

TOASTMASTERS INTERNATIONAL DISTRICT 89 ANNUAL CONFERENCE



WHERE EAST MEETS WEST

26-28 MAY • 2023
MACAU SHERATON GRAND MACAO



What is Toastmasters?

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colorado, the organization's membership is approximately 280,000 in more than 14,700 clubs in 144 countries.

Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

280,000+

144 countries

14,700+

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GREETINGS FROM INTERNATIONAL PRESIDENT

Matt Kinsey, DTM

International President 2022-2023



Members of District 89,

Welcome to your District Conference - "Where East Meets West."

A District Conference presents a tremendous opportunity for you to extend your Toastmasters' experience. Attending a Toastmasters District Conference is a great way to learn, grow, and connect with others who are passionate about public speaking and leadership development.

I attended my first District Conference in the first half of 2006. Those 3 days altered my view of Toastmasters, as it truly opened me up to the diversity of our members - and their goals. I learned lessons that weekend that have helped shape me into who I am today. I started asking "what if" more?

For centuries humanity has looked to the skies and said, "what if we could...?" What if we could stop migrating with the seasons? They invented agriculture. What if we could stay safe and warm at night? They learned to control fire. What if we could move things in an easier manner? They invented the wheel.

What is your "what if?" Are you exploring it? The District Conference is a great way to do so. It was at a District Conference where I had the first glimpse of my goal to become your International President. It was at a District Conference where many World Champions of Public Speaking said, "what if?"

Share your goals with your fellow attendees, learn from those around you, and share your experience as an inspiration to those on their own journey.

Most importantly, have fun! Dr. Ralph Smedley, our founder, said that "we learn best in moments of enjoyment."

I wish you the best as you attend your District Conference and encourage you to take full advantage of the many opportunities you have to learn, grow, and ask "what if?"

In celebration.

Matthe A. Kinsey

GREETINGS FROM INTERNATIONAL DIRECTOR

Helen He, DTM

International Director 2022-2024



Dear fellow Toastmasters members,

During the past three years, what pandemic to us was close. Closed doors, closed masks, and closed attitudes. It's past that now.

We are now ready to open. The borders are open, the airports are open, the train stations are open, our hearts are open. This year our District 89 conference opens another new door for us, we all can learn and grow more "Where East Meets West" in Macau!

When you open your mind by joining the versatile programs of this conference, you will have new ideas!

When you open your heart by enjoying the interactions with your fellow members, you will win new friends!

When you open your will by acting on the points of inspiration from the speakers of this conference, you will have new energy!

I wish you enjoy the diversity and the enriched learning experience at the District 89 conference!

GREETINGS FROM REGION ADVISOR

Matthew Mak, DTM

Region 14 Advisor



Toastmasters International District 89 Members.

Your District's annual Conference in Macau will soon be here. The theme of this year's Conference is "Where East Meets West".

I'm sure many members are looking forward to the upcoming Conference because it's the first post-pandemic major event where everyone gathers together to cheer on the speech contest contestants, learning from talented workshop trainers, and network and share with each other.

Toastmasters International Region 14 comprises of Districts in East Asia and is one of the fastest growing regions in the Toastmasters world. It is a great reflection of your Conference theme.

Toastmasters is a place where everyone can network and learn, a place where it's safe to make mistakes and learn from them, a place where you can grow and improve, and a place where you can dream and chase your dream.

Toastmasters founder Dr. Ralph Smedley said, "We Learn best in moments of enjoyment."

Whether this is your first time at a Conference or it's one of the many Conferences you've attended, each Conference is unique. There must be something new for you to try and experience. If you take the chance to take it all in and enjoy the experience, I'm sure you'll have a lot to take away.

The Conference team and your District leaders have been preparing for this annual Conference for a very long time. Don't forget to say "thanks" to them when you see them.

Lastly, I'd like to give you my sincerest blessings and wishes for a successful Conference!

GREETINGS FROM DISTRICT 89 DIRECTOR

Emily Ho, DTM

District 89 Director 2022-2023



Dear members and distinguished guests of Toastmasters,

Welcome to District 89 Macau Conference - Where Fast Meets West!

Toastmasters is one of the largest education organizations covering 144 countries that teaches public speaking and leadership skills through a worldwide network of clubs. We are always proud of our cultural diversity, our worldwide network, and international exposure. This year, our District selects the theme "Where East Meets West" to highlight this valuable element in Toastmasters as well as in our District.

