



Edition No.10



**"New season, new officers"
coming soon!
Awards, Clubs, MaltaLink...**

Cultivating growth, TOGETHER!

District 109 Core Team

3 Months to go

FINAL STRETCH TO ACHIEVE YOUR SUCCESS!

Dear Leaders and Members,
As we reach this point, many of you may be reflecting on the progress you've made toward your goals—and considering what still lies ahead.

Some of you are right on track and are already thinking about next year's goals, while others may be refining their current goals or adjusting strategies.

Regardless of where you are, **I congratulate each of you for every step you've taken, big or small, to become a better version of yourself.**

For those of you fine-tuning your approach, eager to push further, or planning for the future, know that **the core team and all district leaders are here to support you with proven resources, networking, strategic mentoring, and much more.**

Our Club Growth Director, Laor Glukhovsky, has designed two initiatives to support your final three-month boost with proven resources and to help you ignite long-term projects that contribute to your DTM achievement. Thanks to The **Club Growth Acceleration Series and Acceleration-Thon**, you will be equipped to enhance your current club experience, attract more guests, launch a new club with the defined identity you dream on.

Our Program Quality Director, Katia Burdet, continues to support Vice Presidents Education and new members with two key initiatives: Peer-to-Peer Community, led by Meltem Altinay, New Members Onboarding, led by Franceska Davidi.

As your District Director, I'm also excited to offer another DTM Project opportunity: **revitalizing our YouTube channel.**

Whether you're working toward a personal milestone or a club goal, stay focused—you are in the right place to succeed!

Francesca Gammicchia

- **Club Growth Acceleration**
- **Acceleration-Thon**

→ visit CGD corner

- **Peer-to-Peer Community**
- **New members Onboarding**

→ visit PDQ corner

**DTM Project opportunity:
Revitalizing YouTube**

→ [click here](#)

PARRARI BEDDRU

A NEW HOME FOR SICILIAN VOICES WORLDWIDE



Be a serial dreamer

I met Emanuela Trovato on a train a few years ago, and we soon became partners in crime. Together, we supported multiple TEDx events, and last year, we both became proud founding members of Crescita Pro, a club we dreamed of: 100% online, Italian-speaking, dedicated to helping members reinvent and advance their careers

Emanuela and I were both born in Sicily, but we live abroad and have built international networks. One day, we started dreaming bold again:

"What if we created a club for Sicilians around the world?"

"No sooner said than done! On March 31, 2025, the first day of Sicilian Language Week Worldwide, we officially announced the launch of Parrari Beddru Toastmasters Club", the demo meeting will be on April, 3 and we'll conduct club activities every even Tuesday of the month.

DEMO MEETING

 **April 3 - 14:30 - 15:30 CEST**

[REGISTER HERE](#)

As part of our ongoing commitment to fostering strong local connection, this club will also be linked to the upcoming TEDx Alcamo event, which will explore the theme *The Sicilian Genius Around the World*. This collaboration highlights Toastmasters' ability to build effective and mutually beneficial partnerships with other organizations.

Toastmasters, TEDx ... is it too much?

Sometimes, I also think: "Francesca, you really love dreaming big". But, why not, dear members? In Toastmasters we are surrounded by people that make dreams come true, so never be afraid to dream big and ask for commitment to your Toastmasters friend. They might say yes!

For this launch, a heartfelt thank you to my CGD Laor, who guided us in shaping the member personas, and to my PRM Néstor, who provided the engaging and brand-compliant visual communication materials.

Francesca Gammicchia

Cultivating growth, TOGETHER!

District 109



Make your Division Win €50 discount on our District Conference ticket



At your Division Conference, remember to bring your club banner and take photos in front of it. Use them to boost social media engagement.

Unity is strength!

The Division that posts a photo on its Division LinkedIn profile featuring the highest number of "**club banners/club base**" on LinkedIn and the Division that receives the most comments and shares on LinkedIn will each receive a €50 discount on a conference ticket.

Celebrate and save precious memories

Capture special moments through photos and stories to feature in newsletters and on social media. You'll love looking back at these memories in a few years!

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District 109 Core Team



Program Quality Director Corner

A Moment to Shape the Future: The Handover


Handover Checklist for Club Officers


[CLICK HERE](#) 

Handover Checklist for District Officers

[CLICK HERE](#) 

In Toastmasters, every leadership role is temporary but the impact we leave can be lasting, especially when we take the time to prepare a meaningful handover.

 **17** As we approach the end of the Toastmasters year, this is the perfect moment to pause and intentionally plan your transition. Handover isn't just a task—it's an act of care, responsibility, and vision.


 It's not just about "leaving the position." It's about transferring knowledge, sharing context, offering tools, and most importantly, setting up the next leader to succeed.

When to do it?

Ideally between May and June, so the new team can start strong in July.

What to include?

