



Chicagoland Toastmasters District 30 Conference

April 24-25, 2009

Education Sessions

2:30-3:20

Conor Cunneen – “The Gift of GAB: How Goals, Attitude, Behavior can give you a Top o’ the Morning Feeling (even in a recession)”

Irishman Conor Cunneen DTM will show you how the Gift of GAB: Goals, Attitude, Behavior can give you a Top o’ the Morning Feeling. This keynote will have you laughing and learning and leave you with a Top o’ the Morning feeling so YOU can beat the living daylight out of this recession.

Conor Cunneen is an Irishman happily exiled in Naperville, IL where he says the Guinness is drinkable, the natives are friendly and he’s heavily involved in an addictive cult - Toastmasters! His unique combination of substance with humor has had him referenced as “An Irish Dilbert” and “Mark Twain with a brogue.” Conor is a former winner of District 30 Humorous Speaker of the Year for a speech on Customer Service in San Quentin Jail.

Theresa Puskar-Marbach – “YOU’RE THE EXPERT: 7 Steps to Becoming a Published Motivational Author/Speaker”

Do you have a powerful message to share, but don’t know how to get started? Best-selling audio book producer and writer Theresa Puskar takes you through her 7-Step Guide to making your motivational speaking dreams a reality. Learn how to uncover your inner wisdom, how to find your own distinct style of delivery, and how to turn your power-message into a book or audio that is sure to bring higher learning to thousands!

With a decade of experience in audio production and writing, and twenty years in professional directing and acting, Theresa has an extensive media production background. She has worked as a freelance audio book producer and writer, along with working as an Executive Producer at the world’s largest audio publisher, Nightingale-Conant. She has created curriculums audio programs for a variety of established authors including Brian Tracy, Marianne Williamson, Joe Vitale, John Cummuta, Sylvia Browne, and many more.

Philippa Norman – “Brain Health and Fitness”

Speakers often have to juggle a busy schedule of work, writing and rehearsing speeches, and family. Successful speakers know that they must keep their bodies and minds in peak condition. Learn how you can maintain peak mental energy and performance with the latest findings from research in nutrition and healthy lifestyle. Objective: At the end of this presentation, the participant will gain 3 ideas to incorporate into a healthy lifestyle to enhance mental energy.

Philippa Norman is a medical doctor specializing in prevention and nutritional medicine for brain health. She is the author of “Feed Your Brain: How to Boost Your Brainpower with Food” a children’s book endorsed by Former Surgeon General Dr. David Satcher. She has taught brain health and fitness topics to children and adults. For over 15 years she has helped patients with ADD, learning disorders, and other conditions using nutrition and other holistic therapies.

Cassandra Lee – “L.E.A.D.E.R.S.H.I.P. – Success Strategies for Launching Leaders to Higher Heights”

Strong, committed leaders are needed in every aspect of life. In this interactive and skill-building seminar, you will learn what a true leader is and what real leadership is all about. Most importantly, you will learn strategies that will help you to embrace your leadership skills and demonstrate the qualities of a successful leader – qualities that will lead your club, company, and community to higher heights of productivity and prosperity.

Cassandra “D.I.V.A. of Dialog™” Lee has a passion for teaching through speaking. A self-development expert and author committed to helping youth and professional audiences live a prosperous and productive life, the D.I.V.A. of Dialog™ has been featured in *Who’s Who in Black Chicago, the Inaugural Edition* along with Ramsey Lewis, Michael Jordan, Oprah Winfrey, and the 44th President of the United States, Barack Obama, as one of Chicago’s most influential and affluent African-American leaders and achievers.



3:30-4:20

Sporty King – “Learning in Economic Quicksand”

Will touch and twist on the idea of "Living" in quicksand, as so many people may feel they are doing. The journey my speech will take them on is in connection to the acronym LIFE - Lessons Intended for Everyone - which will remind us that we cannot move forward until we get our lesson.

Sporty King, ATM-B is president of R. King & Associates. Passionate about Life, Leadership and Literacy, he works with people who want to help others feel good about themselves and their contribution to the bottom line.

1. a member of Toastmasters since 1995
2. Region V International Speech Contest Champion (1996)
3. International Speech Contest District 30 Highest Honors (1996, 1998)
4. District 30 Toastmaster of the Year - (1999)

Theresa Banks – “Inspirational Methods to Survive a Layoff”

In today's society, employees are more prone than ever to experience a job loss before retirement. While being subject to "At-Will" policies, very few employees will find themselves in a position where they've caused the layoff or deserved it. The purpose of this session is to discuss methods one can use to survive a layoff, and find a new job. Topics will include: getting the news, resume writing ideas and job searching techniques (especially for older workers).

Terri Banks has been a member of the Homewood-Flossmoor Toastmasters club since 1999, and has reached the level of ATM-Silver. She presented "Taking the Terror out of the Talk" during a past TLI, and currently teaches "Becoming a Published Author" and "Surviving a Layoff" workshops at South Suburban College. She's been married to her high school sweetheart--Todd Banks--since 1990, has Computer Science degrees from DePaul University and Governors State University, and enjoys helping children as a Junior Achievement volunteer. Terri is the author of four books entitled "Woman of Integrity", "Becoming a Published Author", "BARRENhood", and "Surviving a Layoff", and co-owner of Ellacec Publishing.

Bill Function – “The Thesis and the Epiphany”

Your thesis is the basic stand you take, the opinion you express, the point you make about your limited subject. It is your controlling idea, tying together and giving direction to all of the separate elements in your speech. An epiphany is a moment of insight, discovery, or revelation by which a character's life is greatly altered. An epiphany generally occurs near the end of a story. The term, which means “showing forth” in Greek, was first used in Christian theology to signify the manifestation of God's presence in the world. This theological idea was first borrowed by James Joyce to refer to a heightened moment of secular revelation.

Bill Function has a Master's Degree in Management and Organizational Behavior and a Master's Degree in Written Communication. Bill teaches English at Waubensee Community College. He is a member of MENSA, the Waubensee Community College Speakers Bureau, the MEDNBP Literary Critics, and the Kickstarters Toastmasters Club.

Carolyn Arthur – “A Toastmaster Journey That Lasts A Lifetime”

Little did I know when I joined Toastmasters the impact that it would have on my life. Who would have thought that by giving ten speeches, they would help me develop basic communication skills that would empower me to deliver presentations with clarity and zeal? When my uh's, um's and other word fillers were tallied, I began to realize that this was helping me develop effective listening skills. Needless to say being actively involved in Toastmasters is a story worth telling.

One of my passions is spreading the word about the endless benefits one can glean from being an active member of Toastmasters. Whether you're speaking to one or one thousand, membership in a Toastmasters club can help you develop self confidence. Honing your communication and leadership skills gives you the ability to communicate more effectively. I encourage you to come and join me as I share my story about how my involvement in this organization has been *A Toastmaster Journey That Lasts A Lifetime*.