



Walking Your Way to Success

by Cleo Lamping

People watching is fun. The best vantage point is a bus stop on a busy street. It's better than TV because people walking in the street are usually "themselves" They're not thinking of "am I impressing anybody" and so we see them as they really are.

The way people look and walk is not really important unless a person is walking to impress someone, like a future employer. Now the trouble is that shuffling along the street in our usual manner can become a habit hard to change when endeavouring to walk for success, like getting the job.

Many descriptions come to mind when people watching, such as "poor little old lady, she really had to hustle to make the light" whereas in fact, the lady was neither poor nor old, she just gave me that impression by "tritting" instead of walking. (That's tritting, a cross between a trot and a twit)

Or "good looking young woman, walks like she's hitched to a plough." Unfortunately this good looking woman could be striking if she straightened up and strode out.

Or "nice looking man if he doesn't fall apart" comes to mind looking at the loose jointed , ambling gait of a chap who could be a leader if he could get his walk together.

Now what does our style of walking have to do with Toastmasters, a club that emphasizes communication? Good question. I was beginning to wonder myself.

Well in your mind's eye visualize. a man or a woman walking tall, head up, with a good stride and what comes to mind? "Capable" "with it" "a successful person". And, as the saying goes, success breeds success..

And what do employers want? A capable, with it person who looks as if he or she can handle the job -- any job.

Toastmasters teaches success in all types of communication from the way we walk up to the lectern, the way we place our feet, and how we use gestures to name just a few; and as the walk to the lectern is the first glimpse the audience gets of the speaker it's an important walk.

In that brief, less than one minute walk , opinions of the speaker are formed, some good, some dismissive; the same opinions that may run through an employer's mind as the applicant walks down the hall or into the office.

A negative opinion can be overcome with a good speech or a good interview sometimes, but the fact remains that the first sight of the speaker or applicant can make or break a person's ability to capture the audience or the job.

No, Toastmasters don't practice walking with a book on their heads, we teach the. winning walk by building your confidence --confidence in yourself that will start you walking to success.

For further info, call 735-3272 or 649-2950. Toastmasters meet every Tuesday, at 7:15 pm in the Library at Bishop Smith Catholic High School. Please be our guest up to three times. Walk on in!! A warm welcome is waiting for you.