



Rostrum Club 23

Visitor's Brochure

find your voice

Welcome to Club 23. We're delighted you have come along to one of our meetings and hope you enjoyed the experience; we hope you will visit us again in the near future. In the meantime, here is some further information about Club 23 and Rostrum in general.

What is Rostrum?

Rostrum is an organisation that focuses on the personal development of members.

Rostrum clubs consist of members who meet on a regular basis to improve their skills in public speaking and meeting procedure. Each club is part of a larger non-profit, non-political, non-sectarian organisation that promotes and facilitates improved public speaking and meeting skills.

Rostrum clubs

- provide a relaxed environment in which to overcome nervousness and learn and practice public speaking and meeting procedures.
- are a great place to meet friendly people and increase your confidence and abilities in a non-threatening and supportive atmosphere.

"One of the highlights of my time at Rostrum has been the pleasure of seeing new members develop their skills and be able to present in a very confident and natural way in front of a group".

David Suter

There are now nearly 200 clubs in Australia, and 16 in South Australia. Clubs in South Australia are located throughout the Adelaide metropolitan area, - see the Rostrum website (<http://www.rostrum.com.au/sa>) for a full list.

There is no better way to improve your interpersonal skills, become a better communicator, learn how to run meetings effectively, enhance your organisational and committee skills, improve your business presentations and gain confidence, than by joining Rostrum.

Rostrum Club 23

Rostrum Club 23 was founded on 28th September 1979. We celebrated our 40th anniversary in September 2019 with lunch at the Goodwood Hotel. Special guests included Hon Life Member Gloria Parker together with The Hon. Rachel Sanderson MP and founding President Freeman Patrick Bourke.

We are a friendly club with a mix of experienced and newer members. We meet in the heart of the C.B.D., close to public transport and convenient for those who work in the city and are looking for a lunch hour meeting. Our meetings are fun, but there is a serious side – after all, we're all there to learn and practice our public speaking and meeting procedures.

Rostrum Club 23 meets

- on the **1st & 3rd Monday** of the month (excluding public holidays) between February and December (1st week)
- from **12.00PM to 1.00PM**.
- in **The Pilgrim Centre, 14 Flinders Street, Adelaide** (adjacent to the rear of Pilgrim Uniting Church)

Choosing a Club

With 16 clubs in South Australia, which one should you join?

Apart from saying “Club 23 of course”, if you are serious about joining you should visit the SA Rostrum website for a full list of clubs and where and when they meet: <http://www.rostrum.com.au/sa>

A number of clubs have a similar approach to ours, i.e. weekly lunch-hour meetings, so where groups meet and when could well influence your decision. Other clubs

- meet in the evening (one meets in the morning);
- meet less frequently, but have longer meetings;
- some clubs (Club 23 included) have facilities for giving presentations (PowerPoint etc.) - come along and learn how to avoid “*Death by PowerPoint*”).

Which club you ultimately join will in part depend on where and when groups meet and what they have to offer, but there's also the group dynamics / character to consider - no two groups are the same!

If you're deciding between groups that meet in the Adelaide C.B.D., visit both and try them out. We hope you'll like Club 23 though!

The typical Rostrum meeting

The meeting structure for most clubs can be summarised as follows:

- 1) speaking exercises,
- 2) a business section,
- 3) an evaluation of the meeting by an accredited Rostrum Coach.

The Speaking Exercises:

This section offers the opportunity to work on communication skills and includes prepared speeches of generally between 3 and 10 minutes. New members give shorter speeches and receive much easier topics than the veterans.

Meetings may also include readings and short notice or impromptu speeches of usually 2 to 4 minutes (but we don't spring these on novices). As well, there are often variations to keep the meeting interesting.

The Business section:

Members practise running a meeting, learning normal meeting procedures, being a friendly host and seeing that the will of the meeting is completed. These skills are invaluable when chairing meetings in the broader community.

The Coach's Evaluation:

This is an important segment, - the Club Coach provides encouragement and constructive criticism, offering helpful suggestions as to how future exercises may be improved.

Rostrum Coaches have undertaken special training, have usually served elsewhere as a club Coach and are very approachable.



*2019 Coach Freeman Roger
Stanning in action*

Visitors and New Members

Visitors are always welcome at our meetings. ***Please contact one of the people listed below if you would like to come along, - we will need to sign you in as a guest.***

As a visitor attending one of our meetings you are not expected to give a speech. It's only after you become a member that you would be scheduled to give a speech, and the first speeches are always short and on easy topics.

How can I join?

When you decide to join Rostrum an existing club member will need to nominate you as a member. Your application is then read at two meetings, and a vote of members is taken. Once your nomination is accepted, you will be inducted into the club in a simple ceremony and be issued a New Member's Kit.

And some time after that, you will be asked to give your first speech.

"I would like to take this chance to thank the club members for welcoming and encouraging me to join the club".

Ayah Rasheed

Cost of membership:

Being a member of Rostrum is a relatively inexpensive exercise. In Club 23 the membership fee is currently \$80.00 every six months (**\$160/year**), and discounts apply for students.

More Information:

For more information or to commence your membership journey, please contact the President or Membership Manager - see contact details below. Again, thanks for visiting our Club, and we would love to see you again soon.



Best wishes,

The members of Club 23

Contact	Phone	E-mail
<i>President</i> Neil Murray	0431 988 432	saclub23@rostrum.com.au
<i>Membership</i> Jane Geymer	0407 104 455	
www.rostrum.com.au/saclub23		