- Logins and passwords (Base Camp, EasySpeak, Zoom, etc.)
- Shared folders and documents
- Summary of key activities and achievements
- Pending goals or open projects
- Practical advice... and a bit of encouragement!

 **Bonus Tip: Make it personal — organize a short symbolic or informal handover moment. A quick video call, a "virtual coffee," or even a small ceremony during a club meeting can go a long way in creating a smooth and human transition.**

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District 109 Core Team

Congratulations

RECOGNITIONS OF THE MONTH

PROGRAM QUALITY DIRECTOR D109 24-25



READ MORE



Club	Name	Edu	July 1	Ratio
1496391	Modi'in Toastmasters	12	9	1.333
2548956	Istanbul Turkce Toastmasters	13	10	1.300
4966081	Anadolu Toastmasters	14	12	1.167
2495638	Basel Multilingual Toastmasters	10	10	1.000
4459254	Novartis Campus Speakers	36	41	0.878
3414254	Thessaloniki Toastmasters	19	22	0.864
5141081	Erzelli Toasters	17	20	0.850
1581580	Glyfada Toastmasters Club	9	11	0.818
7110318	Ankara Kolejliler Toastmasters	8	10	0.800
1153360	UN Geneva Toastmasters	11	14	0.786

Educational Excellence Recognition for Earning the Top 10 clubs with highest education awards per 7/1 base membership



INTEGRITY



RESPECT



SERVICE



EXCELLENCE

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District 109 Core Team

Congratulations

FULL 7 - OFFICER Training at COT! twice

Division	Area	Club Number	Club Name
A	2	5141081	Erzelli Toasters
A	2	6866081	The Lighthouse Toastmasters Genova
D	1	1153360	UN Geneva Toastmasters
D	1	5048	International Geneva Toastmasters Club
D	2	28675805	Insights Advanced Toastmasters Club
D	3	28677321	BMS Boudry Toastmasters
E	4	856858	Zuriberg Toastmasters Club
G	5	1526200	Hellenic Toastmasters Club
G	5	28676842	Chios Toastmasters Club
H	2	2548956	Istanbul Turkce Toastmasters
H	3	28675799	Anatolia Toastmasters

Katia Burdet DTM
PQD Team 2024-2025 | District 109



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District 109 Core Team

Congratulations

District 109 Analysis Report RECOGNITION HUB

THE TRIPLE CROWN AWARD



Members who achieve 3 or more education awards in the current program year

Print Here Your Certificate

[CLICK HERE](#)



Print Here Your Certificate

Path Completion Award



[CLICK HERE](#)



[CLICK HERE](#)



DISTRICT MEMBER AWARDS - APR. 2023



Education Awards Key

[CLICK HERE](#)



DTM

Div	Member	Name
A	Alessandro Balboni, DTM	Erzelli Toasters
A	Elsa Negri, DTM	The Como Lakers
D	Mario Plasencia	Lakeshore Speakers, Neuchatel
G	Kleopatra C. Chatzigianni, DTM	Piraeus Toastmasters Club
G	Yafit Gabai, DTM	Jerusalem Toastmasters
G	Elena Grammenou, DTM	Athens Toastmasters Academy

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your badge**

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CLICK HERE 

Club Number	Club Name
5141081	Erzelli Toasters
28677349	Toastmasters Tirana
3945106	The Milliners
3471480	Toastmasters Malta
4459254	Novartis Campus Speakers
6597338	RoBaToMaS - Roche Basel Toastmasters
6634	Lausanne International Club
856858	Zuriberg Toastmasters Club
4156916	Top Notch Toastmasters Zurich
1807544	Toastmasters Ljubljana, Slovenia
6560306	Erster Grazer Rhetorik Club
2548956	Istanbul Turkce Toastmasters
28675799	Anatolia Toastmasters
4966081	Anadolu Toastmasters



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Club Number	Club Name
2257862	Toastmasters Torino
1399930	Toastmasters Roma
5287596	Navigli District Toastmasters
1528211	The Xplorers Toastmasters
9176	Milan-Easy Toastmasters Club
1153360	UN Geneva Toastmasters
1527955	Verbissimo
2528283	International Toastmasters Club of Nyon
5507222	Lakeshore Speakers, Neuchatel
587599	Turicum Toastmasters
851701	Rhetorik Club Zürich
7025220	Toastmasters Villach
5566255	Jerusalem Toastmasters
6072551	Haifa Toastmasters
1042863	Istanbul Toastmasters

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your badge**

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**Download here
your certificate**

