it is a perfect time to finally drag that friend, family member or colleague down to their first meeting. We all know someone who could benefit from Rostrum and with a new program and plenty of excitement around the organisation, it's time to give them that kick up the butt they need.

I encourage you all to identify that one person in your life who could benefit from Rostrum and convince them to come to a meeting with you. It will be the best decision of their life!

Read more about how awesome Rostrum is below!

## Ignite Convention Sparks Interest

One Experienced Rostrum member and two guests detail their experiences of the Ignite Convention 2019.

**The Rostrum Ignite Conference 2019**

## **Rostrum, we have Blast-off!**

Leading NASA officials would have raised a glass (or three...) to this event! From the blast-off countdown at 8:30am, we were launched into a trajectory of fun, information and learning.

This well-attended event featured keynote speeches, the roll-out of the new Ignite Rostrum program, breakout workshops and the opportunity to inspire potential new members.

Keynote presentations on how to think better, know your purpose, be more creative and understand brain function (Dr. Jenny Brockis) and how to channel that into your life, (and speeches) was an early morning inspiration.

When was the last time you did a handstand? Were you prepared? After lunch presenter, Julie Meek, demonstrated the need for us to wake up to ourselves. Having off-set the post-lunch energy slump with a fun exercise, her presentation focused largely on the physical aspects of our health. Her message for us was to optimise sleep, move more, pause more often and be more mindful of diet and alcohol intake.

Do you want to reinvent yourself...in the extreme? If the answer is yes, then climb Mount Everest! From boring banker to accomplished athlete - that was the journey of the final keynote speaker, Ed Bradley. At the end of his inspiring venture to the roof of the world (or at least to within 80 metres of the summit) you felt, through many incredible photographs, that you had actually been roped along behind him and his team. This was a unique insight into how Ed Bradley faced one of the world's most physical challenges.

Although the program was full, it seemed to be of a digestible balance of pace and the day ensured a sense of vitality and freshness - the ideal showcase for this marvellous Rostrum organisation.

I came away feeling genuinely excited with renewed optimism for the future of Rostrum because it truly is a positive force for building confidence and development.

*By Frank Butler from Canning Speakers - Club 50*

## **Ignite Convention Guest Fuelled with Passion for Building Confidence in Speaking**

I heard about The 2019 Ignite Convention through one of my friends who has been a member of Rostrum for many years. Just like me, she came from a non-english speaking country; however, unlike me, she was confident when speaking and presenting in English. I found myself wondering whether I should join Rostrum to improve my public speaking skills. After checking the agenda for the convention and seeing the range of interesting speakers and topics, I decided to give it a try.

The event started with a little game called "Truth and Lie" which helped connect me to other guests and current members. Right after that was a speech about "Power up your performance" presented by Dr Jenny Brockis. The presentation was interesting and filled with crucial points which I had previously thought it would be of little importance. For example, I now understand that I need to be mindful and reframe my mind set because it can determine the outcomes that I expect and who I will be in the future.

Another activity which I enjoyed was "How to think and speak on your feet". It was a 60-minute group workshop designed to help us speak confidently, with only moment's notice. We were randomly assigned to different groups with a leader who was an experienced public speaker. The host picked a topic and our task was to talk about that topic for 2 minutes within the group. It was difficult for me at first as I did not know where and how I should start. The team lead and

members explained a method to approach the topic and encouraged me to be more confident. I finally could stand up and talk about a short story of me and my cyber-security book. This was my biggest achievement of the day. I'm sure with regular practice, clear instructions and support I will be able to get over my fears and boost my speaking skills.

The convention was an amazing experience for me and inspired me to continue improving my public speaking skills. It not only fuelled me with a strong passion to learn more but also showed me a clear path to follow. I would like to sincerely thank the team for organising such a wonderful event and my friend who encouraged me to go to the event. I look forward to the next convention and seeing the new version of myself after joining Rostrum club.

*By Mai*



## **Ignite Convention Guest Inspired to Join Rostrum**

I am Victoria and my mother is Priscilla, the President of the Constitutional Club 1. I came along with six of my friends to take the opportunity to attend a whole day's worth of training on public speaking, for a very small fee. My friends and I found the Convention to be very enjoyable and it was a great learning experience for all of us. Amongst all the sessions, Dr Jenny Brockis' keynote speech was the most valuable because her speech was informative, engaging and demonstrated what public speaking skills you can learn at Rostrum (as she was a former member). The '*How to Speak on your Feet*' session was practical as it offered participants with an opportunity to get to know the other attendees and to put what we learnt that day into practise. I would recommend that the next convention has more of these group learning sessions as it is a great way to continue to foster Rostrum's community spirit in a fun and interactive way. If a goal of the convention was to recruit members, it certainly achieved that purpose, as it has inspired me to attend a few meetings and I'm ready to become a member. I can't wait to see what next year's convention will have in store for me! Above, is a photo of me, my friends and my mum's Constitutional Club 1 members.