Toastmasters is where we learn, experience, and connect. In particular, the District conference gives us ample opportunities to learn through workshops and contests, experience through taking up different roles, and connect through interacting with toastmasters from different clubs and regions. In Toastmasters, riding on our global coverage, this is a great opportunity for us to meet people from different culture, different geographical locations, and using different languages.

District 89 is in particular very unique geographically, covering 3 major languages – English, Mandarin and Cantonese, while having some similarities and differences in our culture and daily habits too. These add diversity, interests and dynamics across clubs. This is fun hearing and learning from each other's speeches. Together we Thrive! We learn, experience, connect, to become better communicator and leader together.

Please wear your big smile, have fun and enjoy our annual event together.

GREETINGS FROM DISTRICT 89 PROGRAM QUALITY DIRECTOR

Allen Po, DTM

District 89 Program Quality Director 2022-2023



Dear Fellow Members of District 89 and Guests.

Welcome to our District 89 Macau Conference – "Where East Meets West". It would be the first Annual conference that we could meet up with each other face-to-face after the last physical one in Huizhou in 2019.

Over the weekend, I encourage you to take this golden opportunity to hone your skills as a communicator and leader, and to extend your knowledge by networking with our fellow members from our District and guests from other Districts as well. I am sure that you would learn a lot from our Keynote Speaker, different Workshops Speakers and all the Contestants in District Level. Apart from that, there would be various opportunities which allow you to share your valuable experiences with different people from different cities.

Our District conference would offer you an exciting and stimulating experience. Please make sure that you get full value from this opportunity. More importantly, do share your experiences with your friends and the members who could not attend this conference.

Finally, I would like to take this opportunity to say thank you to our conference team. They have worked very hard to bring us a program of fun, learning and networking. Please remember to say "Thank you" to them during the conference.

We look forward to meeting all of you and let's have fun there.

GREETINGS FROM DISTRICT 89 CLUB GROWTH DIRECTOR

Lisa Li, EC4

District 89 Club Growth Director 2022-2023



Dear Toastmasters members and distinguished guests,

Welcome to District 89 Macau Conference - Where East Meets West!

Macau Conference is one of the biggest events in District 89. It gathers all the excellent things in three days: the most intense speech contests, the valuable workshops, the most glorious gathering – Gala Dinner, and the biggest meeting to exchange views and experiences. You can grow, network, broaden your horizons, and bring benefits to your lives and careers.

Toastmasters is a lifelong learning educational organization to help you enhance communication and leadership skills.

Derived from the "West", Toastmasters flourishes in the "East". District 89 is in the Southern China, covering over 100 clubs in HK, Macau, Fujian, Hainan, and part of Guangdong, with the earliest Toastmasters Club built in 1954 in Hong Kong.

By attending Macau Conference, you will meet members from different clubs to share their own learning experiences. And you can choose to join the clubs that are suitable for you. You will become more confident, abundant, and vibrant through practising in club meetings and activities!

In District 89, we have Toastmasters Clubs established in corporates, universities, and communities. Most of the clubs are meeting in English, while some are in Mandarin, Cantonese, or Bilingual/Trilingual as well. Language is a communication tool, and communication is closely associated with leadership.

Bring your friends with you to the marvelous Macau Conference. Come along, and we'll show you a good time!

GREETINGS FROM IMMEDIATE PAST DISTRICT 89 DIRECTOR

Sean Lin, DTM

Immediate Past District 89 Director

At the time of writing this message, I just concluded my work in talking down a would-be attempt jumping off from a building's rooftop.

Imagine you were standing on the edge of the rooftop of a 30 storeys building, if I asked you to step one foot out, would that already made your feet shaky? Not to mention the courage needed to step the other foot out and free fall onto the ground.

But I tend to disagree.

Yes, it certainly required the gathering up of sufficient courage to step that second foot out.

But from my experience, it took even more courage to turn around and step back in.

Fellow Toastmasters, it probably felt the same in some point during the past three years. The COVID-19 pandemic has undoubtedly been a challenging time for all of us, and for some, quitting might have been a tough decision but 'the only way out'. It could be at work, on personal pursuit, or in running your Toastmasters Club. But for those of you who decided to turn around and step back in, COVID has also provided you with an opportunity to grow and develop the unique skills in being an agile, adaptive and adventurous leader.

During the past three years, Toastmasters around the world have embraced technology to continue our mission of empowering individuals to become more effective communicators and leaders. We have witnessed the resilience and dedication of our members, who have taken this challenging situation as an opportunity to hone their skills and support one another. In last August, District 89 was awarded the District Club Strength Award by Toastmasters International, ranking number one in the world. This award belonged to all fellow club leaders who chose to turn around and step back in.

