

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

What, Me a Speaker?

They say the top 3 fears are public speaking, death, and spiders (in that order). Just the thought of public speaking can cause overwhelming panic. But - strong communication is a trait of good leadership and public speaking is unparalleled in its ability to help you stand out and impress others.

Jane jumps when asked to speak. "I've come to realize it's an opportunity to influence others and inspire them towards action. It gives me a natural high to see that my words can impact the way others feel. I overcome my nerves through being over-prepared."

At last month's Illumination concert, Cameron Clarke '15 (pictured) along with Robyn Dearman '09, and Trinity Ashawasegai '16 (see pg 3) bravely shared their Catapult experience with 300 people. We heard praise like 'such a powerful voice' (Cameron), 'such sincerity' (Trinity) and 'obvious passion' (Robyn). And boy did they make an impact - the live auction raised \$19,655 for Catapult!



Catapult speaker-extraordinaire Mr. Phil and our talented former TV host Nancy Regan share these simple tips:

- Prepare, Prepare, Prepare
- Practice, Practice, Practice
- Ignore your negative thoughts and find the fun
- Breathe

Prepare, prepare & Practice, practice:

- Focus on relevant content and know what you want to leave them thinking about. Don't try to cram too much in - you'll only end up speaking too fast and confuse your audience. Keep your message simple and honest.
- Your goal isn't to show how much you know but to leave the audience with one idea to ponder.
- The first draft of your speech probably won't look anything like your final. Rework it over and over. Search for excess words, duplication and flowery adjectives that can be taken out. Use a thesaurus!
- Read it out loud - and replace any of the words that don't flow from your mouth easily or that don't sound like you. (Perfect words and grammar are for paper; simpler language is for listening).
- Print your speech so it's easy to read (big font, big spacing). Bold any words or phrases you want to emphasize. Add "...." to remind yourself when to pause for effect.

- Time yourself as you practice. It is VERY important that you do not exceed the time allotment you've been given. If you have - keep searching for ways to cut it back without losing your key message.
- Ask questions so you know exactly what to expect. What is your time limit? Will there be a podium? Plan to arrive early, especially if you have overheads and need to test their tech. And take water for a tickly throat.

Execute:

- Trust yourself. If you practiced enough, you won't need to read word for word. That way you'll sound natural and authentic. Consider using cue cards or Powerpoint triggers if there's no podium.
- The hardest part is often the opening. Tell them a little about yourself and/or refer to the previous speaker or overall event theme.
- Be aware of your tone and pace. Project your voice, articulate your words, pause. Slow down!
- If "ums and ers" creep in, it means your talking speed is faster than your brain can get your next set of words out. Pause. A moment of silence can actually add impact to your presentation.
- Show your enthusiasm - smile as you enter the room, smile as you head on stage, look at your audience while you speak. (Even forced smiling can actually help you feel more confident and relaxed!)
- End with a punch - a conclusive remark that will leave your audience thinking.

When **Brianna Green** '15 was at Camp, she was terrified to join her group on stage at Rock Night. A year later, she presented her PLUS project in front of everyone. The next year, she was even more comfortable. "The easiest way to conquer your fear is knowing it's okay to be nervous. Just be yourself, smile, talk to your audience like you've known them your whole life and relax. Oh - and Practice, Practice, Practice."

As Tyler Hayden says, "Butterflies are normal - the trick is to get them to fly in formation. Nervous energy is still energy! Prepare, prepare, prepare and then practice, practice, practice - and you can't fail!"

Like any learned skill, the more you do it, the better you'll be. If you really want to get good at it:

- consider joining the Debate Club or Toastmasters
- learn by watching others (TedX is a great source!)
- google "great speeches of all time" and study their construct
- and - say YES! when you're given the opportunity.

We also recommend the book, "SHINE" by Gerry Lewis. Lori knows Gerry personally and says he's one of the best she's ever heard. His book also has some great stuff on attitude and confidence.

CATAPULTERS IN THE NEWS

Terry for helping Hannah follow hers! **David Fagirzade** '18 competed in a basketball tournament in Ontario with Sacred Heart School. **Desiree Randolph** '14 is volunteering at Halifax North Memorial Public Library. **Ilesha Downey** '16 and her DAHS team are volleyball champs. **Maria Aucoin** '18 is honing her talent in digital art - in her picture at right, the 'slizzard' was part of her Wizard family's Coat of Arms representing their fierce attitude. **Kiara Sexton** '14 is on the hiring committee for Acadia's brand new position of Black Student Advisor and will be helping define the job description. She's also Community Outreach Officer for Acadia's Women's Centre and Acadia's Mental Health Initiative. Counselor **Mike Del Bel** was one of only 2 PhD students across Canada to be awarded a Canada Graduate Scholarship in Honour of Nelson Mandela. **Kayley Dixon** '16 went on a mission trip to Dominican Republic. **Katrina Manette** '16 has volunteered over 240 hours for her schools clothing initiative to boost school spirit. Congrats **Corey MacLellan** '09 for being named Officer of the Year at his Fireman banquet in Truro! **Meghan Martin** '12 presented her research on mitral valve development at Dalhousie's Cardiac Research Day and was awarded top cardiology presentation. **Lori Barker** traveled to China with the Chamber of Commerce and met up with Counselor **Abbey Duinker** who is there teaching english.