CLICK HERE ✨

Club Number	Club Name	Club Number	Club Name
5048	International Geneva Toastmasters Club	7779992	Toastmasters Rimini Riviera
28677321	BMS Boudry Toastmasters	551	Vienna Toastmasters Club
1526200	Hellenic Toastmasters Club	7873070	NIL Master Talk Toastmasters Club
28676099	Boston Scientific Turkiye Toastmasters	4462803	Toastmasters Business Park
3601575	Toastmasters Rhetorikklub NOE	6585920	Trucks & Tricks
2959165	Toastmasters Luzern	3704211	SPQRs
3632281	Toastmasters Monza	5896838	Impact Toastmasters Geneva
1833930	Rhetorik Club Winterthur	3906	Zurich Club
6955832	Blue Danube Leaders	1490250	Wiener Toastmasters Rhetorik Klub
7200675	Polito Toastmasters Club	3657306	The Verona Toastmasters Club
3436	Bern Toastmasters Club	7091691	UBS Toastmasters Europaallee

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Division Contests

Behind the Scenes of a Contest: What the Audience Never Sees

Organizing a Toastmasters contest? It's a bit like directing a play. The audience sees the magic... but backstage? Pure chaos the good kind!

📁 Registrations come in late, incomplete, or from people who don't remember signing up.

🔄 Last-minute changes are the norm: contestants drop out, judges disappear, speaking orders shift.

🕒 The timer? Sometimes they're late, sometimes the green card won't show and your heart rate rises with every second.

🍷 Briefings turn into speed-dating sessions, and officials land in the wrong breakout rooms. And yet... it all works out. The show goes on. Speeches shine. Winners smile



💡 Tips & Best Practices:

1. Create a WhatsApp group for officials.
2. Prepare briefing templates.
3. Always have a backup timer and emergency judges.
4. Keep your sense of humor it's your best tool!

Katia Burdet
PQD D109

🎪 Mistakes? Plenty. But that's part of the magic.

Behind every contest is a team that runs, solves, and smiles through it all. Every little hiccup becomes a new lesson in leadership and sometime in patience.

So... what happens behind the scenes at your contests? Write me because every misadventure helps us grow. And hey, sometimes it makes for a great story too!

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on-demand



WEBINAR

UPDATE

The On-Demand project pairs speakers with dedicated coach-mentors to craft a 12-minute presentation on a topic of the speaker's choice. This format offers a unique opportunity to experience the challenge of delivering a longer presentation (inspired by TEDx format), moving beyond the usual 5-7 minute format. It's an experience that asks, "what is a story worth telling?" and "what is it like refining a speech repeatedly until it reaches its full potential?"

The project is on-going and several pairs of speakers and coaches are already collaborating closely, creating an enriching, and dynamic environment. Speakers are eager to learn, while our skilled coaches are committed to helping them grow. It's the essence of the Toastmasters community – a space for mutual support and personal development.

If you are ready to challenge yourself, sharpen your skills, and gain a deeper understanding of your own potential, click the link to register today and start your journey toward excellence.

Yafit Gabai,

PQD Team, Jeusalem Club, G4, D109



If you are passionate about sharing knowledge, engaging and inspiring others and would like to increase your visibility and expertise as a public speaker, then this is for you.

Take the opportunity to shine and apply to be a Speaker. Apply to be a speaker now, link below:

Speakers

APPLY NOW >>

If you are enthusiastic about self-development and specialize in guiding individuals to prepare their presentations and empower them in fine-tuning their abilities, join us in this exciting project.

Let your passion come into action. Apply to be a Coach now, link below:

Speakers' Coaches

APPLY NOW >>



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It's Way More Than Just a Vote!



Marco Ambrogio

⚠️ But don't forget: **the journey doesn't start in May.**

Identifying potential leaders, promoting leadership roles, and engaging members in club life are valuable activities that should be carried out during the months leading up to the elections. Afterward, another essential task must take place: the handover that must be completed before the new ExCom tenure begins.

To support District Officers in guiding this process, **Marco Ambrogio from Toastmasters Malta, is currently exploring a potential DTM project** focused on this topic.

The Project goal: to create a clear, useful, and easy-to-use format to support clubs and members during this crucial leadership transition.

💬 **Want to learn more or get involved?**

Strong elections are not the end of a process — they're the beginning of a new adventure.

Preparing and supporting future leaders means ensuring continuity, growth, and a healthy future for our clubs.

Are you ready to start your transition?



"Every year, Toastmasters gives us an extraordinary opportunity: to choose the leaders who will guide our club into the next year.

But be careful club elections are not just a formal step. They are an act of vision, responsibility, and investment in the future."

📌 **When should elections take place?**

"According to the Club Leadership Handbook, the ideal time to elect the new Executive Committee is in May. This allows the incoming team to start preparing in June, enabling them to hit the ground running from July 1st. (For those clubs with 6-Month ExCom Terms, elections shall be held in May and November for terms to start on July 1st and January 1st.)"



[CLICK HERE](#) 

👉 [JOIN HIS TEAM](#)

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EVERY MONTH

[CLICK HERE](#)



Peer to peer details:

PEER-TO-PEER MENTORS

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CLUB GROWTH DIRECTOR CORNER

GROWTH ACCELERATION SERIES

Momentum Is Building!

