



# D40 Annual Conference

Friday, April 26 to Sunday, April 28, 2024

Holiday Inn Fairborn

2800 Presidential Drive

Fairborn, OH 45324

OH-IN-KY-WV

**District 40: 70+ Years Of  
Empowering Excellence In Communication, Leadership and Fellowship**

Friday, April 26, 2024

Friday Fun Night - DJ, Games, & Photo Booth

Saturday, April 27, 2024

Opening Ceremony

Keynote: Conor Cunneen, Accredited Speaker

Sunday, April 28, 2024

Keynote: Darren LaCroix, WCPS, Accredited Speaker

Workshops, Evaluation Contest

- **Early Bird Pricing: \$139 Until March 31, 2024**
- **General Pricing: \$149 April 1, 2024 - April 10, 2024**
- **Last Day To Register: April 10, 2024**



**Conor Cunneen**

**Accredited Speaker**



**Darren LaCroix**

**WCPS, Accredited Speaker**

**<https://www.d40toastmastersconference.org/>**

Email: [dctshirley@aol.com](mailto:dctshirley@aol.com) -

Dr. Shirley Stallworth, Annual Conference Chairperson



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## **D40 WORKSHOP PRESENTER**



**Darren LaCroix, WCPS, AS**

Own The Stage Live Coaching

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### **DARREN LACROIX, WCPS, AS**

Own The Stage Live Coaching

How serious are you about becoming a better speaker?

Are you confident enough to hear the truth?

- Michael Jordan has a coach... Every professional athlete has a coach...The best professional speakers have been coached... the reason.

You can't become great on your own. To go from GOOD TO GREAT, we need feedback from a higher level. In 2001 Darren LaCroix outspoke 25,000 contestants from 14 countries to become the World Champion of Public Speaking. Not bad for a guy who bombed miserable in comedy club 9 years earlier.

- Do you have the courage to be coached? (Darren will be asking for volunteers to deliver a story and get world-class feedback. FYI, Darren get paid \$600 an hour for coaching)

- Darren admits there is NO WAY he could have won without a Speaker Coach. He actually had 2. One coach, Mark Brown, the 1995 World Champion gave him the exact opposite advice as everyone else. Champions think differently.

After this session you will never look at speaking the same way again, Darrenteed! Do you have a coach? Join your presentation coach for the day World Champion Speaker, Darren LaCroix.



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### **Conor Cunneen, AS**

What Mark Twain can “Learn” you ‘bout Public Speakin’

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### **CONOR CUNNEEN, AS**

What Mark Twain can “Learn” you ‘bout Public Speakin’

Have you ever been at one of those mind-numbing presentations where the only good part was the end (i.e. when the speaker left the stage!)? This engaging, interactive workshop will provide you with NINE lessons based on Mark Twain’s writing and speeches. Nine lessons that will have you Laughing and Learning. Nine lessons that amazingly spell the acronym MARK TWAIN. to:

- MARK provides four lessons illustrating what to do BEFORE you get in front of your audience
- TWAIN provides five lessons illustrating what to do when you get on stage.



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### **Megan Hurley, DTM**

Your Moment-One moment can change your life-what will you do with it?

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### **MEGAN HURLEY, DTM**

Your Moment-One moment can change your life-what will you do with it?

Megan Hurley joined Toastmasters in 2018. Megan was a featured speaker at “Celebrating Resilience” for Leap to Success; a nonprofit organization supporting women overcoming life’s challenges, the Sing Your Heart Song Summit & speaks regularly as an Ambassador for the San Diego Brain Injury Foundation. Megan Hurley is a Traumatic Brain Injury survivor who struggles with cognition & coherence. She joined Toastmasters to learn how to write & speak about overcoming life’s greatest challenges with hope, adversity & resilience.



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### **Kay Fittes**

**A Woman's Guide to Going Toe to Toe with Anyone**

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### **KAY FITTES**

**A WOMAN'S GUIDE TO GOING TOE TO TOE  
WITH ANYONE**

Kay Fittes is the founder and CEO of High-Heeled Success, LLC, specializing in training, keynote presentations, and coaching for individuals eager for professional development. Her registered trademark, High-Heeled Success®, is a system for empowering individuals to command a competitive edge in the workplace. Having presented to over 100,000 people in close to 3,000 programs, Kay knows what it takes to impact an audience and a career. She was voted Best Career Coach by Best in Chic for 2021, 2022, and 2023.

