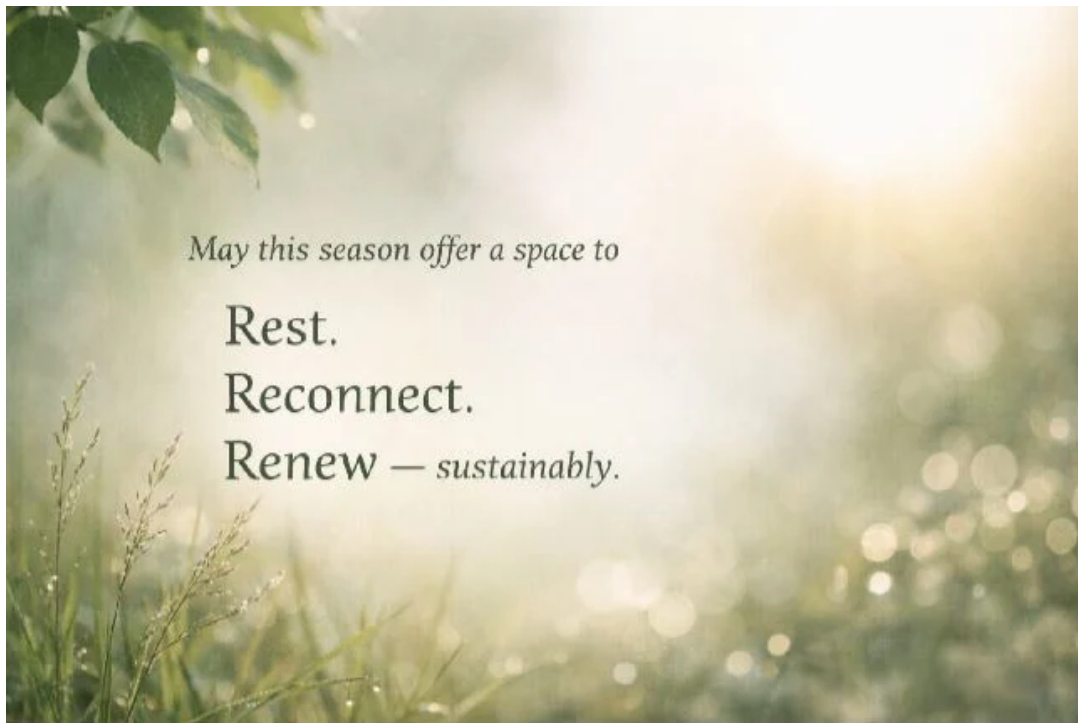




Communication Sustainability Speaking



Every Good Wish to You

Welcome to our Final Newsletter of 2025

Sustainable Speakers

We want to share how our 15 th December meeting gave us the opportunity to reflect on highs and lows of the past year. Members shared personal and professional reflections

through short speeches (2-3 mins),
impromptu speaking and relaxed chat sessions.
President Kaj Sennelov's opening address reflected on the past year in
sustainability. He talked of the
loss of Jane Goodall, the crossing of another planetary boundary and
noted two positives in Norway's
ban on deep sea mining until 2029 and the EU's legally binding climate
targets to reduce greenhouse
gasses by 90% by 2040.

Together as a club we remembered with sadness and great admiration
our late
club founding member, Anthony Day. (RIP)♥



Kavita Dulai's, "Opportunity for Impact" was the first speech. Kavita is lead coordinator of an 8-hour

youth speaking 'Speechcraft' project in-person, London. Kavita gratefully acknowledged the club

members who volunteered to mentor programme participants. She also shared the exciting news that

this work has led to securing a spot at the Toastmaster District 91 Conference in 2026.

We look forward to this event!

There were plenty of muted laughs as "Santa Hit the Roof", **Catherine Barrett's** humorous story about a

Christmas past incident involving Santa and her children.

Ho Ho Ho!

Wiktoria Zielenska shared her reflections on the past year in, "Enjoy the Process". Wiktoria emphasized

the importance of relationships and personal development including a resolution to enjoy the process

rather than focusing solely on the destination.

Wise words we can all learn from!

In "Was 2025 a Year of Positive Change, in a World Gone Mad?" **Rory Jackson** presented engaging slides

on his Ocean Plastic Project for which he explained how it connected Irish and American students

through educational exchanges.

We are looking forward to hearing more about this initiative!

Jama Bulwana delivered a reflective speech about the oceans impact on human life and its ability to

provide peace and connection to nature.

So inspiring and thoughtful listening to "The Beach!"

"Fight Flight or Love" was **Majda Tafra's** speech was about human responses to challenges. Majda

included a vlog of a TV star/journalist she knows personally whose perspective on life choices was

greatly affected by learning about the environmental and social impacts of consumer

Public Speaking Club



Looking ahead to 2026, Sustainable Speakers Online is focused on growth that lasts!

We encourage members to choose a goal that will excite - complete a speech level, take on a role, join

one of our leadership teams, or think about competing at upcoming speech contests. With regular

speaking opportunities, drop-in sessions, a book club and supportive feedback there are many ways to

grow in 2026 at your own pace and in your own style.

As a friend of Sustainable Speakers wondering where to begin, consider this to be an invitation. Join us

in 2026 to explore public speaking for sustainability in a safe space, connect with a supportive global

community and develop your voice in a way that is purposeful and authentically yours!

Join Us in 2026 for speaking skills that are truly sustainable!

[Register for Meetings in 2026](#)

Sustainable Speakers Club

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