Our Club Growth Acceleration Series is officially underway—and we're off to a powerful start!

We kicked things off with an inspiring webinar led by Evrim Sengules, Division A Club Extension Assistant, titled “**Make Your Mark: Build a Toastmasters Club, Create Lasting Impact.**” Evrim helped us reimagine club building as a bold, entrepreneurial journey—one that combines vision, market understanding, and heart. If you missed it, don't worry, you can catch up on it on our YouTube channel, and you can come to many of our other webinars coming in April.

Who should attend?

- Aspiring DTMs looking to grow their leadership experience
- District officers focused on club building and member engagement
- Members curious about learning startup fundamentals

Join us and take your club growth journey to the next level!

Club Growth Director
Open Office Hours
2° and 4° Monday
18:00 CEST



 **District Club Growth
Cavalry Chat
“Support Line”**

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District 109 Core Team

Save the date and register here



April 11 19:00 CEST

Francesca Gammicchia, DD D109

INCLUSIVITY VS. CANCEL CULTURE

Fostering Inclusivity without falling into the trap of the Tolerance or the Cancel Culture

April 25 19:00 CEST

Steve Campion, CGD D71

EMPOWER YOUR WORKFORCE

Bringing the benefits of Toastmasters to employers and organizations



April 28 19:00 CEST

Endri Ndoni, President Tirana Toastmasters

TOASTMASTERS FLET SHQIP (MË NË FUND!)

Read: Toastmasters Speaks Albanian (finally)
Breaking New Ground in an Uncharted Territory

May 1 19:00 CEST

Panagiotis Karanikas President Thessaloniki TM

BACK-TO-BACK CHAMPIONS

Leadership, Culture, and the Thessaloniki Way



UPCOMING SESSIONS WILL COVER - (JUNE)

- How to speak to the corporate world
- Hosting impactful corporate summits
- Creating high-retention clubs with strong educational value.

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District 109

ITWORLD BULLC

ACCELERATION

START-UP SKILLS

April 26th, 2025
REGISTER HERE

A six-hour deep dive into topics that can supercharge your club growth efforts.

We'll explore how to define your marketing persona, craft a unique value proposition, and identify real opportunities in your community or company.



Agenda

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District 109 Core Team



REIGNITE YOUR TOASTMASTERS JOURNEY – GET REWARDED!

Ready to make a comeback? Reinstating your membership comes with exclusive rewards!

🌟 Reinstatement Incentives:

- ✓ 1 Reinstated Member → A Club Ribbon Pack (25 pcs)!
- ✓ 2 Reinstated Members → Club Roll-Up Banner (Digital File Reimbursement)
- ✓ 3+ Reinstated Members → Club Roll-Up Banner (Digital + Local Printing Cost Covered)!

Reconnect, grow, and inspire – all while earning fantastic perks for your club! Let's bring members back and strengthen our community!

For info and guidance
write to Laor Glukhovsky
cgd@district109.org



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Congratulations



District 109: Ranked #1 in the World

At the time of writing, District 109 was officially **ranked #1 in the world in year-to-date membership payments** compared to our base—at an outstanding 93%!

To all our Division Directors, Area Directors, and their Assistants: congratulations. At the beginning of this year, the trio set a bold vision: to be in the Top5 districts in the world. Thanks to your tireless efforts, we are seeing that vision come to life. You've gone above and beyond, and your leadership is bearing real fruit.

And to our **Club Officers and Members: this achievement belongs to you** just as much. You are the ones creating welcoming meetings, supporting your members, following up with guests, and keeping your clubs vibrant and alive. Every membership renewal and every new member is a testament to your dedication.

As Club Growth Director, I am truly amazed by what we've accomplished together. Let's carry this momentum forward and finish the year stronger than ever. We've shown the world what District 109 is capable of—and the best is yet to come.

Yours,

Laor Glukhovsky

Club Growth Director
District 109, 2024-2025

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District 109 Core Team

Are you looking to become a club sponsor, or become a charter member?

Then we are looking for you! We currently have several clubs that are prospective, i.e. just about to start, and need those 20 members to charter.

District 109, Newsletter article, Club Sponsor, Club Mentor, Club Coach requirements, When there is an interest to open a new club, there are several support from experienced members. The District Club Growth Director reaches out to the Toastmasters network asking for support to build up the new club:

Two Club Sponsors and Two Club Mentors are required.

