



Public Speaking Skills

Strength of connection and communication

As summer fades into autumn, we are reminded of the strength of connection and communication. In this issue, **Joe** shares his perspective on effective communication, **Pam** invites us into the richness of Warm Data, and **Kavita** champions young voices through Speechcraft. We cheer on **Claire** and **Dain** in the Area 20 Contest, and share opportunities for you to join upcoming inspiring themed meetings.

Together, as a community, we continue to learn, grow, and amplify voices for a more sustainable future.

Do you want to improve your Public Speaking Skills ?

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Spotlight on Claire and Dain

We are affiliated with Toastmasters International, and each year members from clubs around the world have the opportunity to compete at club, area, and higher levels. Two of our Sustainability Advocates, **Claire Henriques** and **Dain Robinson**, will represent us at the upcoming Area 20 Contest, taking place in person from

Date: Saturday, 18 October 2025 **Time:** 11am onwards

Location: The Hop Poles Pub (1st floor, Kings Room) 17-19 Kings Street, Hammersmith, London, W6 9HR.

Claire will compete in the Humorous Speech Contest, and Dain will take part in the Table Topics Contest.

We wish them the very best of luck x

Together, as a community, we continue to learn, grow, and amplify voices for a more sustainable future.

[Visit Us](#)

Building Confidence Through Speechcraft





 **Thursday 25 November**

 **Harrow – In-Person**

 **4-Week Course**

A fun, supportive programme helping young people gain confidence, strengthen articulation, and discover their potential.



**Course Lead:
Kavita Dulai**

Passionate about empowering young people

Short Public Speaking Course Speechcraft

Kavita Dulai: Building Confidence through Speechcraft

Kavita Dulai is leading a four-week, in-person Speechcraft course in Harrow, beginning Thursday 25 November. Designed for young people

who might not normally have access to public speaking opportunities, the programme helps participants quickly gain confidence and develop essential communication skills.

For Kavita, this work is about much more than public speaking. She is passionate about helping young people believe in themselves, strengthen their articulation, and discover their potential. Through practical tools, supportive mentoring, and interactive exercises, participants learn how to organise a speech, present with impact, and engage an audience within a friendly community.

The course is delivered in partnership with Young Harrow Foundation as part of the Level Up Youth Work initiative, funded by London Funders and City Bridge Foundation, which invests in skills and training for those working with children and young people across Northwest London.

[Our Website](#)

Listen to Joe share how effective communication builds his confidence to talk about sustainability, why understanding your audience matters, and how empathy and storytelling can make challenging conversations more impactful.

[Listen](#)

Warm Data by Pam Pence

This spring, I took Warm Data training with Nora Bateson - systems thinker, author, and daughter of anthropologist Gregory Bateson. Despite the name, "Warm Data" feels more like *Warm, Inviting Meadow*: a relaxed yet intense exploration of complexity and systems thinking, shared through flowing storytelling.

We explored entanglement, inseparability, emergence, presence, acceptance, uniqueness, and unity. Instead of seeking direct solutions, we waited for third- and fourth-order, multi-solving responses to emerge from the collective - trusting that everything affects everything.

In this dance of communication and connection, I came away more curious, open, humble, and wise - less "me," more "us." Immersing in complexity was both challenging and joyful.

The training is offered internationally, both online and in person. If you are curious, visit the Bateson Institute. I also recommend Nora's book *Combining*, which weaves together artwork, poetry, and essays that beautifully illuminate the complexity of life.

For More Information: [Warm Data - The International Bateson Institute](#) .

The climate Fresk workshop turns thousands and thousands of pages of science into just 42 cards from which players build a picture of 'climate change- the causes and effects in just three hours.

More than 2 million people around the world have taken part.

Monday 29th September 2025

Climate Fresk Workshop

Spaces are Limited

[Apply to join Climate Fresk](#)

Upcoming Meetings

Be Part of the Conversation

We have an exciting line-up of meetings this autumn, each designed to spark ideas, encourage learning, build confidence and inspire meaningful discussion. Come along, take part, and hear from our Sustainable Speakers.

 **Monday 22nd September 2025** | *Mental Health Themed Meeting*

 **Monday 13th October 2025** | *No Poverty Themed Meeting*

 **Monday 27th October 2025** | *Children Themed Meeting*

For Themed Meeting Registration Click on Events.

Sign up today !

[Events](#)

Speech Quotations

'We need a new era of Climate diplomacy, and to recognize that we are wholly and truly in this together'.

Cecilia Jastrzebska

(Guest Speaker April 2025)

"...with sustainability, if we align ourselves with certain values, knowingly choose what actions we commit to, that's where we win".

Wiktoria Zielinska

(Club Member August 2025)

"A circular economy is an economy where our goods of today become the resources of tomorrow".

Kaj Sennelov

(Club Member December 2024)

As we close this edition, we are reminded that communication takes many forms - from personal reflections and new learning to contests, courses, and community events. Each piece shared here reflects the energy and commitment of our members.

Thank you for reading and for being part of this journey. We look forward to continuing the conversation together in the months ahead.

Sustainable Speakers Online

London Online



Contact

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