



Last month, and for the first time in more than a decade, District 60 was proud to have sent a representative to the World Championship of Public Speaking! Rob Nickel, who in his private life is recognized globally as an expert in the field of undercover investigations, spoke on the topic "Finding the Fun" In this issue of Spirit of 60, Rob gives us an inside view into the culmination of his incredible journey!

*by District 60 International
Speech Contest Champion
Rob Nickel*

I had a blast in Reno! The competition was amazing and even though the stress was unlike any I have ever had in my life, it was worth every single minute. Why? Because I learned a lot about competition and about myself. I changed my speech less than 2 weeks before the competition. In fact, the final version was finished just 14 hours before the competition, but I was very pleased with my performance.

People asked me after if I was disappointed I did not place and my response was "No not at all because I did the speech I came here to do. If I messed it up, or did not give 110% in it, yes I would have been upset at myself, but I was on fire, I had fun and that is all that counts".

After having a meltdown 2 weeks before the competition I re-evaluated my goals for the competition. I only had 3 goals in Reno:

- I wanted the audience to get the message that having fun is important in life.
- I wanted the audience to say to themselves "Man that guy looks like he is having a blast up there."
- I wanted my family, who came to see the competition to say to themselves "Now that is Rob". In other words, it was not a put on - a show for the judges, or a manufactured speech tailored for the judges.

All 3 goals were accomplished

After the competition an anonymous Toastmaster left a message on my hotel room voicemail saying that out of all the speeches and topics presented that morning mine hit home with her and her mother who were in the audience. They realized during my talk just how important having fun in life is. It truly does relieve stress, strengthens relationships, and creates memories. I then received something better than a trophy - the words "**Thank you for your message**".

My second goal was accomplished because many people came up to me after and said outright "Man you looked like you were having a great time up there on that stage" . And most importantly, my family did come up after the speech and say - "Now that is the Rob we know".

I never thought I could be so happy losing! It is funny because it was only on that day I realized what I accomplished by just getting there. Out of 30,000 people who competed I was a finalist - one of the top 9 in the world! For that I am truly proud, and no trophy could have made it any better than it was.

Sometimes we focus on something so hard that other parts of our lives get blurred. My eyes re-adjusted in Reno. I have a healthy and very happy family - what more could I want? I made it to the World Championship - something 30,000 others dreamed of doing. Further, I got to share a message with 2,500 people and I know I made a difference in people's lives. Who knows what type of domino effect I started after the conclusion of my speech.? Might just make for a great speech - Right?

Coaching Corner—The Toast !



The toasting procedure is very flexible, so here are a few pointers to help you become 'Master of the Toast.'

Topic

When you are asked to present a Toast, look upon it as something special. Your toast should be distinctive and it should be memorable. If you have the ability to compose an original toast, do so. It is, however, equally acceptable to

use quotations, anecdotes or stories, and they should be well suited to the affair or the theme of the meeting. Feel free to be generous with an ample display of literary gems in any toast you prepare - often such a presentation will add distinction to the toast, dignity to the affair and even new found respect to the toaster.

When called upon by the Chairman, stand and address your audience.

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