This year, the District conference holds a special place in our hearts, as we gather in person for the first time after three years of virtual connections due to the COVID-19 pandemic. Now, as we gather once again in person for our District conference, we celebrate not only our return to physical events but also the agility, adaptability, and venturesome that has defined our District, our Clubs and all of us during these trying times. We are excited to reconnect with old friends, forge new relationships, and continue our journey of personal and professional growth together. To some of you, you are going to meet in person the very first time some of the fellow Toastmasters you might have zoomed regularly over the past three years. This applies to me as well, and I am excited to meeting you in person soon!

As you immerse yourself in the "East Meets West" conference experience, I encourage you to embrace the diversity of our District, enjoy the togetherness once again due to the courage and unfailing efforts of our Club and District officers, and explore the unlimited possibilities out there waiting for you.

Welcome to the District 89 conference, I can't wait to shake hands with you on and off stage once again!

GREETINGS FROM DISTRICT 89 MACAU CONFERENCE CHAIR

Eragon Fong, IP5, EC5

District 89 Macau Conference Chair 2022-2023



Dear Fellow Toastmasters Members,

Welcome to Macau Where East Meets West! We're delighted to offer the most hospitable welcome to you!

For the past three years, due to the COVID-19 pandemic, we, Mainland China, Hong Kong, and Macau have only been able to interact online.

Despite being separated by the screen, we have not lost our enthusiasm. Seeing everyone's sincere smiles by online, we cannot shake hands with each other, or feel the warmth of the embrace

Last year, we experienced the sudden lockdown, and nearly all our close friends and family members were affected by the Covid. It was a difficult time, and we were all feeling very anxious: could we possibly hold an offline conference in 2023?

As an ancient saying goes, "After rain there's a rainbow." The pandemic finally has abated, and we also face a new set of challenges: There are only four months left, and hotel prices have soared after the pandemic, while costs have increased significantly.

Thank to Toastmasters, our organizing committee members put in a tremendous effort, and all Clubs members participated actively. I can strongly feel that we Toastmasters are always bounded together as a family! We have been waiting for an offline conference for three years! Ultimately, we all believe that the conference could be successfully held.

Here, I would like to express my deep gratitude to everyone from all aspects for their support and assistance in this conference, allowing us to unleash the energy and passion of this conference. We look forward to supporting each other's in the future and creating a brighter future together!

GREETINGS FROM DISTRICT 89 MACAU CONFERENCE CO-CHAIR

Eliz Pat, PM5

District 89 Macau Conference co-chair 2022-2023

Greetings everyone!

It is my pleasure to welcome you to Macau and back to an inperson conference! This is my first time to join the conference since I joined Toastmasters in 2019. I am delighted to host the conference in Macau as your co-chair.



I am honored that Macau was chosen to host this conference, I hope that during your time here you can find the time to visit the beautiful sites Macau has to offer. I am looking forward to seeing everyone at the Fairy Tale Dinner, I'm sure it will be a lot of fun. With all that said I hope you will find great value in this conference, I hope you are able to take what you learned here back home, remember to have fun, and together let's make a difference.

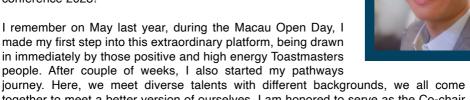
Balu Cheng, EC5

District 89 Macau Conference co-chair 2022-2023

Welcome to Macau! Welcome to Toastmasters District 89 conference 2023!

made my first step into this extraordinary platform, being drawn in immediately by those positive and high energy Toastmasters people. After couple of weeks, I also started my pathways

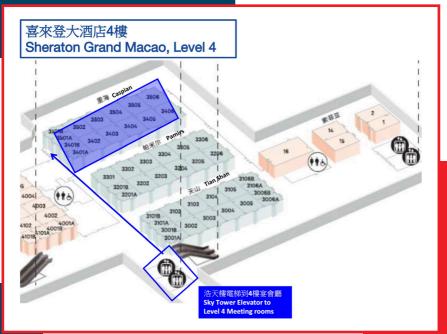
together to meet a better version of ourselves. I am honored to serve as the Co-chair of this event and co-work with young elites from various industries.



Enjoy your time. Where East Meets West, when you meet us, you will when you believe!