Club Sponsor [CLICK HERE](#)

To be a new club sponsor, you need to have:

- Organizational skills to set up the new club, plan a demo meeting and a charter
- presentation
- Administrative skills to set up regular club meetings
- Eye for details to complete the paperwork and submit to WHQ/TMI
- Ability to generate enthusiasm for the new club to the new members
- If you have all the skills above, District 109 needs you to support prospective club to become chartered ie an established club with minimal 20 members. The duration is till the club's chartered date.
- For detailed responsibilities, refer to 'How to Sponsor a New Club, Starting from Scratch, March 2023'

[Club Mentor CLICK HERE](#)

To be a Club Mentor for a new prospective/chartered club, you need to have:

- Toastmasters knowledge and experience that you can share with the new members
- Leadership skills to build a team of club officers and club members
- Patience and compassion to teach repeatedly and show members where to find the answers.
- Coaching skills to maintain the 20 chartered members
- If you have all the skills above, District 109 needs you to train and coach the 20 chartered members. The duration is from the club's chartered date till 6 months or from the demo meeting.

For detailed responsibilities, refer to 'New Club Mentoring Matters, October 2020'

Completing either Club Sponsor or Club Mentor counts towards your Distinguished Toastmasters (DTM) Award, along with several other requirements. If you have some capacity and time on your hands and want to grow your leadership skills further in Toastmasters, please contact Laor CGQ



[CLICK HERE](#)

Please get in touch:
Laor Glukhovsky, Club Growth Director D109.

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District 109 Core Team





Public Relation Corner

Dues are due!

We are now in our renewals period March 31st is fast approaching. Don't wait until the final moment to renew.

Want to avoid the hassle?

Renew now for a full year to avoid the hassle!



**Talk Up Toastmasters
is ON!** 🚀

Encourage your clubs to boost their energy and membership—let's grow together!

💡 Recruit 5 new, dual, or reinstated members between now and March 31st and earn recognition!

Let's make it happen! 🎉

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“Speak. Share. Shine. Use **#District109**”


**#Toastmasters #PublicSpeaking
#LeadershipDevelopment**

The D109 Public Relations Manager (PRM) Team

*The PRM team want to encourage you to use the
#district109 and @ToastmastersInternational.*



 Boost Your Club’s Visibility with #District109! Toastmasters of District 109, your voice matters! Every speech, event, and achievement deserves recognition.

 Use #District109 in your Club and Division social media posts to:

- Increase visibility for your events and achievements
- Connect with the wider Toastmasters community
- Make it easier for the District Social Media Manager to find and repost your content

Let’s make District 109 shine—one post at a time!

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GOOGLE FORM

Closes 20TH EACH MONTH



Pick from the topics listed below, or suggest your own!

Then, please download the flowchart and follow the provided guidelines.

(The process is quite simple. You can also apply each month with a different story.)



Club Activities & Special Events

- Club Anniversary
- Open Houses
- Special Guest Speaker Events
- Themed Meetings

Community & Social Engagement

- Community Outreach (TEDx, Rotary, Corporate Clubs...)
- External Collaborations
- Social Events

Storytelling & Member Spotlights

- What's your story? Why did you choose Toastmasters?

Recognition & Awards

- Awards for Members, Clubs, Areas, & Divisions
- Recognition of Members, Clubs, Areas, & Divisions
- I want to acknowledge my team for their amazing work!

Speech & Contest Events

- Area Contest
- District Conferences
- Speech Contests
- Speechcraft

Education & Training

- Club Officer Training (COT)
- Educational Workshops
- Toastmasters Leadership Institute (TLI)

GOOGLE FORM

re-open 5TH EACH MONTH

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District 109 Core Team

Join Embajadores! Your voice in Spanish deserves to be heard.

The power of spanish voices in Switzerland

Embajadores TM is the newest and only Spanish-speaking Toastmasters club in Switzerland, and open to the world - a vibrant, multicultural community that celebrates the richness of the Spanish language through public speaking.

Since our launch in November 2024, over 115 people connected from diverse places such as the **United States, Panama, Puerto Rico, Argentina, France, Italy, Spain, Poland, Israel, and of course, Switzerland**, have attended our first 8 meetings. With an average of 15 participants per session, many return for more. The atmosphere is so inspiring that a poem and two songs have even been created in honor of the club!

With 95% satisfaction and a tripled LinkedIn community, we know we're on the right track. Thanks to our five dedicated officers, we're on our way to becoming an officially chartered TMI club.

Willing to grow in a warm, diverse, and energetic Spanish-speaking environment?

Join Embajadores! Your voice in Spanish deserves to be heard.

Facebook - Instagram - LinkedIn - MeetUp



Carla Giugliano - President & VPPR
Néstor A. Bartolomei - VPE & SAA
Adriana Rojas Saldarriaga - VPM
Jessica M. Ruperto - Secretary
Orlando Henao - Tesorero

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Hablas Español?

Conéctate y crece con nosotros en español.

[Click here](#)
Regístrate hoy!
3sclub.ch



Leonilda Renaldo



DPRM109 Néstor A... Kin Sanchez Nina - Ma A RojasS Eva Morote

Luis Lp

Jessica

Giugliano

Amigos

Mejora

Fluidez

Practica

lidera

Embajadores TM, Eva Morote: **Donde mi voz en español encontró propósito.**

Descubrí el Club Embajadores en un momento clave de mi vida.

