

6-7 MAY 2023



DISTRICT 112

TOASTMASTERS INTERNATIONAL
NEW ZEALAND NORTH CONFERENCE

RETURN OF THE TOASTMASTER

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TOASTMASTERS CONFERENCE

6-7 MAY 2023

PARNELL HOTEL AND

CONFERENCE CENTRE: 10/20 GLADSTONE
ROAD, PARNELL, AUCKLAND

TheParnell.co.nz

RETURN OF THE TOASTMASTER

Come to the Parnell Hotel and Conference Centre on Saturday 6th and Sunday 7th May 2023.

- *Observe* the best of the best compete in the District Finals of the Speech Contests.
- *Learn* from the best at our various workshops:
Origin Stories - How to mine yours - Robert Tighe
The Voice - Does yours get tired? - Tessa Livingston
Using Yoodli- Your new AI speech coach - Catherine Syme.
Expect the Unexpected- Stand up to stand out - Monica Moore.
- *Participate* in the largest gathering of Toastmasters in the North Island in over 3 years!
- *Engage* with your peers in creating new memories of camaraderie!

REGISTRATION: \$85

DINNER/DANCE: \$68

FOR FURTHER INFORMATION:

<https://d112tm.org.nz/conference>

How to Lead so Your Team Thrives

Lauren Parsons

While you can't force a plant to grow, master gardeners know how to create the right environment where their plants will flourish and thrive.



Based off principles from Lauren's latest book *Thriving Leaders, Thriving Teams*, Lauren will unpack the 12 keys to lead any team to thrive and perform at their best – whether at work, within Toastmasters or any other setting (even your family team). Be equipped and inspired with practical ideas you can implement to improve your leadership and boost your wellbeing and the wellbeing of everyone around you.

ABOUT LAUREN

Lauren is an award-winning Wellbeing Specialist with over 20 years' experience, who helps busy leaders find the sweet spot between boosting both wellbeing and productivity. Toastmaster since 2014, TEDx speaker, author of *Thriving Leaders, Thriving Teams* and *real food less fuss*, founder of the *Snack on Exercise* movement, Emotional Culture Deck certified practitioner, founder of the *Thrive Partnership Programme* and host of the *Thrive TV Show*. Described as inspiring and life-changing, Lauren is a dynamic and highly engaging presenter and master story-teller who will have you laughing, moving and learning in a memorable way.

www.LaurenParsonsWellbeing.com

KEYNOTE
SPEAKER

Manifestation and Lessons From a Life Still Living.

Shane Cortese



ABOUT SHANE

Most would associate Shane Cortese as a New Zealand Actor and Singer. He is perhaps best known for his role of Mac on Nothing Trivial, Loki on the Almighty Johnsons and Hayden Peters on hit show Outrageous Fortune. His work on Nothing Trivial and Almighty Johnsons landing him New Zealand's best Actor awards for 3 years running.

He is also an accomplished Musical Theatre actor having appeared numerous times in London's West End and completing several national Tours of the UK in The New Rocky Horror Show as both Frank'n'furter and Rocky, Elvis in Elvis The Musical and Pharoah in Joseph and The Amazing Technicolour Dreamcoat. In New Zealand for The Auckland Theatre Company he has portrayed both Billy Flynn in Chicago and Nathan Detroit in Guys and Dolls.

However that all changed 6 years ago when he entered Real Estate and discovered an affiliation with Auctioneering. He is now one of a few full time Auctioneers in NZ, highly sort after and is already the National Auction Manager for Harcourts NZ.

However, with all due respect to the careers above his biggest achievement to date is moulding the lives of his 2 boys Kees and Jett into fine young men.

KEYNOTE
SPEAKER

Origin Stories - How to mine your past to help you connect with your audience

Robert Tighe



Telling better stories enables you to communicate with confidence and connect with your audience by answering three very important questions

Who you are

Where you've come from

Why you do what you do

ABOUT ROBERT

Robert has been working with words for 20 years, initially as an award winning journalist and more recently as a storytelling consultant and number-one bestselling ghost writer. Previously he was the New Zealand Country Editor for The Red Bulletin, an adventure lifestyle magazine published by Red Bull, before starting his own business to help people tell better stories.

He works with founders, owners, entrepreneurs, business leaders, consultants, and speakers to discover their Origin Story and share it with the world

WORKSHOP
SUNDAY 7TH MAY

<https://roberttighe.com/>

The Voice - Does Yours Get Tired?

Tessa Livingston



Do you know how your voice works?

If you speak for your job or life, this is vital information that will enhance your speaking and take you to the next level. Learn how to avoid fatigue and strain and become a more authentic speaker by taking the voice out of your ears and into your body.