DATE 日期			ITENT
26	20:00-22:00	District 89 Council Meeting	89大區理事會會議
27 MAY	9:00 - 9:50	Opening Ceremony	開幕禮
	9:50 - 10:30	Keynote Speech - Aaron W. Beverly STORIES ARE EVERYWHERE	世界演講比賽冠軍工作坊
	10:30 - 11:20	District 89 Table Topics Contest	89大區即興演講比賽
	BREAK 小休		
	11:35 - 12:50	District 89 Evaluation Speech Contest	89大區評論演講比賽
	LUNCH 午膳		
	13:50 - 15:30	District 89 Mandarin Speech Contest	89大區普通話備稿演講比賽
	15:40 - 16:30	Main Hall Herbert Lee, DTM Pathways to professional speaking 令你的俱乐部	位於帕米爾分會場 林景昇, DTM 邓和组织领导满满的秘诀 (广东话)
	16:30 - 17:15	Laila Vergara Tungcab, DTM From mumbling to mastering impromptu speaking	陈晓霞,DTM 领导者必备即席点评术 (普通话)
	17:20 - 18:05	Chih Au, MS5 & Sam Hui, DTM Ignite engagement with gamification	孙嘉欣, IP2 如何塑造演讲自信 (普通话)
	18:05 - 19:00	Preparation for Gala Dinner	慶祝晚宴前準備
	19:00 - 22:00	Gala Dinner	慶祝晚宴
28 MAY	9:10 - 09:55	Extra Workshop - Aaron W. Beverly Editing for Excellence: How to refine your speech like a champion	世界演講比賽冠軍工作坊
	9:55 - 11:30	District 89 International Speech Contest	89大區國際演講比賽
	BREAK 小休		
	11:45 - 11:55	District 89 International Speech Contest Result Announcement & Award Presentation	89大區國際演講比賽公布 得獎結果暨頒獎典禮
	11:55 - 12:15	Hall of Fame	頒獎典禮
	12:15 - 12:30	District Officer (2023-24) Installation	89大區官員 (2023-24) 就職典禮
	12:30 - 12:35	Passing of District 89 Banner	移交89大區旗幟至 新一屆89大區官員
	12:35 - 12:40	Passing of Conference Banner	移交峰會旗幟予 下一屆峰會主席
	12:40 - 12:50	Promotion for Hainan Conference 2024	海南峰會2024宣傳
	12:50 - 13:00	Closing Ceremony	閉幕禮





KEYNOTE SPEAKER



Aaron W. Beverly

2019 World Champion of Public Speaking Storyteller | Keynote Speaker | Trainer | World Traveler

Stories Are Everywhere!

Many people think that storytelling requires you to have a life-altering event or unbelievable situation occur. They also believe it's something only reserved for books, movies, and keynote speakers. All of these beliefs are myths! Stories do not have to be monumental to be effective, consequential, or enjoyable. Stories are the foundation of everyday communication from the office, the sales floor to personal interactions.

Aaron covers how you can discover, refine and tell the best stories using events from your personal background and everyday life. Your audience will get tips and tricks on how they can become natural storytellers, whether they are the ones telling the story or looking to expand someone else's story through conversation.

Aaron Beverly emerged as the winner of the Toastmasters International Speech Contest in August 2019, an annual public competition speaking includes over 30.000 competitors worldwide. Performing the speech entitled "An Unbelievable Story." Aaron provided a humorous take on the heavy subject of race and the importance of "acceptance despite difference." That speech won him the prestigious title of World Champion of Public Speaking.

Aaron considers himself to be "one of the most introverted people you can meet." Public speaking and storytelling were extroverted activities he never thought he'd pursue. However, with hard work, dedication and a team of invaluable supporters, Aaron has become proficient in both skills and has learned to balance his innate introversion with flashes of extroversion.

Storytelling and public speaking haveled Aaron to engage audiences at Fortune 100 companies, notable Universities and various countries around the world.

Aaron is living proof, that the art communication can have a profoundly positive effect on the advancement of your professional career and the fulfilment of your life.



KEYNOTE SPEAKERS



Sherrie Su 苏子芳

Tianjin Bilingual Toastmasters Club



Jim Jin 金铭

Tianjin Bilingual Toastmasters Club

亮点 | HIGHLIGHTS:

- 1. How to elicit sincere emotions
- 2. Let your "face" tell the story
- 3. The secrets of beautiful voice
- 4. Use your voice to experience the communication of east and west
- 1. 如何调动真挚的情绪
- 2. 如何用"脸"讲故事
- 3. 揭晓发出动听声音的秘诀
- 4. 亲身体验中西声音灵魂交汇 的魅力

East and West, Use your Voice and Face to be the Best 中西合璧,声情演绎

介绍 | Introduction:

A speech is a heart-to-heart communication. To build an emotional connection, you don't have to be sensational, but you have to be sincere. If you want them to feel it, you need to use your face to let them see it, and use your voice to let them hear it.

