

## Anchors Away! Rob Nickel – CTM, CL

Since competing at the World Championship of Public Speaking most people ask me “Would you do anything different?” Without hesitation I reply “Not a thing”. Most District 60 Toastmasters know that I had what I call a melt down 2 weeks before the big event and totally changed my speech, so I am sure my answer surprises most people, however, I am a huge believer that we learn more from our tough times than we do from the easy ones. I had never tangled with depression and I had no idea just how much it can affect our lives. What helped me out of that state was taking my own advice from the Regional Speech I presented in Michigan titled “Anchors Away”.

I realized that the belief in myself was starting to diminish due to all of the evaluations I had been through. I had changed my speech so many times that it just was not me any more, and I had lost the fun in the whole process. The speech I did at the World Championship was completed 14 hours before the contest while in my hotel room in Reno and I was having a blast completing it. I was laughing as I wrote some new lines, and my daughters came in from the pool and saw me smiling for the first time in weeks and said “we thought you were supposed to be nervous Dad”. I had regained my confidence when I

found the belief in myself. I realized that what got me to that point was being myself, speaking about what I believed in and above all having some fun.

Belief in yourself is an amazing power. I truly believe that there are no right or wrong beliefs in life, just good beliefs and bad beliefs. Empowering beliefs that guide us to our desired destinations in life, or limiting beliefs, that destroy those dreams, the beautiful thing is – We get to chose!

Our empowering beliefs are like ships that carry us to our goals, our dreams, but if we have a little bit of self doubt or limiting beliefs it's like dropping an anchor. If you drop anchor while you are moving on a ship, you are slowed down and eventually stopped from getting to your destination. In comparison to the ship, anchors are so tiny, and just like a little self doubt, they are powerful enough to stop our voyage. I let others opinions, and suggestions create that anchor in my belief, and I am so happy I was able to cut those anchors away and find the fun again.

I loved my World Championship speech, it is by far my favorite speech to date, and I had so much fun



performing it in front of 2,500 people. I will never regret changing it.

Every person is different, and needs to become the speaker ‘they are’, but they also need to be able to cut the anchors of self doubt away and do what they truly believe is right. If you are able to accomplish that task, the next time you are asked “Would you do anything different?” you will be able to reply “Not a thing”. It is amazing not only to say that, but to truly feel it.

**Rob Nickel**  
**Nickel Concepts**  
 rob@nickelconcepts.com  
 www.nickelconcepts.com