Fittes is the author of four books, including: Achieving High-Heeled Success; How to Raise Your Self-Esteem: An Action Guide for Women; Go Ahead and Laugh: A Serious Guide to Speaking with Humor; Your Guide to Life-Changing Presentations; Work Made Fun Gets Done; and is the creator of the CD Panic to Power: Swift and Simple Speaking Strategies Anyone Can Use. The proven system Ms. Fittes uses to guide women to career success can catapult you to the top.



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### **LaWren Watson (she/her)**

Clarity Through Journaling: No. More. Overwhelm!

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### **LAWREN WATSON (SHE/HER)**

**Clarity Through Journaling: No. More.  
Overwhelm!**

LaWren is passionate about personal development for professionals. She is certified as a transformation coach; organizational development; facilitator; and Diversity, Equity, and Inclusion consultant. She draws on a wealth of varied experiences when helping others overcome the overwhelm in their lives.

Attendees will learn:

- The purpose and process of constructive journaling
- The benefits of journaling
- The journaling styles
- Specific journaling activities for breakthrough experiences



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### **LaWren Watson (she/her)**

**Stop The Ignorance! The Power of the LGBTQ+ Alphabet Soup**

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### **LAWREN WATSON (SHE/HER)**

**Stop The Ignorance! The Power of the  
LGBTQ+ Alphabet Soup**

Speaker, author, coach, and consultant, LaWren is passionate about Inclusion and Belonging in the professional arena. She is certified in; organizational development; facilitation; and Diversity, Equity, and Inclusion (DEI). She draws on a wealth of varied experiences when helping others become fluent in welcoming diversity in organizations, both corporate and non-profit. Everyone deserves to belong.

Attendees will learn:

- Understanding the spectrum of LGBTQ+ identities
- Understand the A's of acceptance, allyship, and advocacy
- Understand the LGBTQ+ experience
- How to help diversity feel welcome



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**Crystal D. Walker, CMP Fellow, CHSP, CFMP**

How to Build Your Own Cheer Team

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**CRYSTAL D. WALKER,**  
**CMP FELLOW, CHSP, CFMP**  
How to Build Your Own Cheer Team

Rev Dr Crystal Walker is a Resident Chaplain and an Executive Director of a nonprofit social justice organization. She is a member of the Springfield Toastmasters. She has held positions as the Vice President of Membership, Area Director and 2024 Conference Co-Chair. Her presentation today is : How to build your own Cheer Team. You will learn that it is imperative for you to advance your position in life by building your team.

You will learn how to personally pick your Cheer Team. You will learn how to continuously honor your team. Most importantly you will learn you do not do anything in a vacuum.



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### **Leila Kubesch**

**Tech-No to Tech-Pro: How to Elevate Your Social Media Presence**

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### **LEILA KUBESCH**

**Tech-No to Tech-Pro: How to Elevate Your Social Media Presence**

Leila transformed from tech-averse to social media savvy with 20,000 followers. Initially skeptical, with just one follower for over a year, she nearly deleted her account. Embracing a personal approach and discarding traditional networking, Leila not only deepened connections but built a supportive community. As an educator, speaker, and photographer, she creatively shares insights, capturing the essence of other speakers (artists and performers) to enhance their mission and online presence. She is a professional member of the National Speakers Association and the Professional Photographers of America.

- Uncover the art of authentic connections on LinkedIn.
- Decode the algorithm for continuous growth.
- Craft a theme umbrella to stay ahead of trends.
- Fine-tune your content for maximum value.
- Make it rain with views and followers.

Note: This interactive session encourages hands-on participation. Bring your laptop! Leila will invite volunteers to share their profiles for personalized feedback, and one lucky participant will receive an on-site photo shoot for an enhanced digital presence.



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### **Patrick 'Paddy' McBane**

Leadership - Influence that transforms

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### **PATRICK 'PADDY' MCBANE**

**Leadership - Influence that transforms**

Paddy is a passionate people building professional who brings developmental discernment to you and your team. He can identify what's in play, remove what shouldn't be in play, and provide the capabilities and confidence to implement what needs to be in play. He has been effectively developing individuals and organizations around the world for over 17 years.

Paddy is the Owner-Founder of Life Needs Leadership. LNL serves leaders in various organizations through Executive Coaching, Leadership Development Training, and Communication Improvement Strategies. He has an exceptional ability to construct and facilitate cohesive teams, interface with public agencies, and key stakeholders. He has led seminars around the world covering how to develop a common culture, identifying, and removing constraints, and building communication that creates cohesive communities. This is supported by a proprietary leadership training called TL - Transformational Leadership.