During the breathtaking Gala Dinner Keynote Speech, Sherrie Su, (five-time district champion, the 2nd place winner in the World Championship of Public Speaking,2018) and her voice coach Jim Jin (professional host, voice coach & actor) will let us know how to use our face and voice to be a great speaker.

East and West, use your voice and face to be the best!

演讲,是心与心的交流,是灵魂与 灵魂的链接。从心而发,才能引起 共鸣。但真情实感只有让观众通过 表情看到、通过声音听到,他们才 能真正感受到。

五届大区中英文冠军,2018年世界演讲亚军苏子芳以及她的声音教练,专业主持人、配音演员金铭老师将通过趣味十足的训练,带领我们感受表情和声音的魅力。让我们在双语的晚宴主题演讲中,感受中西合璧,做到声情演绎!

WORKSHOP SPEAKER



Herbert Lee, DTM

Professional and Graduates
Professional Speaker | Trainer | Coach

Herbert has been a Toastmaster since 1980. He has been a professional speaker/trainer over 35 years. He has written 5 books on presentation skills. He specializes in coaching executives in developing presentation skills quickly.

Pathways to Professional Speaking

- O 3 types of professional speakers
- O The professional speaking "business"
- O Speaking skills is only 20% of the business.
- O Essential Skills you learn in Pathways will boost your exposure.
- O 3 biggest mistakes beginning speakers make.
- O How to get booked
- O Choose your topic area.
- O How to become an expert in 30 days

PLAYSHOP SPEAKERS



Chih Au, MS5

Young Professional Toastmasters Club Wayfoong Toastmasters Club Technology Leader, Communication Coach



Sam Hui, DTM

Macau Toastmasters Club Edutainer, Habit Coach

Chih Au is a technology expert and leader by profession of over 18 years, with a passion to coach youths and professionals to further their communication potential. He has delivered training workshops and talks across Hong Kong, Macau and China and is also the 2022 Toastmasters District 89 Triple Crown Champion (International, Table Topics, Evaluation Speech Contests).





- Are you finding it challenging to engage your audience?
- O Struggling to elevate their attention?
- Looking for inspiration to boost active participation?
- This unique workshop explores gamification experiences to understand how we can elevate the connection with our audience.
- O Join us to experience how gamification can ignite us toward greater engagement.

Sam HUI is an award-winning speaker with over 20 years of experience giving training. He is the founder and Edutainer of the FUN IN SKY in Macau. Sam has delivered thousands of workshops to non-profit and corporate groups with a specialty to focus on Gamification, Teaching Skills, Productivity and Happiness.



WORKSHOP SPEAKER



Laila Vergara Tungcab DTM

Learn and Grow Toastmasters Club
2023 District 118 International Speech Champion
2022 District 118 International Speech Champion
2020 District 118 Table Topics Champion
Manager of Career Development Center in Higher Education

Laila Vergara-Tungcab MBA, DTM, has been a member since 2012. She was the District 118 Table Topics Speech and District 118 International Speech Contest Champion and has delivered 150 Toastmasters related workshops mostly in Mainland China and Hong Kong. As a passionate Toastmaster, she mentored and sponsored 7 corporate and 2 university clubs. She continued to serve the community by being the District 89 Division S Area 1 Director in 2016-2017.

Laila is also a certified Global Career Development Facilitator, a career coach and a trainer on communication skills and career development for more than 15 years in the corporate and higher education. She has helped thousands of professionals and undergraduate students to achieve their professional and personal goals by building their confidence and unleashing their potential in public speaking and presentation skills. Also, she has guided many of her business students in career planning and development, job search strategy, resume optimization and interview skills. With her guidance on these skills, these students were admitted to top business schools worldwide and landed jobs in multinational companies. These inspirations prompted her to publish her debut book in 2022 entitled "From Mumbling to Mastering Impromptu Speaking: The Tools You Need for a Successful Impromptu Speech"

From Mumbling to Mastering Impromptu Speaking

We are prompted to speak everyday and each conversation has the capacity to bring us closer to our personal and professional goals. However, the lack of confidence, determination and preparation holds us back from success and what we are meant to be. In Toastmasters meetings, Table Topics session seems to be the most challenging part for most of the members. This is where we ramble and mumble most of the time because we have to think on our feet. This workshop will provide you some insights and tips based on the speaker's experiences as a decade-long public speaker and a career coach.