Aunque había hablado en público muchas veces, nunca lo había hecho con la misma intención y emoción que cuando lo hice en mi lengua materna.

Embajadores me ofreció algo más que un espacio para practicar oratoria; me brindó una comunidad donde el español no solo se habla, sino que se celebra.

Soy antropóloga, pedagoga y profesional con casi 25 años de experiencia en UPS España, donde he trabajado en entornos de Alta Dirección y Recursos Humanos.

En 2023, me uní oficialmente a Toastmasters a través del club corporativo de UPS, donde ejercí como presidenta. Desde noviembre de 2024, soy directora del Área B1, apoyando a clubes corporativos en Bruselas.

Este recorrido me ha permitido conocer muchos clubes, pero Embajadores tiene algo especial: une a hispanohablantes de todo el mundo bajo un mismo objetivo: comunicar con claridad, empatía y propósito.

Cada reunión en Embajadores es un encuentro de ideas, culturas y voces que comparten el deseo de crecer y conectar de forma auténtica.

Aquí, cada voz cuenta y cada acento enriquece. Para mí, hablar en español en este club es más que un acto de comunicación; es una forma de volver a mis raíces y ayudar a otros a encontrar su propia voz.

Además, soy mentora activa para la comunidad hispana tanto en Europa como en Estados Unidos, promoviendo la comunicación auténtica como puente para el crecimiento personal y colectivo, de esta forma me arraigo mas y mas al distrito 109 gracias a Embajadores el primer club toastmasters de Suiza que habla Español, y para el mundo entero.

Area Director B1 -
Distrito 59
Corporate Clubs Belgium
& Member of
Embajadores TM
District 109



[Regístrate hoy!](#)
3sclub.ch

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Register NOW



LEAD LOUD

SPEAK PROUD

4th Chios International Camp

Date: June 05-09, 2025
Location: Chios - Psara

Register Now!



Event Details:

Dates: Five days (four nights) in June , from 05/6/2024 to 09/6/2024.

Location: Chios Island, with a day trip to Psara.

Program Highlights:

Sightseeing Tours: Explore the stunning island of Chios and its historical landmarks.

Outdoor Activities: Enjoy swimming, hiking, and other outdoor adventures.

Day Trip: Experience the charm of Psara and enjoy fresh sea-food.

Toastmasters Meetings, Workshops and Activities:

- ◆ Chios Club Meeting
- ◆ Table Topics game
- ◆ Debate game
- ◆ Workshops

Dinner: Celebrate with a Closing Ceremony and Awards, with dinner and live music.

Welcome Cocktail: Kick off the event with a welcoming cocktail and finger food at the Chandris Hotel after the Friday Chios TM Club meeting.

LEAD LOUD
SPEAK PROUD



George Missetzis

Member of the Organizing Team Chios TM Club Sergeant at Arms

chios.toastmastersclub@gmail.com, ☎ +30 6981000620 f:Missetzis George

We invite all District 109
Members to this celebration!!!

George Missetzis

Cultivating growth, TOGETHER!



Celebrating the Future: YLP at Hensemberger Monza

On Monday, April 14th, 2025, Toastmasters Monza proudly celebrated the final session of the Youth Leadership Program (YLP) at Istituto P. Hensemberger. More than a series of meetings, YLP is a mission—to bring the power of communication and leadership into schools and into the hands of the next generation. And Toastmasters Monza is on fire: they delivered two YLPs this year!

In an educational landscape that prioritizes grades over growth, we as Toastmasters have the opportunity to offer something powerful: a chance for young people to discover their voice, build confidence, and develop presence.

Over six dynamic sessions, students explored voice control, body language, debate, impromptu speaking, and teamwork. The final evening was more than a celebration—it was a powerful reminder of how deeply this journey has impacted not only the students, but everyone involved.

This project came to life thanks to the dedication of Toastmasters members:

- Annalisa Crespi, Filippo Robert, Giovanni Fortunato, Antonio Sicilia, Daniel Neamtu, Claudio Russo, Giorgio Ferri, Mario Stefanini, Andy Barbiero, Alessandro Grop, Alessandro Mazzeo, and Cristina Guglielmini.

The words of the students moved us.
Their growth inspired us.
They are the why behind
our passion for YLP.


Grete Merlyn Kaljunmäe

Area Director, Area
2, Division A, D109

Connect with us **HERE**
info@gretemerlyn.it



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 **BOOK NOW**



Maltalink: D109 Spring Conference 2025

Discover, Connect, and Grow

update

When?
Thursday, 15th to Sunday

DoubleTree by Hilton Malta in St. Paul's Bay. Nearby attractions include Bugibba and Qawra.

