



Shenzhen Toastmasters Club

one for all. all for one

Venue: 12th Floor, Xinghua Building, 2018 Shennan Zhong Road, Futian District, Shenzhen

深圳市福田区深南中路2018号兴华大厦A座12楼华亚培训中心(科学馆B出口)

Time: 7:30 pm - 9:30 pm Every Tuesday (每周二晚)



The 309th Meeting

27-Nov-12

The mission of Shenzhen Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop oral communication and leadership skills, which in turn foster self-confidence and personal growth.

Release our pressure

Living in such a rapid developed society, we have to follow the developing steps. Under this situation, many different kinds of pressure are coming with that, they may from your job, your family or the interpersonal relationship..... We all know the pressure are harmful, but how do we release them? let's have a discussion on this topic.

Time	Program	Duration (Minute)	Appointment Holder
19:15	Guest Registration	11	SAA & Others
19:27	Brief Introduction of Meeting Rules	2	SAA
19:30	President Opening Remarks	1	Donnya Zhang
19:32	Introduction of Facilitators by Toastmaster of The Evening * Ah-counter's Introduction * Timer's Introduction * Grammarian's Introduction & Word of the Day	1 2 2 3	Elena Yu Vivi Wu Donnya Zhang Wilson Le
19:41	Table Topics Session <i>To give the members / guests who are not assigned a speaking role the opportunity to "think on their feet" and provide a two-minute impromptu talk on a specific topic prepared by the Topicmaster (TTM).</i>	20 - 25	Hellen Duan
20:07	CC1 : The Ice Breaker Title: <i>My Story</i> OBJECTIVES <i>*To introduce yourself to your fellow club members.</i>	4 - 6	Jerry Rong
20:14	CC9 : Persuade with Power Title: <i>What the Old Man Does Is Always Right</i> <i>*To present a talk that persuades the audience to accept your viewpoints.</i>	5 - 7	Nature Sheng
20:22	Meeting Break	10	All
20:33	Evaluation Session <i>There is no instructor in a Toastmasters meeting. Instead, members evaluate one another's presentations. This feedback process is a key part of the program's success. Meeting participants also give impromptu talks on assigned topics, conduct meetings and develop skills related to timekeeping, grammar and parliamentary procedure.</i>	1	Elena Yu
20:35	Table Topics Evaluation on <i>Table Topics Masters and all speakers,</i>	4 - 5	Ivy Cai
20:41	Individual Evaluation for <i>Jerry Rong</i>	2 - 3	Joan Zhou
20:45	Individual Evaluation for <i>Nature Sheng</i>	2 - 3	Koby Sa
20:49	Ah-Counter's Report	2	Vivi Wu
20:52	Timer's Report	2	Donnya Zhang
20:55	Grammarian's Report	3	Wilson Le
20:59	General Evaluation	10	Ivy Cai
21:10	The moment of truth Guests Introduction and Sharing Time	5	Donnya Zhang
21:16	Closing Remarks	1	Donnya Zhang
21:17	End		

Remarks

- * Please switch off your mobile phone / turn it to silent mode before the meeting
- * please take away your belongings and the trashes when you leave.
- * Please do not talk about anything related to politics, religion or sex during the meeting.

SZTM OFFICER TEAM

PRESIDENT:	Donnya Zhang	18688778452 1033984535@qq.com
VPE:	Jasmin Zhai	13823541686 jasminzhai@163.com
VPM:	Joan Zhou	13620980456 zhoujuan7005@yahoo.com.cn
VPPR:	Martin Zeng	18923811052 mzeng@auscompliance.com.au
SECRETARY:	Nature Sheng	13699883347 smilentsheng1124@yahoo.cn
TREASURE:	Joan Zhou	13620980456 zhoujuan7005@yahoo.com.cn
SAA :	Hellen Duan	13714244970 s927068@163.com
SAA :	Tanny Tang	13049481606 tannytang@yahoo.com.cn

Timing Rules (Please EFFECTIVELY Use Your Limited Stage Time)

Timer's Signal	Green Card	Yellow Card	Red Card	Applause
Speeches within 3 Mins	1 min left	30 secs left	Time is Up	15 secs leeway
Speeches over 3 Mins	2 mins left	1 min left		30 secs leeway



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<http://www.douban.com/people/SZTM/>