SNAPSHOTS

NAT CHUTE - 2016



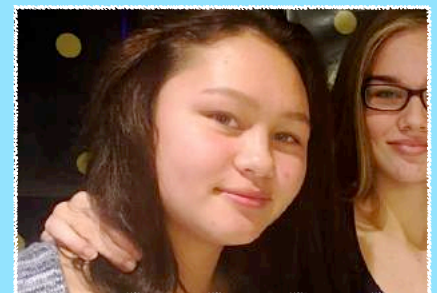
School: Ecole Sec. du Sommet
Cool Fact: I practice card magic!
Fave Camp Memory: Mud sliding.
What inspires me: Seeing other people grow as better people helps motivate and inspire me to grow too.
Future Plans: Software engineer.
Fave quote: "Every moment is a fresh beginning" - T.S Eliot

CORAL GOULD - 2017



School: Alison Bernard Mem. High
Cool Fact: I have been to 30 states.
Fave Camp Memory: Getting to know each other during icebreakers.
Future Plans: Medical surgeon!
Fave quote: "All our dreams can come true if we have the courage to pursue them." - Walt Disney
What inspires me: My family.

RAINE GOODWIN - 2018



School: Barrington Munic. High
Cool fact: I'm VERY competitive.
Fave Camp Memory: Family shares & making new friends.
What inspires me: Seeing others give their all inspires me to give my all as well. **Fave Quote:** "Life is 10% what happens to you and 90% how you react to it. - Charles R Swindoll"
Future Plans: Nutritionist



Thank you Katie Black '14 for teaching a Catapult Ukulele class!

Did you hear about the guy whose whole left side was cut off? He's all right now.

Wise Words from Mr Phil:

"Your value does not decrease based on someone's inability to see your worth."



Catapult is seeking APPLICATIONS:

- **Board Member** : A 2-year term, starting Sept'19. Our Board meets at noon in Halifax about every 6 weeks between Oct and June.
- **Junior Counselors**: Plus - Aug 9-13th, Camp Aug 14-23rd. All candidates must be graduating high school in June/19.
- **Counselors** for Camp and Plus - same dates as above. Candidates must be at least 20 years of age.

Presented by



Illuminating Catapult

The Halifax Central Library was the place to be on January 18th! **Illumination** was an incredible evening of talented east coast singer songwriters. Makayla Lynn, Rose Cousins, Port Cities and Bruce Guthro put on an amazing concert. But they weren't the only stars on stage! Special thanks to Robyn Dearman '09, Cameron Clarke '15 and Trinity Ashawasegai '16 for braving the microphone and sharing their Catapult experience. They wow'd our 300 guests and helped us raise \$60,000!! We are so grateful to Nick and Anna Hounsell and their team at Bloom Wealth for hosting this special event just for us (for the 2nd time)! Additional shout-outs to our emcees Nancy Regan and Danny Graham, floor manager assistant Tyler Sweeney '10 and our other Catapult volunteers Zack MacMillan '09, Liam Power '10, Nikki Shahin '12, Graci Fleet '15 and Counselors Katelyn Barker and Leah Bennett. As we know from Catapult Rock Night, music has the power to bring people together as we celebrate the talented and generous province we live in.



HEALTHY RELATIONSHIPS

The Alumni Conference's session on Healthy Relationships stirred a lively discussion and sharing of experiences.



A healthy relationship is where both partners feel connected and supported but still feel independent. It isn't just about LOVE - it's also about LIKE and RESPECT.

Relationships evolve. They change, they grow. Sometimes they crash and burn. When Cloud 9 fades and you start showing your less adorable habits, that's when you discover the real person. Relationships are worth fighting for, until they're not.

So when are they not?



- **Physical or verbal abuse.** These are deal-breakers. You know they are.
- **Sexual abuse.** If you don't consent - it's abuse. Badgering for sex by ignoring you or

threatening to leave counts too. So is forcing public displays of affection.