ABOUT TESSA

Tessa Livingston is a Vocal Coach, Speech Therapist, Voice Over Artist, Podcaster, Course and Content Creator. She is dedicated to the empowerment of the human voice, supporting people with their own voice journey. Tessa sees all the time how the voice is demanded from people for their lives and their work, but they are never taught how to use it. Strained and fatigued people feel disheartened by the use of their own voice - Tessa feels this is unfair and that is where she steps in. Using a combination of speech therapy and creative voice work, Tessa teaches the fundamentals of how the voice works inside the body, not inside the ears, for optimal voice health and confidence.

www.tessalivingstonvoice.com

WORKSHOP
SUNDAY 7TH MAY

Using Yoodli - your new
artificial intelligence
speech coach

Catherine Syme



Yoodli - (what it is, how it works)

An interactive workshop to demonstrate Yoodli
and how Toastmasters can use it both in and
outside of the club.

ABOUT CATHERINE

Catherine Syme is a Distinguished Toastmaster and a public speaking coach specialising in helping people who experience extreme public speaking anxiety. She has had a long career as a local government advisor and also trains council staff who provide verbal advice to politicians. Catherine uses Yoodli in her own coaching and has found it to be a useful tool to supplement coach feedback. She is excited about the partnership between Yoodli and Toastmasters and can see many ways that toastmasters will be able to use Yoodli to augment their Toastmasters experience.

www.fear-less.co.nz

WORKSHOP
SUNDAY 7TH MAY

'Expect the Unexpected'

Stand up and Stand out - how to use improvisation as an audience connector.

Monica Moore



Find your authentic voice and 'develop your character.' Learn how to play your authentic part so that you feel empowered and express your true spirit! Improvisation skills enable you to respond quickly and confidently to the unique needs of your audience, keeping them enthralled with your message.

ABOUT MONICA

Monica Moore is a dynamic award-winning international speaker, MC and author. Known as 'The Communication Evolutionist' she engages sensitively with her target audiences through tailored keynotes and presentations specialising in communication, company culture and innovation. Her approach is comedic, infused with important and inspirational messages, ensuring that audiences leave with tips and tools to enable them to personally evolve in the areas they seek. Monica is the current President of the Professional Speakers Association of New Zealand. She is an accredited member and an Associate of the Trinity College in London for Communication (Distinction). She is also the recipient of the Fast Track Speakers Scholarship (2020) and the Brightstar Speaker of the Year (2021). Monica is the New Zealand theatre reviewer for BroadwayWorld.com and spent more than 30 years involved in all facets of theatre.

[www.https://monicamoore.net/](https://monicamoore.net/)

WORKSHOP
SUNDAY 7TH MAY

Tips on becoming a Professional/Accredited speaker

The gift of not succeeding....
the first time!

Lauren Parsons



Have you considered becoming a professional speaker or growing your speaking business? Hear how Lauren's business and career have evolved and expanded. Learn behind-the-scenes insights into what's worked, what hasn't, how she's niched what she offers and some key do's and don'ts she's learnt along the way. Plus, if you're interested in the Toastmasters Accredited Speaker Programme – hear how the process works and all about Lauren's journey towards this prestigious designation.

ABOUT LAUREN

Lauren is an award-winning Wellbeing Specialist who believes that everyone deserves to thrive. Toastmaster since 2014, TEDx speaker, author of Thriving Leaders, Thriving Teams and real food less fuss, host of the Thrive TV Show, and founder of the Snack on Exercise movement. With over 20 years' experience she is a sought-after speaker and consultant who helps organisations create a high-energy, peak-performance team culture, which enables people to thrive.

www.LaurenParsonsWellbeing.com

WORKSHOP
SUNDAY 7TH MAY

How to create and use humour when public speaking.

"Want to learn how to be as funny as your favourite comedian?"

Robin Grieve



Robin will give us the inside story on what humour actually is and how we can gain the greatest effect from it. During this interactive workshop, Robin will show us how to use audience experiences as he demonstrates humour techniques. Understand the different types of humour and identify which style appeals most to us.

ABOUT ROBIN

Robin was a dairy farmer from school leaving until becoming a horticulturist 20 years ago. His dairy farming and now his avocado and kiwifruit orchard give him a down to earth perspective which audiences find refreshing. It was the Young Farmers clubs that sparked his interest in public speaking and in his time he won awards for debating and speaking. As a member of Toastmasters for 40 years he continued to pursue competition success. The humorous speech contest was his initial target which saw him compete in 5 District finals, coming second in the first four and winning the fifth in 1998. Having attained that goal, he competed in the International Speaking contest, winning District three times and the International semi-final once. The highlight of his competition career was competing as one of nine finalists in the World Championship of Public Speaking. From 1997 until a few years ago Robin built a professional career speaking and providing training in public speaking. After Dinner speaking, keynote and MC work were his specialty.

www.robingrieve.co.nz

WORKSHOP
SUNDAY 7TH MAY