工作坊讲者



陈晓霞 Maggie Chan, DTM

来自澳门广东话俱乐部澳门演讲专业协会会长

国家高级培训师担任多项大型演讲比赛总统筹

澳门演讲专业协会现任会长,专业认证培训师协会创会理事长,曾担任国际演讲会(Toastmasters International)南中国大区官员以及澳门区总监,于2018年度为澳门区域获得世界精选小区的殊荣,并曾在2017年担任澳门广东话演讲会会长,连续两年为协会取得世界总会长杰出分会(最高级别)的荣誉。

具备超过7年营运协会及组织演讲比赛经验,近年专注发展演讲文化及培育领导人才,期间不断锻练演讲、积极参与各类演讲活动和比赛,累积丰富演讲、主持及活动协调等工作经验,能力被受认可。

热爱演讲的Maggie深信演讲能提升个人价值,更可以改变命运。期望通过努力,与全澳演讲人才一起,推动澳门演讲文化和水平,打造通往世界的演讲大舞台。

领导者必备即席点评术

优秀的领导者能够赋予他人权能是身为领导者的您最重要的 目标之一,当团队握有权能并感到充满力量,各人便可各自 岗位上发光发热,以取得共同的成功。

本次工作坊将可学习到赋予团队成员权能的秘诀 – 领导者必备即席点评术,以造就团队完成出色的工作。

|工作坊讲者



林景昇 Sean Lin, DTM

曾任国际演讲会89大区总监 荣获89及85大区演讲比赛冠军 曾任九个俱乐部主席 完成四次DTM 谈判专家

A well-known public speaker, trainer and negotiator. "Live in Excellence, Forwarding the Best." Sean Lin, Hong Kong's Ten Outstanding Young Persons Awardee 2006, has been known for walking this talk. In 2019, his video "Affectionate dialogue in laser" resolving stand-offs went viral on Weibo as a top search with views by over 540 million.

Apart from being the National Speech Champion of China, Sean is the 2021–22 District 89 Director of Toastmasters International, served as various District Leadership positions as well as President of nine Toastmasters Clubs in English, Cantonese and Putonghua, three of which he is the Founding President. He holds numerous professional qualifications, including an MBA, MSc and DTM, and speaks regularly on TV, press, media, social media, seminars and international conferences. In 2013, he started the Hong Kong Speakers Bureau as one of the Founding Speakers. He served as the Council Member, Founding Chairman of Convocation, President of the Alumni Association of the Hong Kong University of Science and Technology, Chairman of The Outstanding Young Persons' Association and Chief Executive of the Hong Kong Goes On Foundation.

令你的俱乐部和组织 领导满满的秘诀

想为您的俱乐部、机构、团体、组织培养更多领袖人才,提升团队凝聚力吗?讲者将向您揭示他透过多年领导的经验心得而总结到的秘诀,让您更有效激发个人潜能、传承领导智慧、打造卓越氛围。此工作坊只限80人参加。名额有限,机会难逢,到时见!

工作坊讲者

孙嘉欣 Suri Sun, IP2

Toastmasters 国际演讲会FM俱乐部前主席

中外企业家联合会文化艺术委员会理事第68届环球小姐中国区总冠军第27届中國模特大賽冠軍芯悦环球教育科技研究院院长



Suri Sun是2020环球小姐中国区总冠军,也是第27届中国超模大赛冠军。 疫情期间,她代表中国站在环球小姐世界舞台,让世界听到来自中国的声音。 Suri 拥有体育教育和体育管理学士学位。在她的模特生涯中,她参加了许多著名的节目并走红。在这段旅程中,Suri 也发现了她对时尚和商业管理的热情。她是迪奥的实习生。她刚刚创建了自己的品牌并经营着一家公司。"弘扬中华文化,让世界听到中国的声音。" 这是她的目标和使命。她将继续在法国巴黎学习。并拥有时尚、设计和管理硕士学位。 Toastmasters 给予她梦想和实现梦想的能力。她在 20 岁时担任俱乐部主席。她最初参加环球小姐比赛的方式是发表演讲。国际演讲会在她获得冠军后在官方杂志上刊登了她的故事。她在演讲会上很受欢迎。来自不同地区的 Toastmasters 俱乐部邀请她讲述她的故事并为那里的会员赋能。她受到 Toastmasters 的鼓励,并将继续站出来为时代发声。

Suri Sun, Miss Universe China 2020, Champion of Chinese Super Model Contest. She represented China to stand on the Miss Universe world Stage during the pandemic and let the world hear the voice from China. 孙小姐是2020环球小姐中国区总冠军,中国超模大赛冠军。疫情期间,她代表中国站在环球小姐世界舞台,让世界听到来自中国的声音。

Suri holds her Bachelor's Degree in physical education and sports management. During her modeling career, she attended many famous shows and become popular. Suri also found her passion in fashion and business management during this journey. She was an intern in Dior. She just created her own brand and running a company. "Promoting Chinese Culture, Let the world hear the voice from China." That's her goal and mission. She will continue her study in Paris, France. And have her master's degree in fashion, design and management.

