



Paul F. Arnhold

Contact Information

Hometown Saginaw
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Biography

Paul F. Arnhold has been a member of Toastmasters since 2008, earning his Distinguished Toastmaster credentials in 2013. Paul has served in various roles in Toastmasters including: club officer, Area Governor, and Lt. Governor of Marketing. He is a regular contributor to the District Newsletter and published in *Toastmaster* magazine with a readership of over 250,000 in 122 countries. Paul has a BBA from Northwood University majoring in management and marketing, and is a regular instructor for the Master Gardner Program through Michigan State University Extension. His home club is the [Saginaw Harvey Spaulding Toastmasters](#). As a regular presenter at Toastmasters Leadership Institutes across Michigan, hands on and open forum workshops, and keynote events, Paul's presentations can benefit any corporation, civic organization, or faith-based group.

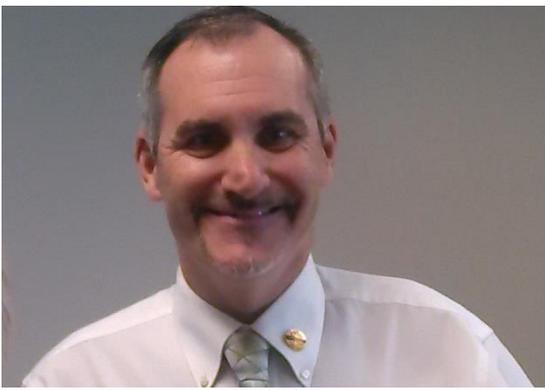
Presentations

Paul is able to address a wide selection of topics addressing many themes. He can adapt the presentation material and time to suit your specific needs.

Sample titles include:

- "What Value Will You Bring Someone Today?"
- "Making the Connection!"
- "What Limit's Your Leadership?"

Presentation Time: 10 – 50 minutes, or workshop



Doug Brinker

Contact Information

Hometown Jackson
Phone 517-817-9528
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Social Media search Douglas Brinker
Website Desire2Inspire.com (under construction)

Biography

Doug joined the [Energizers Toastmasters Club](#) in 1990 where he spent 6 years learning how to rid the “Shy Introvert.” In 1996, with the help of the Energizers, he captured the *Michigan Jaycees Speak-Up Championship* delivering his winning speech in front of over 800 fellow Jaycees. Doug is finishing his Advanced Communicator Bronze Educational Speaking Level. Doug’s Toastmasters’ journey didn’t end there. He continued with Power Toastmasters Club for two more years. Military commitments forced Doug to leave Toastmasters for 12 years until recently in 2011 when he returned to Energizers. Doug is a graduate of Jackson Community College with a AAS degree in Business Administration, Certificate of Marketing, BS in Communication from Eastern Michigan University and currently finishing work for his MS in Communication at EMU. Doug is one of only two Michigan Toastmasters featured in a Book Titled “The Heart of a Toastmaster” authored by Sheryl Roush. Today, Doug has his eyes set on being an Accredited Speaker and is launching his own Motivational Speaking Organization. “Desire2Inspire” all thanks to someone who introduced him to Toastmasters in 1990.

Presentations

“Best Work of Life”

Subject: Motivational, Inspirational
Presentation Time: 10 minutes

This speech will inspire you to realize that each of us serve humanity every day. The Key take-away to appreciating this speech is, who you can identify with that helped teach you the joy of serving others.

“Putting the ‘C’ Back into Customer Service”

Subject: Motivational, Inspirational
Presentation Time: 20 – 30 minutes

This educational presentation will give you the needed resources to instil value back to your employees while increasing the trust of your customers. Through an interactive session you will learn how to restore customers’ faith in your company while strengthening employees’ relations.

“Volunteerism: The Art of Giving Back”

Subject: Motivational, Inspirational
Presentation Time: 20 – 30 minutes

This educational presentation will give you the needed resources to instill value back to your employees while increasing the trust of your customers. Through an interactive session you will learn how to restore customers’ faith in your company while strengthening employees’ relations.

“Are You Part of the Problem or the Solution: A Guide to Community Involvement”

Subject: Inspirational
Presentation Time: 20 minutes



Doug Brinker (continued)

Contact Information

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Social Media search Douglas Brinker
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Presentations

“Throwing in the Towel – It’s Simply Not Worth It”

Subject: Inspirational

Presentation Time: 15 minutes

This inspirational message will have you on the edge of your seat as Doug shares a very true and compelling story that will tug at your hearts while giving you hope.