Transformational Leadership is a unique proprietary system of developing a common culture that removes constraints, drives unity, and empowers individual role clarity and leadership. The most unique and consistent outcomes are swift problem solving and a common cultural language that allows for trust and dependability to emerge in teams while delivering demanding objectives. Paddy is the Founder / Executive Director with Marketplace Solutions (a 501c3 NP) since 2006 where they equip, connect, and mobilize leaders to bring transformation to their spheres of influence. A key development feature that he still leads today is an executive peer group called Executive Exchange - a monthly roundtable forum for leaders to grow personally, professionally, and spiritually. Patrick is married to Leslie, has two daughters and five grandchildren, and resides in Columbus, Ohio.



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### **Michael Pope, DTM**

From Free to Fee, How Toastmasters Helped Me

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### **Michael Pope, DTM**

**From Free to Fee, How Toastmasters  
Helped Me**

Michael J. Pope Jr., a seasoned professional in the IT industry for over 20 years, is also a distinguished member of Toastmasters since 2003. His journey with Toastmasters has significantly complemented his professional endeavors, playing a crucial role in his overall development.

Beyond his IT expertise, Michael's career took a transformative turn when he ventured into the realm of leadership training. He has learned from and taught alongside global experts like John C. Maxwell and Dr. Joseph McClendon III, earning recognition and awards for his teaching roles. These experiences reflect his deep-seated desire to merge technical proficiency with his passion for empowering others.

Michael's life, however, is not all about professional achievements. He is happily married to Sonya for over 26 years, and together, they joyfully raise their three sons in Ohio. Outside of his professional and Toastmasters commitments, Michael is dedicated to fitness, his faith, and enjoying superhero movies with his family.



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### **Tracy Baker, DTM, CGD**

**Boring to Bold - Spice Up Your Speeches With Music,  
Props and Presence!**

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### **Tracy Baker, DTM, CGD**

**Boring to Bold - Spice Up Your Speeches With Music, Props and Presence!**

DTM Baker is District 40 Club Growth Director 2023-24. He has charted several new clubs in Ohio since July 2023.

DTM Baker is a decorated United States Air Force veteran who loves music, basketball, movies, fishing and Sunshine! He is a 28-year, 5-time Distinguished Toastmaster and is VPPR of home club Dayton United Communicators (DUC) 1694, where he has completed 4 paths - Presentation Mastery, Engaging Humor, Dynamic Leadership, and Motivational Strategies. DUC is one of the most visible, lively, energetic clubs in the world as evidence by Zoom visitor comments from all 7 continents.

DTM Baker has been a DUC club officer every year and the group has been President's Distinguished 10/10 for 7 years straight since 2016. DUC was named District 40 Club of the Year and DTM Baker has been District 40 Division and Area Director of the Year.



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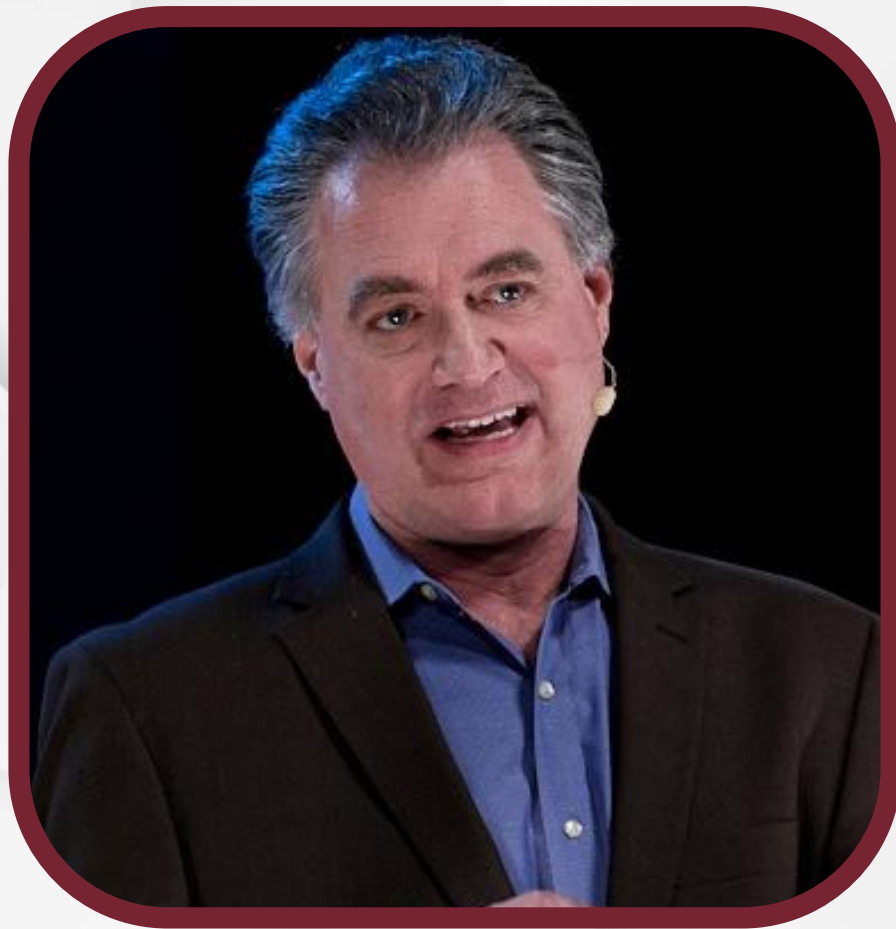
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### **Mike Davis**