Toastmasters gives her dreams and the ability to make her dreams come true. She was a club president when she was 20 years old. Her initial manner to attend Miss Universe Competition was to make a speech. The Toastmasters International published her story on the official magazine after she got the championship. She became popular in Toastmasters. The Toastmasters clubs from different district invited her to delivery her story and empower members there. She was encouraged by Toastmasters and will continue to stand up and speak up.

你会拿到话筒就不自觉紧张起来吗?你习惯在台上发表自己的见解吗?如何才可以在人前展现自信一面?

如何塑造演讲自信

透过讲者专业的演讲技巧指导,提供实用的技巧和策略,帮助参与者克服演讲时的紧张和不安,让他们能够在公众场合自信地表达自己的想法和观点。让参与者在台上展现最自信耀眼的自己。

CLUB SHOWCASE







































































MDC Toastmasters Club Meeting - 23 March 2023





he University To AST MISTERS TO AST

Greater Bay Area Toastmasters Club Meeting - 26th April 2023























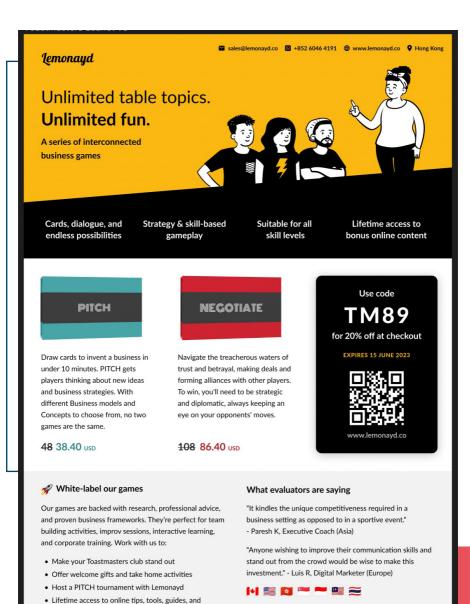






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Optical Easy O2O眼鏡環保概念店, 多年來支持隱形眼鏡外殼回收計劃, 致力推動眼部健康、護眼公開教育以及 環保概念、保護、環境持續發展生態圈。

「More Blue」同為Optical Easy 的理念,摒棄廢物和塑膠料污染海洋和毒害海洋生物。同時支持香港品牌,有自家品牌眼鏡框和廢棄魚網環保眼鏡框。



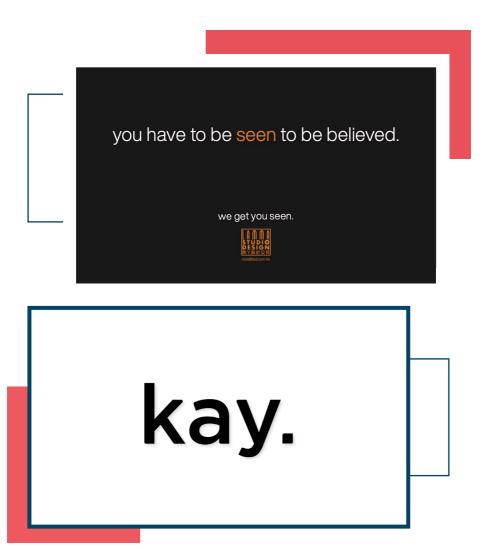
澳門弈學圍棋會

圍棋是一種來自中國的兩人對弈策略棋 類遊戲,也是世界上最古老、最複雜的棋 類之一。圍棋的玩法簡單,但其變化多端、策略豐富,深受許多人的喜愛。

澳門弈學圍棋會,於2021年成立,目的是促進圍棋教學在澳門的發展,提升澳門少兒圍棋水平,致力於培養少兒圍棋素質水平,提升澳門圍棋教師的專業教學水平。並協助澳門圍棋的發展,組織或協辦各種比賽和交流活動、團結澳門圍棋愛好者。

澳門弈學圍棋會的師資都是已經從事教育行業超過十年的教練,通過系統的教學,已有不少學生成為澳門圍棋集訓隊,代表澳門外出比賽。

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OCTOBER FIFTH

"十月初五"品牌诞生于澳门 十月初五日街,这是一条逾百 年的历史老街,又名泗孟街, 与內港码头相邻,承载着一代 又一代澳门人成长的记忆。 "十月初五"致力传承澳门古 法制饼工艺,配合现代技术, 精心烘焙地道澳门饼食。

公司注重食品品質和安全,建 立了完善的品質安全管理體 系,取得了國際級認可的認 證。產品共五十多個花色品 種,產品包括杏仁餅、蛋卷、鳳 凰卷、酥條、曲奇和月餅等,与 全世界分享独特的澳门美味!