- You're constantly on edge because **conversations feel like a trap**, or your past mistakes are thrown at you over and over again.
- There are signs of **lying or cheating**. Once trust is gone, it's hard to get it back.
- Inappropriate **jealousy and accusations**. This includes frequently showing up unexpectedly, having their friends check up on you, demanding your passwords, or making fun of your accomplishments.
- **Incessant texting**, calling, or emailing especially when they know you're busy.
- There's **no effort**. You're doing all the compromising.
- They keep **embarrassing** you in front of others. In public, or online.
- Your opinions and **feelings don't seem to matter**.

- **You think you can fix them.** If your partner needs to change for the relationship to work, then they are not right for you!!

Relationships often require sacrifice but your happiness and self-respect should never be compromised - ever. A relationship built on love will nurture and restore you. It doesn't diminish. It is never cruel.

If after reading this, you're starting to think your relationship might be toxic - then it most likely is. You are far better off alone than being with someone who suffocates you. Everything you need to be happy is inside you. Besides ... if you're with the wrong person, then your door is closed when the right one comes along.

Think you might be the toxic one? Do the right thing, break it off and work on yourself before hurting anyone else. Then forgive yourself ... and go find real love.



Vessa MacNeil '17 is heading on a mission trip to Campeche, Mexico. She's raising money by making a quilt and selling raffle tickets on it. The proceeds will be donated to the people of Campeche for schools, orphanages, and cancer research. Vessa applied for a CLIFF award and won \$125 to help her purchase the supplies and materials to make her quilt. Congratulations Vessa. Good Luck!



Abigail Stanton '18 is interested in science. In fact, she represented NS at a National Science Fair last year. Her project examined the effects of oils on bacteria growth and she discovered a healing power in cassia oil. Abby is now conducting further research to test the efficiency of cassia oil against staphylococcus aureus! During camp, Counselor Robyn connected her with an Acadia professor who then connected her to a lab space at Dalhousie. Because she's working with contagious bacteria, her testing required a special lab ... and also insurance, which Catapult happily funded. Exciting work Abby - you go girl!



Do YOU need a little seed \$\$ to get your project off the ground? There's still some funds left in Counselor Kevan's **CLIFF Fund!** You just have to APPLY!



I. M. Well

A free app being used by universities. Live chats, track your mood, healthy reminders,



Last November's **Alumni Conference** was a success as Catapulters from 2009 through 2018 enjoyed reunions and made new Catapult friends. Sessions included health and wellness, healthy relationships, networking, car financing and apartment leases. The day concluded with a 10th birthday celebration (complete with pizza & birthday cake) where even more alumni joined the party. Thank you Tyler Sweeney '10 and his committee for organizing a great day! Extra thanks to our volunteer presenters: Dr. Ashley Margeson, Scotiabank, Tom Brophy, Dal Law and Alice House.

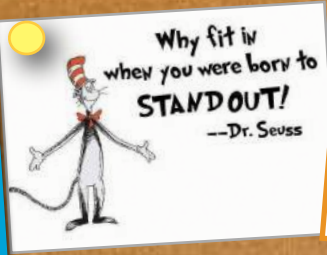
"Catapult's conference 'resets' me and gives me a boost for the rest of the year." Ian Farrell '12

"I learned a lot of info and skills to help me with adulthood" Eriana Willis '15

A LETTER FROM TERRY KELLY

I'm asking each of you to please take a moment and be aware of what's possible for you. The amazing opportunities Catapult continues to offer you could potentially contribute to bringing you health, wealth, and independence. You are all aware of this summer's PLUS Conference and the Alumni Conference in Fall. But are you aware of how priceless and important these could be for your future? Give yourself the gift of attending. Whether it's getting time off from a job, travel challenges, something going on in your home, family, personal life, or whatever - there is always a way to make anything happen when you see the value for yourself and decide you are going to do it come what may. Let Catapult help you find your way there. And, know that I am available to help you as well - I am a problem solver! And consider connecting with your Catapult friends and encourage them to join you this year. Remember ... you get what you believe (whether it's good or bad) so practice believing in what's good for you!

~ Terry, Camp Speaker



Catapult T-shirt day

April 10th
Wear yours to school to support the 2019 nominees. Post your pics!

STAY TUNED for details about our upcoming Spring workshop "How to Break the Patterns that Sabotage your Success".

THE ROUND TABLE

was named with Catapult's medieval theme in mind. King Arthur insisted on having his faithful knights seated at a round table where everyone was treated equally and had an equal voice. Use your voice and send us your submissions for the next newsletter!

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VOLUNTEER OPPORTUNITIES

1. Autism Nova Scotia
2. Halifax's North Memorial Public Library

Lori can connect you.

Are you graduating? A strong **resume** has the power to open doors for you. It should grab attention, sell your skills and accomplishments, and show how you're a match for the position. But did you know there are different formats - depending on if you're in high school, graduating from college/university, or switching jobs? Catapult can help! Send us yours and we'll critique it for you.