Getting Around

Travel from Malta International Airport to St. Paul's Bay in 30 minutes by car or 1 hour 20 minutes by public transport.

> Ask in our MALTALINK **Whatapp group!**

Paola Perina
- D109 Conference PR Manager,
Verona Toastmasters, Area 4,
Division A, D109

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District 109



[> BOOK NOW](#)





Big News: Interactive Agenda+ Workshops + Travel Tips for Maltalink 2025!



Panel discussion:

Adopting a Toastmasters Mindset: A Bold Approach to Branding and PR for Club Officers, and Insights for Entrepreneurs



Nigel Thew

Freelance Researcher in Environmental Archaeology and Quaternary Geology

Panel discussion: Adopting a Toastmasters Mindset: A Bold Approach to Branding and PR for Club Officers, and Insights for Entrepreneurs

The aim of the panel is to inform and reply to audience questions about different aspects of PR for clubs and the District, including challenges faced and opportunities available both now and in the near future. The panel is also there to provide advice and guidance for entrepreneurs about how to achieve their goals.

Each panellist will bring insights and observations based on their professional and Toastmasters expertise, to ensure maximum clarity and relevance for the discussion. A panel moderator will help keep things flowing and act as an interface between the panel members and the audience.

The first 30 minutes will be the panel replying to pre-prepared questions that reflect the diverse challenges and opportunities faced by those working for club PR, and entrepreneurs within the District. The second 30 minutes will be taken up with the panelists answering audience questions.

- Néstor A. Bartolomei: Branding, Market outreach, PR strategy (D109 PRM)
- Matt Podgorski: Marketing, AI, Social Media Automation (D109 Admin Manager)
- Tarek Desir: Communications planning, Club outreach, PR strategy (IP)(D109 PRM)
- Paola Perina: Marketing, AI, Content creation, PR strategy (past D109 PRM)
- Jessica M Ruperto: Legal aspects, Compliance (Secretary Embajadores TM Club, CH)
- Franklin Moya: Club PR, Club outreach, Event creation (VPPR UN Geneva, CH)
- Nigel Thew: Panel moderator (immediate past Director Division D)

PR Panel

Panelists from right:
Nestor A. Bartolomei, Matt Prodgorski, Paola Perina
Franklin Moya, Jessica Ruperto, Tarek Desir

Conducted by: Nigel Thew

Sunday, May 18 | 10:00-11:15



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District 109



Big News: Interactive Agenda + Workshops + Travel Tips for Maltalink 2025!



Floris Robert Slob

Guide & Generator of Sustainable Transformation – Resilience & Well-being Advocate – Published Author

Workshop: Energy@Work! – A Vibrant Pathway to Regenerative Leadership

In today's disruptive world, where change is constant and uncertainty is the norm, organisations often focus on productivity, efficiency, and results—the “doing” side of work. But what if the key to long-term success, resilience and adaptability lies not just in what we do, but in **who we are while doing it?**

Energy@Work! is a high overview and compact immersive thought leadership workshop designed to shift the way leaders and organisations view success—moving from a transactional mindset to one that embraces the transformative power of being. At its core, every company is not just a structure, a system, or a set of processes—it is a living and vibrating entity of **collective human energy**. The way people **show up, engage, and align** with a shared purpose shapes not just their effectiveness, but the very fabric of the organisation's success.



Monica Dimitriu, DTM

Executive Certified Coach, Trainer, Author, International Speaker

Workshop: Navigating Conflict with DISC: A Leadership Approach

Join Monica Nicole Dimitriu for an immersive and transformative workshop at the Toastmasters District 109 Conference in May 2025. In “Navigating Conflict with DISC: A Leadership Approach,” Monica will guide participants through an engaging and interactive experience designed to elevate leadership and conflict resolution skills to new heights.

Combining the art of conflict management with the powerful insights of the DISC personality model, this workshop offers practical strategies for resolving conflicts, fostering collaboration, and enhancing communication within Toastmasters clubs and beyond. Through role-playing scenarios, dynamic discussions, and hands-on exercises, attendees will learn to leverage the unique strengths of each DISC personality style to create harmony and drive results in any team or organizational setting.



Eric Fingerhut, DTM

Leadership Coach and Facilitator

Workshop: Influence and Persuasion—Maximizing Your Impact

Influence is at the heart of leadership, whether you're guiding a team, leading a project, or inspiring change. Yet, many professionals struggle to make their voice heard or adapt their approach to different stakeholders. This workshop provides practical tools to enhance your ability to persuade and influence authentically and effectively.

Influence is not about authority—it's about impact. This interactive session will introduce the key distinction between push and pull influencing styles and explore techniques such as inspiration, bridging, assertiveness, and persuasion. Participants will gain insights into their natural influencing style, experiment with different approaches, and learn how to flex their style to suit various contexts.

