

D6 TOASTMASTERS TLI

Type in Chat: Why did you join Toastmasters?

BUILD CONFIDENCE? MAKE FRIENDS? GROW
PUBLIC SPEAKING SKILLS? GROW LEADERSHIP
SKILLS? NETWORK? YOUR BOSS ASKED YOU TO?

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Unlocking your STAR power

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Topics of this Presentation



- Get to know Me
- Why I joined Toastmasters
- Unlocking my own star power
- How you can unlock your power
- Q&A

HEALTH COACH

Certified Personal Trainer
Specialist in Fitness Nutrition
Nutritional Therapy Practitioner*
Trainer for Camp Gladiator

**Certification obtained in 2021*

ETERNAL OPTIMIST

If the grass is always greener on the other side, you're not watering yours enough. - My Dad



Who am I?



Why did I join Toastmasters?



I WAS ASKED TO DELIVER A PRESENTATION IN FRONT OF 150 PEOPLE ON WHAT IT WAS LIKE TO BE A CAREGIVER FOR MY MOTHER WHO WAS LIVING WITH **ALZHEIMER'S**



@beautyfaithfit
#UnlockStarPower

1 in 6

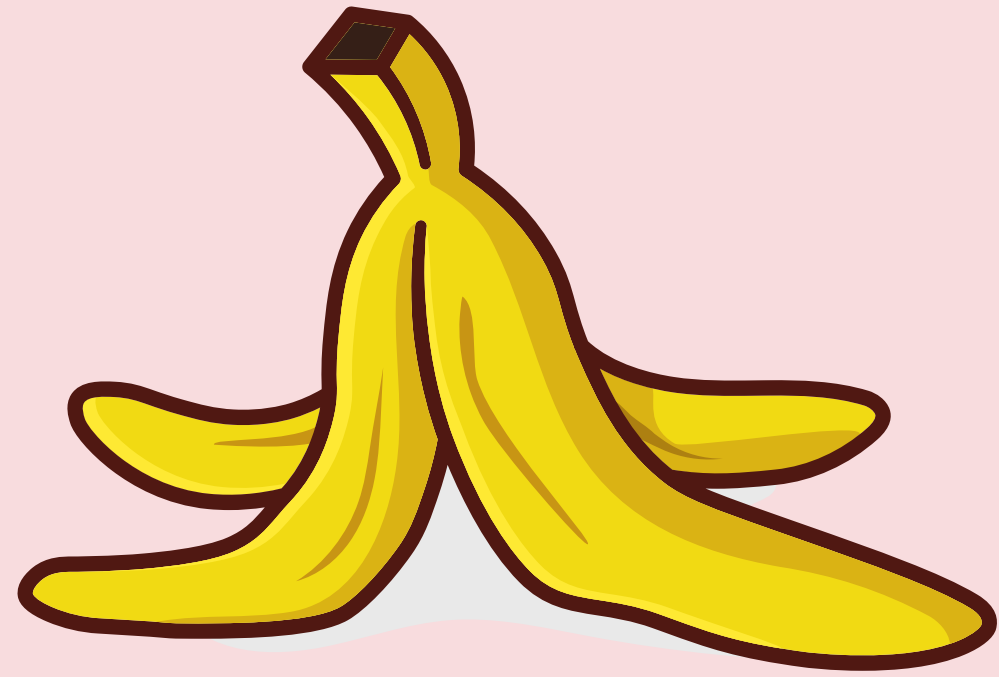
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PEOPLE WILL DIE FROM
ALZHEIMER'S DISEASE.

(ALZHEIMER'S ASSOCIATION 2020)

THE STATISTIC

WHAT EXACTLY IS STAR POWER?



@beautyfaithfit
#UnlockStarPower

How did I unlock my Star power?

■

I had to get real about my limiting beliefs.



**SIMPLY PUT,
I HAD TO BE VULNERABLE.**

A BELIEF YOU BELIEVE THAT IS TRUE,
THAT LIMITS YOU IN SOME WAY.

THESE BELIEFS COULD:

Hold you back from making certain choices

Keep you from seeking opportunities

Prevent you from seeing or using your personal gifts

Keep you stuck on the negative aspects of your circumstances

PERSONAL EXAMPLES:

"I am not good enough"

"I can't handle it"

"I don't have enough _____" (Insert time, support, experience, money, etc.)

"I don't want people to think I am stupid"

WHAT IS A LIMITING BELIEF?



What did I do about mine?



I joined Toastmasters

I fostered an environment that was supportive

I took the limiting beliefs, and wrote the opposite down

I reminded myself DAILY of the inverse of the limiting belief

I shared me personal, vulnerable story in front of 150 colleagues



**I AFFIRMED TO MYSELF
I AM WORTHY**

WE HAVE A RESPONSIBILITY TO SHARE OUR STORIES

OUR VULNERABLE STORIES
CAN SERVE OTHERS

We can support one another.

