



'The art of communication is the language of leadership'

James Hume

Dear Club Members and Friends,

✨ **Welcome to 2025!**

This January, we are diving into the powerful connection between communication and leadership—the core ingredients for driving action and change.

✨ Did you know ? each meeting you attend is a unique recipe designed to nourish your growth?

Warm regards,

Kavita Dulai

Club President

"Where Leaders Are Made"

Toastmasters International

Nourishing Communication and Leadership Since 1924



Since
1924

WE MEET 2ND & 4TH
MONDAY EACH MONTH

SUSTAINABLE SPEAKERS ONLINE TOASTMASTER CLUB

Public Speaking Club

Mentoring Programme

Leadership Focused

Dedicated to Sustainability



Our Website
sustainablespeakers.org

REGISTER TODAY



Are leaders born or made? . It's an age-old question:

We believe leadership can be developed—through practice, feedback, and hands-on experience.

Perfecting the Recipe: Leadership Roles in Action

1. Lead roles eg TMOD, TTM

Transferable Skills : Leading work meetings or community events.

2. General Meeting Roles (e.g. Timer, Evaluator):

Transferable Skill: Providing feedback and decision-making under pressure.

3. High-Performance Leadership Project: e.g. Earth Day Event,

Transferable Skills: Managing large projects or organising events.

4. Committee Roles:

Transferable Skills: Serving on boards, handling team dynamics, or project management.

Members Select Roles

Meeting Sign Up

A Menu of Meetings, Events and Workshops.



At Sustainable Speakers Online, every meeting is like enjoying a carefully planned, multi-course meal where everything works together to create a memorable experience:

The Theme: Like the cuisine of the meal, the meeting's theme sets the tone, bringing a sense of cohesiveness and focus to the experience

1. Monday-A fresh Start 06, Jan 2025, 6:30pm GMT -

The Theme: Kick of 2025

The Task Please arrive with a brief comment or speech that encapsulates three objectives:

- ✓ Your personal aspirations for 2025
- ✓ Your goals for public speaking
- ✓ Your targets for sustainability

Twice a Month, Twice the Growth: Monday Regular Meetings

Don't forget we meet bi-monthly

2. ❤️❤️ Monday 13, Jan 2025 , 6:30pm GMT

The Theme: #My Why and Sustainable Resolutions

The Task 60 seconds only ! Answer the following:

Why you decided to become a member of Sustainable Speakers Toastmaster Club? 😊

- ✓ Tell us why this Club has helped you?
- ✓ Let us know what is your motivation for coming back.

3. ❤️❤️ Monday 27, Jan 2025 , 6:30pm GMT

The Theme: - AI and Sustainability

4. Weekly Wednesday Midweek Bitesize : Drop-Ins

Weekly sessions with City Limits Toastmasters, led by Marc Lottig, offer a fantastic opportunity to strengthen public speaking, test speeches, and practice impromptu speaking in a supportive small-group setting.

SAVE THE DATE: Monday Date: 3 February

5. The Art of Sustainability Communication



7. Members + Guests Opportunities 2025

- ✓ Guests invited to observe Regular Monday meeting and attend after-8 session for a Q n A
- ✓ Climate Fresk Course
- ✓ Short 4 week Public Speaking (Guests only)
- ✓ Carbon Literacy Course

email sustainablespeakers@gmail.com



The “After 8” Segment of Sustainable Speakers Online : The Secret Sauce of Outstanding Online Toastmasters Clubs

At in-person Toastmasters meetings, the room empties quickly once adjourned. But insightful online clubs have discovered that the meeting doesn't have to end there. By offering members and guests extra value, we encourage them to stay a little longer.

Here's why, when our meeting concludes promptly at 8:00 p.m., we extend it for an optional twenty minutes:

- ✓ It's a chance to deepen connections.
- ✓ We serve up additional learning opportunities.
- ✓ Guests get a sneak peek into the heart of our club's supportive culture.