Through hands-on exercises and real-world scenarios, you'll discover how to build credibility, engage stakeholders, and drive action—whether in meetings, presentations, or negotiations. By the end of the session, you'll have a personalized strategy to enhance your influence in both professional and personal interactions.



Olga Wollinger

CEO of the Travel Company Wollinger

Workshop: Visual Content = Personal Brand: How to Capture Attention and Influence

You are your brand. The question is, do others know it? In a world where visual content rules, you either stand out or fade into the background. If you want your brand to be a magnet for your audience, this masterclass is your ticket to high visibility, trust, and influence!

This workshop is not just theory, but practical tools and strategies to help you build a strong visual brand. You either build a powerful brand, or you stay in the shadows. The choice is yours!



Roberto Santoro

Software Developer, Talent Management Director

Workshop: The Origins of Western Rhetoric: Ancient Greeks and Romans

In terms of public speaking, where do we come from?

As Toastmasters, we engage with rhetoric on a regular basis. And yet, we don't often discuss the fascinating origins of this ancient discipline. Several great rhetors from the past paved the way for us, providing theoretical frameworks to rhetoric that are still extremely useful and relevant today.

This seminar will explore how Western rhetoric was born in Ancient Greece, and how it was later assimilated and developed by the ancient Romans. Get ready for an unexpected journey! Did you know that rhetoric played a central role in a huge “philosophical war” between the Sophists and Plato? We often refer to the Aristotelian triad of ethos-pathos-logos, but what did Aristotle actually think about rhetoric? How did Cicero memorize the long, complex speeches that he masterfully delivered in the Roman Senate? Can we adopt his method?

As public speakers, we stand on the shoulders of giants, and we can learn a lot from these great thinkers. In this seminar, we will examine how their teachings and frameworks can be applied to analyze modern famous speeches, and what each one of us can take away and apply to improve our future speeches.



Penny Wilkie

Change Management Consultant

Workshop: The Change Catalyst: How to Spark and Sustain Transformation

Change is everywhere, yet making it happen—and making it last—is one of the toughest challenges we face. Whether in our personal lives or within organizations, transformation often feels like an uphill battle. But why? And more importantly, how can we improve our chances of success?

In this engaging and interactive workshop, we'll explore the psychology of change, uncover why it's so difficult, and learn practical strategies to make change easier and more sustainable.

Designed for Toastmasters and leaders alike, this session will equip you with actionable insights to drive transformation—whether for yourself, your club, or your organization.

Join us and discover how to become a **Change Catalyst!**

Share Travel Plans & Save on Costs!

Want to make your Maltalink experience even more enjoyable (and affordable)? Connect with other attendees and coordinate shared transportation and accommodations!

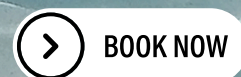
We've set up a Google Sheet where you can list your travel plans and find fellow Toastmasters to carpool with or split hotel costs.

It's a great way to save money and start networking before you even arrive!

Benefits:

- Save money on hotels and transport
- Find travel buddies

Build connections before the event!



**Join the carpool & room share list:
Contact Matt Podgorski:
Email: matt.podgorski@gmail.com
WhatsApp: +49 176 567 657 56**



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District 109

Join Us for a Fun Toastmasters Day Cruise in Malta! 🚢

What's more thrilling than a Toastmasters social event, let alone on a boat?

Tall Tales at Sea! 🚢

Join the ALLeGROTTO cruise to visit Malta from the shore, connect over coffee ☕, share creative Tall Tales, and have fun in activities with fellow Toastmasters. Celebrate achievements during a day cruise

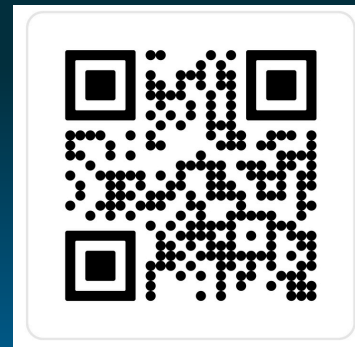
A journey as adventurous as our stories! 🌈🌞🌊

Don't miss this chance to enrich our community and create lasting memories as a toastmasters!

Patricia Mansencal,
Event Chair,
Allegrotto Day Cruise Malta

1 Day Cruise
ALLeGROTTO

<https://allegrotto.360serenity.org>



Monday 19th May

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Divisions events

*Attention: Broadcast
chats and Emails*

**MALTALINK District \$\$\$
Award - Conference 2025**

Ask in the whataap group...

**Contest season Updates
MALTALINK, Speakers,
workshops, panel...**

**UPDATES
Mentors & Mentees
Club to Club**

**On-demand videos:
PQD initiative**

**Growth Acceleration
Series (June)**

**Growth Acceleration
Series UPDATES**

**NEW
NEW
NEW
NEW**

**District
team
2025-26**

**Next
edition**

**Club elections season
Event updates
and more
Photos.**

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District 109 Core Team