



Dear Members and Friends

Welcome to a November Edition of **Communicating Sustainability with Confidence** .

Effective communication is 20% what you know and 80% how you feel about what you know."

Jim Rohn.

NOVEMBER EVENTS

1. Monday Regular Meeting

13th November 2024:

Theme: Climate Justice

25th November 2024

Theme :Sustainable Food

2 Wednesday Drop-In's

VPE Marc Lottig has crafted weekly sessions to help members strengthen their public speaking skills, test out speeches, and receive valuable feedback in a supportive, small-group setting.

3. Additional Workshops

Find Your **Engaging Voice**, hosted by Andrew Bennett on November 20th.

Watch the Club Business Chat for Zoom link and please try attend, highly recommended!

4. Knowledge Session

Climate Fresk November 18th 2024.

The aim of this **three-hour programme** is to collaboratively solve a puzzle (fun) whilst participants learn about climate change (educational). If you have missed this opportunity to take part, watch out for further workshops facilitated by experienced Facilitator Victoria.

Join a 2025 Climate Fresk: email today!

sustainablespeakers@gmail.com to reserve a space



GUEST Opportunities

You are welcome to observe any Monday meeting

We are here to support your public speaking, leadership and your personal growth. Find out how it all works ? **Register below.**

Climate Fresk open is NOW open to Guests (2025)- 7 spaces only !

email sustainablespeakers@gmail.com to reserve a spot

Short Public Speaking Course (2025)- 10 spaces only !

email sustainablespeakers@gmail.com to register interest

Guest Registration

**"WE CAN'T JUST
CONTINUE LIVING
AS IF THERE WAS NO
TOMORROW,
BECAUSE THERE IS A
TOMORROW."**

- Greta Thunberg on why climate action matters



Exploring Monday's theme Climate Justice

Climate justice aims to ensure that the most vulnerable communities—often the least responsible for climate change—are protected and

empowered in climate action.

Linked closely to the UN Sustainable Development Goals (SDGs), climate justice focuses on:

SDG 1 (No Poverty): Addressing poverty to reduce climate vulnerability.

SDG 3 (Good Health): Mitigating health impacts of climate change.

SDG 5 (Gender Equality): Empowering women, who are disproportionately affected.

SDG 10 (Reduced Inequalities): Ensuring solutions are fair for all communities.

SDG 13 (Climate Action): Promoting equitable, urgent climate action.

SDG 15 (Life on Land): Protecting ecosystems for community resilience.

SDG 16 (Peace, Justice, and Strong Institutions): Upholding rights and inclusive decision-making.

SDG 17 (Partnerships): Encouraging global cooperation for sustainable solutions.

Through these SDGs, climate justice aims to create a fairer, more resilient world



[Register for Monday 11th Nov here](#)



A huge well done -Magda Tafra,

In October 2024, club member Magda Tafra, Professor of Journalism and Board of Creation News Agency, President spoke at the World Congress of Entrepreneurs in Podgorica and Budva. Her subject matter was, 'Monetization of Environment, Social and Governance (ESG)'. Professor Tafra spoke of the transformation of capitalism that connects profit with responsibility. One of the issues discussed was the importance of

integrating the ESG goals into business models to ensure sustainability and competitive advantage in the market.

Magda is also working on establishing a virtual/hybrid centre with courses to train journalists in environmental reporting for sustainability. Well done and best of luck Magda.

Registration- Future Meetings



A huge well done -Shirley Gallagher

On October 22, Dr. Shirley Gallagher, participated in a celebration marking Toastmasters' **100th anniversary**. Held at the prestigious Cork City Hall in Ireland, this event coincided with the exact founding date of Toastmasters, established by **Ralph Smedley** as a leading program in public speaking and leadership.

Dignitaries attending included the Lord Mayor, Councillor **Dan Boyle**; University College Cork President John O'Halloran; and **Dr. Dewi Vliex**, Project Officer for the European Union Climate Pact Ambassadors, Ireland, and member of the South East Energy Agency.

The event featured a variety of topics, with sustainability high on the agenda. Congratulations to all who travelled to make this event a memorable success.

Registration -Future Meetings



A huge congratulations-Colette Ainscough. Here is what Colette shared about our club !

Listen here : EMPOWERING COMMUNICATION for CLIMATE ACTION



A huge Welcome to a new members this month.

We are thrilled to welcome **Coralie Frances**.

Coralie brings an impressive background as a tutor with UCLH NHS Trust and a wealth of Toastmasters and speaking experience.

As a Distinguished Toastmaster, Coralie has held a variety of leadership roles, including Sergeant at Arms, Vice President of Education, and President.

Sustainability is not about doing less harm, it's about doing more good Jochen Zeit

BECOME A MEMBER !

or

email today!sustainablespeakers@gmail.com

Become a member today for a better tomorrow

WHY JOIN US ?

Here are the **top reasons** why people join us which include improving **public speaking** skills, building **confidence**, , networking with like-minded individuals, and **advocating** for **action**.

By developing these skills, members aim to effectively **communicate sustainability** issues and inspire change in their communities and companies



Practice

Your Public Speaking
and Leadership Skills
in a safe space &
Receive feedback

Mentoring

Receive help
from skilled mentors

Workshops

Monthly Workshops and
support to accelerate
your growth and action



Testimonials

Oct 2024

It was a great meeting. Thanks for inviting me! Can we feature your club update in the newsletter? I thought it was brilliant!!

Debbie Williams (Club Growth Director London D91)

If Sustainable Speakers was a fuel it would power environmental change! My third visit to the online club, this last time as a General Evaluator, was more than just an opportunity to observe and give feedback, it was an opportunity to learn and grow. This club is of a very high standard with a hunger and enthusiasm to channel its focus on sustainability.

Jill Segal (London)

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“Communication works for those who work at it.”

John Powell

Yours

Sustainable Speakers Online

PS Wishing you a great weekend

Visit our website



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