晶記餅家開業之初,位於紅街市桃花崗,並 自設工場,在創辦人歐泉先生和員工的努力 下,中秋月餅觸動每一位顧客味蕾,尤為突 出、銘心。隨後晶記拓展業務於盧九街,至今 已近半個世紀,是澳門老字號餅店之一。

晶記堅持每天人手製作新鮮中式傳統餅食, 價格實惠,健康到位,迎合大眾街坊的需求, 共創獨一無異的本士口味,打造出街坊群 網,吸引大量遠近顧客讚當與支持。

棒,永存於心。後人以「不忘初心,方 得始終」的精神, 秉持無添加傳統工 藝的手法,製作健康傳統餅食,打造 出食上瘾,愛到底的味道,燃亮每天。

歡迎聯絡負責人微信訂購!



慧賢醫療中心是澳門首間結合 養牛食療調理餐及燉湯調養治 病的診所。由中西醫醫牛管理及 經營,本店宗旨"傳承中醫文化, 帶動養生潮流"。務求做到「醫仁 為本,服務為先」。

業務為提供多元化的中西醫內 外婦兒及養生調理服務,養生項 目其中包括中醫手搖茶;湯療茶 療;藥膳燉湯、茶品;月子餐;術 後餐;調養餐及各類養生產品(例如湯包茶包,保健調理系列茶 飲等。)

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活動及舞台項目策劃及執行 產品及品牌市場策略部署及營運 大灣區實體/網路廣告投放 新媒體策略營運及網路精准引流 直播節目製作及策略推廣部署 直播帶貨服務及團隊培訓、中國全網平台網紅資源庫

大湾区政策扶持创业孵化基地资源及进驻渠道

市場及行業實況需求及數據分析:

針對類似同業的行業資訊搜集,如:人力資源及銷售成本,同類產品/項目之數據 比較, 收集同業策略銷售之個案分折, 市場消費者的需求及針對產品/項目之想法。

市場/產品定位及開展新項目之策略方案建議:

針對收集回來的行業及市場分析,與發展企業之項目/產品進行優劣對比,從而策略 建議,項目/產品的市場定位及提高針對性產品/服務的優越獨特性,以季/年度時段 來編制發展部署方案及進程計劃書。

協助企業進行B to B & C發展及團隊管理:

項目 / 產品及產品正式踏入市場後、協助企業如何與能配合之商戶建立合作關係、從中 策略方案進行聯合銷售,把企業資訊多渠道接觸市場上可互相配搭之企業,創造更多合 作空間、同時協助培訓及管理企業之業務及服務團隊、並處理公關協調中相關的問題。







*此廣告可免費獲商業策略顧問咨詢半小時服務



數碼暴龍有限公司 位於澳門,自2017年成立,

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Emily Ho, DTM **District Director**



Lisa Li Club Growth Director

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TOASTMASTERS

INTERNATIONAL

DISTRICT 89





SPEECH ON THE BEACH! 海纳百川 山海有鸣!



The Benefits of

Toastmasters Membership

Build a Better You

Are you looking for a fun way to improve your communication and build skills to help in your career? Toastmasters allows you to engage with people who share similar interests to you in a supportive and comfortable setting. Here's just a few of the many benefits you'll see as a Toastmaster.



Improve your public speaking skills



Gain self-confidence and self-awareness



Practice writing speeches and presenting in a group setting



Gain a competitive advantage in the workplace



Enjoy unlimited personal growth



Maximize your potential



Build leadership skills



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Access to the Pathways learning experience, which is an education program that allows you to leverage over 300 practical workplace skills, including:

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- » Online meeting management
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Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. The organization's membership exceeds 280,000 in more than 14,700 clubs in 144 countries. Members pay international dues of \$45 USD every six months, plus a new member fee of \$20 USD. With Toastmasters, the learning never stops. To learn more, visit www.toastmasters.org/About.