How To Build Your High Impact Storytelling ABS

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### **Mike Davis**

**How To Build Your High Impact Storytelling ABS**

After a fun conference that includes good food and snacks, it's time for you to work on...

Your ABS

But not the abs that you're thinking about. In the enlightening and entertaining presentation, "How To Build Your High Impact Storytelling ABS," you'll pick up insights that enable you to increase your influence and impact every time you speak.

Specifically, you'll discover:

- What storytelling ABS are
- Why they work to grab and keep listener attention
- How you can effectively use them in all types of business communication.

Our speaker, Michael Davis, has been a Toastmaster for 29-1/2 years. He's an author, presentation skills consultant, trainer, and speaker, and the founder of SpeakingCPR. He's worked with clients on five continents to become more confident, impactful, and influential presenters.



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**Kelly O'Keefe**

Tools to build resilience

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### **Kelly O'Keefe**

Tools to Build Resilience

Kelly O'Keefe has been a Toastmaster since 2007 and has been a peer group leader for Recovery International, a self-help mental health organization, for over 15 years. Kelly will share cognitive behavioral tools that you can use to deal with the challenges of everyday life.

You will learn:

- A 4 step method for dealing with stresses of daily life
- Power of self-endorsement to build self-confidence



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### **Ty Banks**

Beyond the Hype: Practical Strategies for responsible AI use and integration.

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### **Ty Banks**

Beyond the Hype: Practical Strategies for responsible AI use and integration.

Ty Banks' marketing journey is a compelling tale of strategic foresight and impactful networking. Within a decade, he transitioned from freelancing to strategic marketing roles, earning recognition at Nationwide in 2023 for his innovative use of Generative AI in crafting social media campaigns. His ability to foster industry connections led to a pivotal role in marketing operations.

Beyond his professional achievements, Ty advocates for diversity, equity, and inclusion at Nationwide. He also serves as a speaker and mentor for The FARE & Columbus Promise, empowering HBCU and Community College students through digital literacy workshops and personal development. Throughout his career, Ty is known for building meaningful relationships, driving innovation, and enriching his community.

By the end of this workshop, attendees will have:

1. Understood the fundamentals of generative AI and its potential impact
2. Developed a framework for ethical and responsible AI use
3. Acquired practical strategies for responsible AI integration and real-world success
4. Gained hands-on experience in planning and implementing responsible AI solutions
5. Built confidence in exploring and implementing generative AI technologies responsibly

FYI: During our session, we will be utilizing your personal smartphones and/or laptops to provide a hands-on learning experience.