Meet our Change Makers

'Where leaders are made'



Celebrating Kara Dulai: A Leader in Community and Sustainability !

We are excited to share that our Club Member, Kara Dulai, recently spearheaded her work team's 'Giving Back Day' in partnership with the Fields Millennium Green Trust.

This semi-natural space boasts grasslands, woodlands, an orchard, and a natural play area, serving as a vital community asset in a region facing significant social and economic challenges. Kara expressed that volunteering with her Environmental and Sustainability team was a rewarding experience, dedicating time and effort to improve the local

community park. The team's efforts focused on repairing and replacing worn and absent gravel boards along the walkways, as well as performing general maintenance tasks. Great job Kara!

A Heartfelt Thank You to Our Mentor, Marc

A heartfelt thanks to Marc Lottig (Vice President of Education), for his tireless support of his mentees in achieving their goals. **We salute you, Marc, for making a difference in people's lives!**



Kaj Sennelov Steps into Sustainability: A Job Well Done

Kaj, employed by Catcoon, is part of a larger IT, Cronos Group. In recent months Catcoon was tasked with conducting an accessibility and emissions

scan of their website, *cronos-esg.be*. As Kaj's responsibility this represented both his and Catcoon's initial foray into sustainability projects. Regarding emissions, Kaj assessed the average CO2 emissions per page visit and explored ways to reduce them. Additional steps taken to minimize emissions included reducing page sizes by optimizing images and enhancing accessibility to ensure users can achieve their objectives more efficiently with fewer page loads. Well Done Kaj on completing this project!

A Heartfelt Thank You to Our Mentor, Ron

A heartfelt thanks to Ron MacTavish (Vice President of Membership) , for his tireless support of his mentees in achieving their goals. **We salute you, Ron, for making a difference in people's lives!**

Ready to Join



Graham Dunne: Leading the Way in Sustainable Transformation

Founding Club Member Graham Dunne has been incredibly occupied with his studies, work, and a young family, which has kept him from attending club meetings for a while. However, we are thrilled to extend our heartfelt congratulations to Graham on completing his Graduate Diploma in Sustainable Transformational Leadership at University College Dublin. Graham is eager to apply his knowledge in the real world and effect positive change. We have faith in his success and eagerly anticipate his return to our online meetings this year.



Nadia Liapi: Pioneering Sustainability in Marketing

One of our newest members Nadia, earned the “Innovation and Marketing (Level 6) award with merit from CIM (Chartered Institute of Marketing in the UK) as part of her Diploma in Sustainable Marketing. Her project focused on promoting sustainable food consumption using food life cycle assessments in settings beyond retail food labelling. We wish Nadia the very best of luck for the next two exams.



Spotlight on Dr. Shirley Gallagher: Toastmaster Turned Podcast Co-Host.

It comes as no surprise to us at Sustainable Speakers that Shirley would put her Toastmaster skills and eloquent style to co-host a podcast. If you have not already done so take a listen to the Talk Show for Talkers.

Discover the Value of Membership?

Toastmasters International Program: Benefit from the globally recognised Toastmasters educational framework that includes a self-paced training programme and 1:1 mentoring

[Join us](#)



Confidence Building

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



Speaking Skills Development

Learn to craft and deliver powerful messages that resonate with diverse audiences.



Focus on Sustainability

Practise speeches and presentations on sustainability topics, from climate solutions to green innovation.



Personal Growth

Monthly Workshops and support to accelerate your growth and action.



Leadership Training

Build leadership skills that amplify your impact.



Supportive Community

Join a network of passionate individuals who share your values and encourage your personal growth.

Testimonials

Michael May (Ireland)

Sustainable speakers is a fantastic, professionally run, online club in which participants can practice public speaking in a friendly environment whilst learning about the important topic of sustainability. I have visited the club on a number of occasions and found the speeches very educational and inspirational. It's a great opportunity to meet people from around the globe too.

Visit our website



Sustainable Speakers Club

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United Kingdom

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