IT SERVES OUR PURPOSE

We are on this earth for a purpose

MAN IS NOT MADE
TO LIVE ALONE

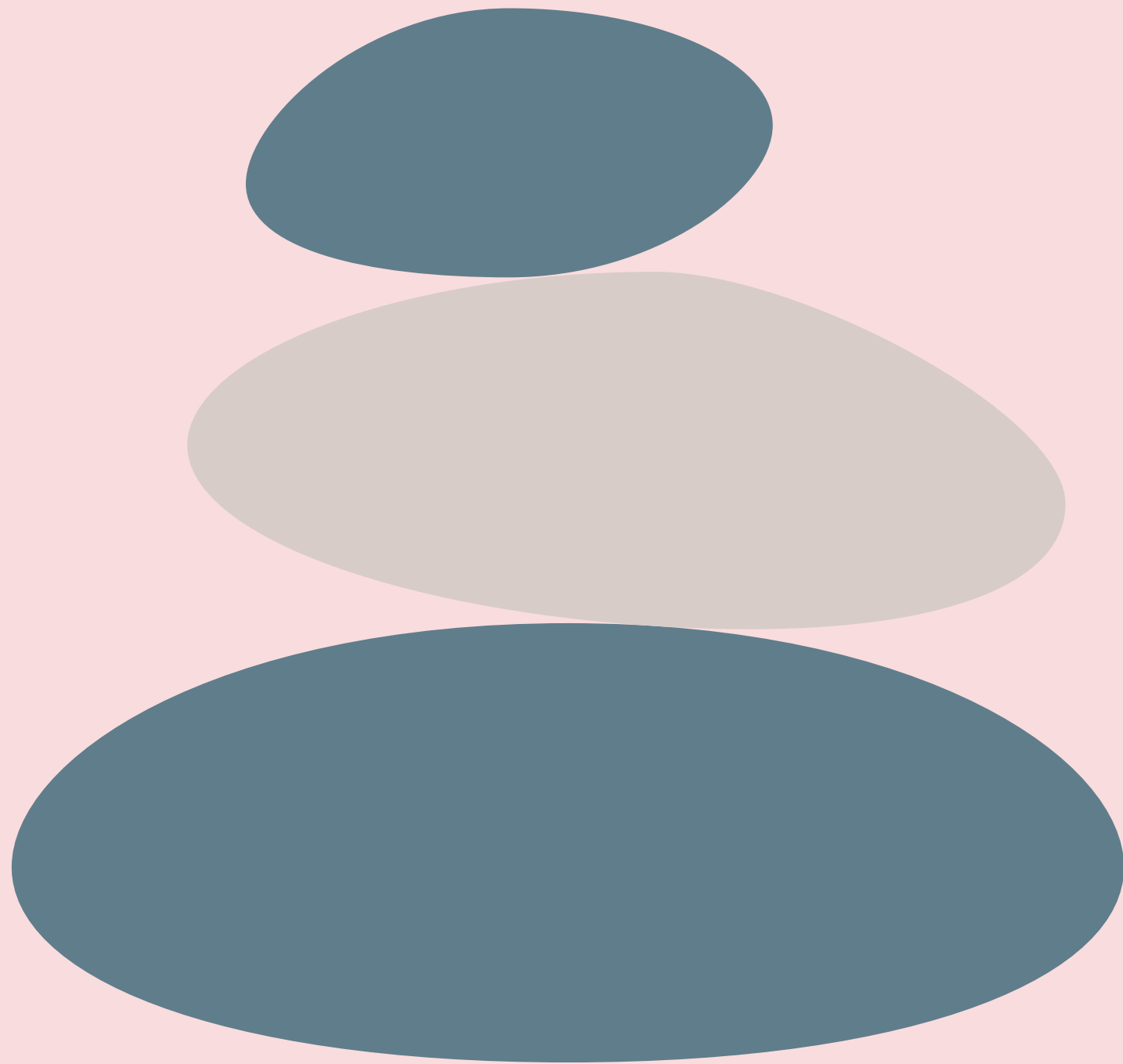
We are here to connect

PRESENCE OF
OTHER PEOPLE

We validate our humanity

REGARDLESS OF WHO WE ARE, HOW WE WERE RAISED OR WHAT WE BELIEVE, ALL OF US FIGHT HIDDEN, SILENT BATTLES AGAINST NOT BEING GOOD ENOUGH, NOT HAVING ENOUGH AND NOT BELONGING ENOUGH. WHEN WE FIND THE COURAGE TO SHARE OUR EXPERIENCES AND THE COMPASSION TO HEAR OTHERS TELL THEIR STORIES, WE FORCE SHAME OUT OF HIDING, AND END THE SILENCE.”

BRENÉ BROWN



There will always be people
throwing stones, but in reality
you should thank them for
the stone.

You have the power to use
those stones to build a
foundation and **level up.**

**THERE'S BEAUTY IN
THE BREAKDOWN
BUT THERE'S GLORY
IN THE GET UP.**

KENDALL TOOLE



**OBSERVE AND
PRACTICE
THESE FOR
YOURSELF**



The Traits of STARS



They are hopeful



They are grateful



They are authentic

Putting it into ACTION

DO NOT
POSTPONE YOUR
STORY

It is your responsibility to
connect.

NEVER
UNDERESTIMATE
YOUR RESILIENCE.

Each one of you has star
power.

REVERSE YOUR
LIMITING BELIEFS

You will achieve what you
believe.

**The real question is,
not how, not why,
but WHEN?**



Q&A

THANK YOU!



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