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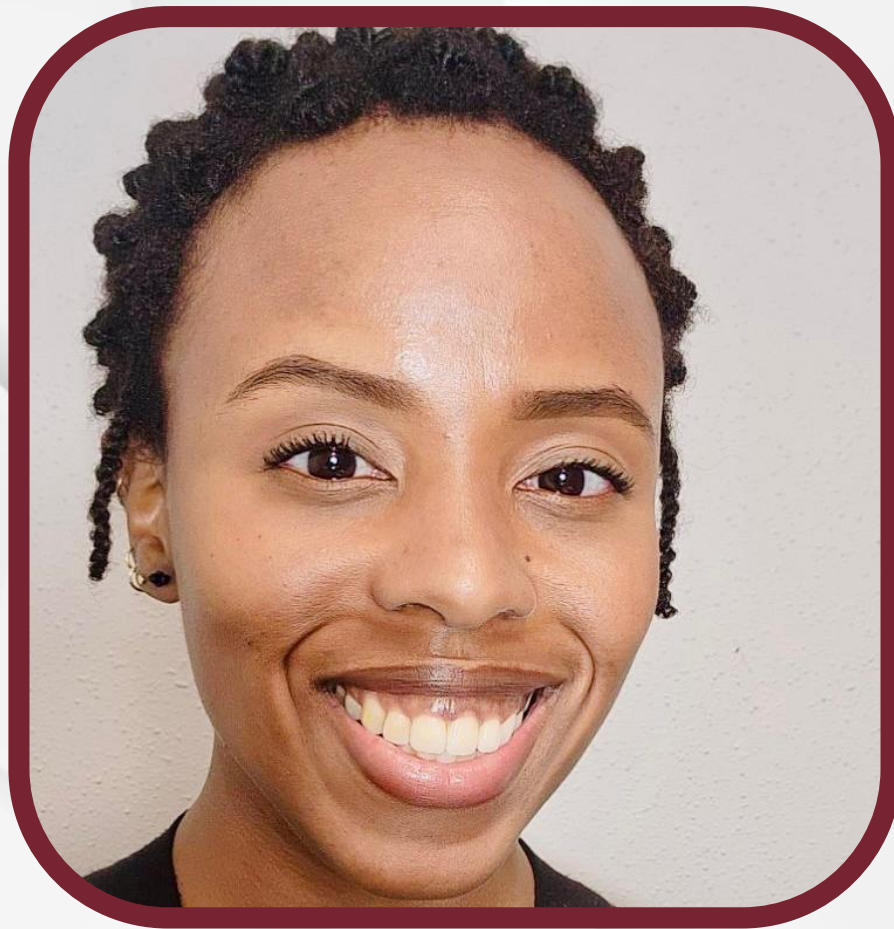
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### **Noel Ellis**

How to Remove Mental Blocks That Keep You From  
Being A Better Speaker.

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### **Noel Ellis**

**How to Remove Mental Blocks That Keep You From Being A Better Speaker.**

Noel Crystal Ellis is known as the Muscle Mindset Specialist.

For most of her youth she spent a majority of her time dealing with severe health challenges that took her to a whopping 385 lbs in weight. Doctors warned her that her life was in jeopardy if she didn't make changes. However she struggled tremendously based on what appeared to be an impossible mission.

In 2017 & 2019 she barely survived two separate heart attacks. This led to a life altering decision to lose well over 155lbs which in turn created a radical transformation in both her personal and professional life.

Now she spends her time coaching and training others on how to lose the "mental dead weight" that slows people down from achieving dynamic success, as our thoughts in life literally dictate our results.

Noel Crystal Ellis is the current President of Club 641256 which bolsters roughly 25 members.





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**Sandra E Orland, DTM D10 DD**

Thrive on the Membership Rollercoaster

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### **Sandra E Orland, DTM D10 DD**

**Thrive on the Membership Rollercoaster**

Sandra Orland is the current Toastmasters International District 10 District Director, a member since 2017. She has served various District roles like Program Quality Director, Club Growth Director, and Area Director. She earned her Distinguished Toastmaster Award in 2021 and the District Program Quality Award for 2022-2023. Sandra belongs to four clubs and has held officer positions including President and VP roles.

She is an 18-year Girl Scout leader, serving on the Service Unit as Secretary for 4 years. Sandra volunteers with the Patriots Symphonic Band's PR Board and has been active in school PTOs, serving as President. Professionally, she is an IT Solution Architect Consultant at Progressive Insurance. Previously, she did cancer research at CWRU for 6 years.

Sandra and her husband John have two daughters. She enjoys camping, sewing, crafting, and playing trumpet with local bands and her church, where she also arranges music. Her accomplishments include earning Triple Crown awards for the last 3 years and other District-level recognition.



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Email: [dctshirley@aol.com](mailto:dctshirley@aol.com) -

Dr. Shirley Stallworth, Annual Conference Chairperson