

## **KEYNOTE SPEAKER: KRISTIN NICHOLSON**



As a member of Toastmasters International since November 1997, she has successfully served in every club officer position, many District leadership roles, and was the International Director from Region VII from 2007-2009. Kristin has earned 4 DTMs and over 40 CTMs/CCs, as well as winning numerous Division and District speech contests.

Kristin has Bachelor Degrees in Psychology and Justice from the American University, as well as being a certified Meyer-Briggs and DISC instructor. She has owned her own business and worked as a professional trainer. Kristin is an attorney, and has worked as in-house counsel for international banking institutions and large corporations in Washington, D.C. and Maryland. Currently, she is a litigator in a family law practice in Rockville, Maryland and uses her Toastmasters skills to advocate for the rights and protection of children and abused persons. This experience and education has provided Kristin a unique perspective on working with individuals and groups, and she is exceptional as a motivating public speaker to any audience.

### **Title/Abstract: *How to Create a Talk that Really Speaks.***

One of the greatest difficulties for many Toastmasters is developing a speech topic that appeals to a particular audience. As Toastmasters, we have the unique opportunity to develop and practice our speeches through the use of our Communication manuals and clubs. This workshop is about developing your speaking potential, and how to create a talk that speaks to the hearts and minds of your audience. The goal of this presentation is to share a few tips and techniques for finding the perfect topic, how to develop the topic and how to analyze what an audience is looking for from you as the speaker. Learn how to write the right speech, with the right message for any audience you will encounter.

## **EDUCATIONAL SESSION: LILLIAN O. COOKE, DTM**



Lillian has been a Toastmaster since April 1998, and has held every club office as well as district position except Public Relations Officer. She is the Immediate Past District 27 Governor and led the District to reach Distinguished status. Lillian loves to speak, and she says she has never met a microphone that she didn't like. Her passion is helping others achieve a level of success they never realized possible by growing through Toastmasters.

Lillian is also a 32-year employee of the Federal Government, and she loves her job as a budget officer because she gets to spend money every day. She has a Bachelor's Degree in Business

from Auburn University at Montgomery and a Master's Degree in Military Operational Art & Science from Air Command and Staff College, Maxwell AFB, Alabama.

She has two children and three grandchildren, one of which is known as The District 27 Munchkin.

**TITLE/ABSTRACT: THE LOST ART OF LISTENING**

Do you consider yourself to be a good listener? Attend this interactive workshop and find out. Lillian will give you the “fax” about communication, 10 irritating listening habits, 10 excuses not to listen, 8 reasons why we should listen and orchestrate a game for you to play.

**EDUCATIONAL SESSION: ANN LARROW**



Ann is Immediate Past District Governor of District 18. Her theme as District Governor was “The Future is Yours.” Most members, however, remember the theme as “Green and Growing,” which is fine with Ann, as she believes that our best futures are achieved when we open ourselves to change.

Ann joined a Toastmasters club in 2001 and saw nothing more than the opportunity to present her thoughts and ideas to a ready audience. Her leadership journey started a year later when she declined to serve as club secretary but offered to serve as club president, instead. During her first three years as a Toastmaster she served one year as District Newsletter Editor, was a member of the Region VII Conference Education Committee, served as a club president twice, and six months as a Division Governor. This was so exciting that she began running for elective office, serving a full term at Division Governor in 2005-06, followed by successive one-year terms as LGM, LGET and DG.

**TITLE/ABSTRACT: THE FUTURE IS YOURS**

Description: Got a dream or goal but not sure how to reach it? Wondering how participation in a Toastmasters club can help you achieve that dream? This high energy seminar will help you get on – and stay on – track to reach the moon on your way to the stars!

- Apply three little steps that get BIG results.
- Discover three simple secrets for staying focused.
- Tie your Toastmasters experience to REAL LIFE goals

- **EDUCATIONAL SESSION: SANDRA COLES-BELL**



Sandra Coles-Bell, DTM, has been a member of Toastmasters International for 16 years where her desire to enhance her public speaking skills was finally realized. She is the Immediate Past District 36 Governor.

Ms. Coles-Bell holds a Masters in Administration from University of Maryland and an undergraduate degree in Biology from Lincoln University. She holds an accreditation as a Specialist in Blood Banking which she received after attending the program at the National Institutes of Health in Bethesda Maryland.

She has volunteered for five years as a reader for the blind for the Metropolitan Washington Ear and for the District of Columbia's Public Library's Adaptive Services Division. She trains the youth lectors at her church and is a member of the gospel choir.

Sandra is a trained facilitator, facilitating religious groups at Trinity College. She has also facilitated study circles on racism at Silver Spring's Christ Congregational Church and Bethesda Chevy Chase HS. Ms. Coles-Bell is the owner of Coles Bell etc •LLC, a consulting company located in Takoma Park, Maryland and is the mother of three children.

**TITLE/ABSTRACT:** Investing in Your Future – YOU

The workshop will provide the attendees with the opportunity to invest in themselves by discovering/rediscovering themselves through looking at themselves from 4 perspectives: style, strengths, values and mission.