*By Victoria*

## The Launch of the RAC Speakers Club

Rostrum Clubs of WA is proud to announce that we have partnered with WA's most recognised and trusted brand – the RAC!

RAC Speakers Club (Club 65) has officially launched and held Meeting Number One on Monday 11th March. The club is meeting weekly and has 25 people already signed up and beginning to work their way through the thirteen launchpad activities. Rostrum offers so much to enjoy and learn.

The club blasted off with a demonstration meeting in February where members from Club 19 and Club 1 presented a range of activities to showcase the skills that can be gained through joining a Rostrum club and David Price capped things off with a lively coaching session. It was great to see some more experienced members pull together and present to the 35-strong crowd of RAC staff who came along to check out Rostrum.

With 50 staff registering their interest, it is clear the Rostrum model and new launchpad program is highly relevant and there is plenty of scope to develop more partnerships like this one.

With discussions already taking place with MinterEllison and Lotterywest, it will be great to see an injection of fresh faces into Rostrum to help build upon and strengthen the Rostrum community.

There are plenty of exciting times ahead as we start to share some of that Rostrum magic in new forums and with a broader audience. If any members have existing relationships with businesses, community groups or larger corporates and feel there is merit to hosting a demonstration meeting – please reach out to me.

*Riley Burkett*

## The Great Rostrum Debate

Keep **Tuesday 7th May** free because you won't want to miss out on the Annual Club 15 Comedy Night with the final of the hilarious Great Rostrum Debate on the agenda, too.

This Comedy Night and the Great Rostrum Debate – North v South is organised by the Rostrum Events Committee and these dedicated members will be busy liaising with the Program Directors, Presidents, and Club 15 to plan heats, semi-finals and, of course, the fabulous Final!

Club 15 members are unfortunately unable to participate in the Great Debate Final due to hosting the comedy night but can join up with another club.

For those clubs unable to field a whole team but have members interested in taking part, please let Lauren O'Neill ([laureno\\_neill@hotmail.com](mailto:laureno_neill@hotmail.com)) know and another team of individuals will make up a sixth heat to even things up.

*The Great Debate schedule for heats/semis/final will likely be as follows:*

Heats – week beginning 25 March

Semi Finals – week beginning 15 April

Final – 7 May

## The Post Convention Survey

Attendees to the convention would have received an invitation to complete a 3 minute, 10 question survey which gathered their opinion about the quality of the keynote speakers, the Breakout sessions, whole group learning session and the general organisation of the event. The response has been most positive with a very high percentage of convention attendees who indicating that the event was an enjoyable and valuable experience to them. The results are still to be fully analysed but the feedback will certainly be reflected in the planning of future events.

## **Do you have a Copy of the Compendium?**

The new compendium is both a visual and tactile gem. It looks classy and professional and has a soft, leathery feel. The inside cover has two pockets for holding your Club's personalised flyers and the clear pocket is perfect for holding a few copies of your Club's business cards. The A5 size of the compendium ensures that a regular two-hole punch can be used to add other pages. The program is printed on high quality card. There is room for you to record your milestones, contacts, the coaches feedback, a self evaluation and an action plan as you work your way through the thirteen speaking activities of the Launchpad program. Over time, you will be provided with material for the five other dividing tabs of Orbit, Galactic, Speaking Hacks, Coaching and Resources. This quality compendium encases a high-value program that will hold its value over time.

## **New Name Badges \$8.00 each**

Most people will recall their first time visit to Rostrum. You were met with a sea of unfamiliar faces with welcoming smiles. Introductions were made and you instantly forgot their name because there was so much new information to absorb. A surreptitious glance at the name badge, however, was your social saviour.

Since the introduction of the Rostrum Clubs of WA new logo, many members are keen to update their name badge. New members receive a copy of the speaking program with the compendium and also a name badge. If you are a financial member of Rostrum Clubs of WA you can purchase a new badge for just \$8.00. If you are attached to your old badge (both figuratively and literally), there is no need to upgrade. The older name badges are just fine.

We encourage the wearing of the name badge to the Club meeting and other Rostrum events. If you would like to update your badge with the new logo, club name, please speak to your Club president, secretary or treasurer, who will submit the order to [ric@rostrumwa.com.au](mailto:ric@rostrumwa.com.au)