“Apheresis: The Unknown Word”

Subject: Educational, Inspirational

Presentation Time: 15 – 20 minutes

This unknown word will educate you of what Apheresis is what it does how you can help be inspired to help save lives of those fighting Cancer and other blood disorders.



Jan Glowe-Janke

Contact Information

Hometown Brooklyn
Phone 517-592-2346
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Biography

Jan's mission is to splash God's love and joy onto everyone. She has been a member of the Jackson [Energizers Toastmasters Club](#) since 2010. She was an educator for 26 years, and she has been a network marketer since 2001. Jan is certified as a Change Your Energy ~ Change Your Life coach. She originated and hosts a free 15-minute Splash Call every Monday morning. Jan is passionate about guiding you to discover and live your God-given purpose.

Presentations

"Know Your Why"

Subject: Personal Mission Statements
Presentation Time: 15 – 30 minutes

"There are two great days in each of our lives ~ the day we are born and the day we discover why." That "why" is our mission, our God-given purpose for this life.

Why is it so important to know your mission? Do you know yours?

"Your Power Is in 'The Gap'"

Subject: The Gap ~ Choose Your Response
Presentation Time: 20 – 40 minutes

What frustrates you? What gets your blood pressure up? What makes you want to rant and rave? We will look at real-life situations and raise your awareness about aligning your responses with your intentions. You cannot always choose what happens to you, but you can always choose your response.

"Everybody Has a Message. What's Yours? And Do You Have the Confidence to Put It Out There?"

Subject: Clarity of Purpose Leads to Confidence and Joy
Presentation Time: 45 – 60 minutes (or 2-hour workshop)

Each person is unique and extraordinary. And each person has a purpose, a mission. Being your extraordinary self, living confidently and living joyfully starts with discovering your mission. It is important to identify the fears that threaten to kill our confidence, steal our joy, and keep us from living our mission. Jan will also teach you a very powerful confidence-builder.

"Shine Your Light"

Jan gives the same presentation as above from a Christian perspective.

"Big Rocks and Pearls"

Subject: Time and Energy Management
Presentation Time: 20 – 45 minutes

Do you get to the end of a day feeling frustrated and exhausted?

This talk will help you identify your priorities ~ and put you on the path to more productivity, peace of mind, and joy.



Jan Glowe-Janke (continued)

Contact Information

Hometown Brooklyn
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“Listen to Connect”

Subject: The Art of Listening
Presentation Time: 15 - 30 minutes

To truly connect with others, you must listen with your heart. We can easily identify what kills connections. Learn three essential keys to create great connections.

“Take Really Good Care of You”

Subject: Self-Care
Presentation Time: 15 minutes

You give much of yourself to others. You can't give what you don't have so it is crucial to take good care of you ~ for your health and your joy, and for those who love you.

“Life's Tough – Get a Helmet!”

Subject: Taking responsibility for our thoughts, behavior, success, joy
Presentation Time: 15 minutes

We all face challenges. And we have choices about how to respond to those challenges. Are you a victim or a victor? Hear about real-life victors.

“Loons, Laughter, and Other Sweet Stuff”

Subject: What brings joy to your soul?
Presentation Time: 10 – 20 minutes

“Your life does not consist of your possessions. It consists of the experiences you have with people you love and matters of the heart, mind and soul.” This talk is a gentle, uplifting reminder to savor your precious peeps and moments.



Cheryl Ketchens

Contact Information

Hometown Jackson
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Website wellness/power.com

Biography

Cheryl Ketchens is an energetic, optimistic, compassionate, fun-loving, and results driven Coach Training Alliance Certified Life Coach. Empowering others to achieve their personal greatness is her life-long passion. One of her personal motto's: "When You Achieve, I Succeed." Her diverse work history lends itself to talking and providing training on a number of subject areas. Her coaching services are available to anyone interested in achieving their personal and professional goals, and fulfilling their life's purpose. Cheryl is a member of the [Rising Stars Toastmasters Club](#).

Presentations

"Women Who Survive, Thrive – 10 Essential Caregiver Survival Tips"

Subject: Caregiver Support

Presentation Time: 1 hour

This is Cheryl's signature keynote address for empowering caregivers. As a former end of life caregiver of 5 years, Cheryl understands the rewards, demands, highs, lows and ultimately the life altering changes that caring for a terminally ill or chronically ill loved one can make on the life of a caregiver.

"Youth Job Readiness Training Classes"

Subject: Job Readiness

Presentation Time: 1 hour, twice per week for 6-8 weeks

This training class is available for High School youth between the ages of 15 - 17 years to develop soft skills for the workplace. Sessions include: Getting to Work On Time, Taking Direction from Supervisors and Other Persons of Authority, Getting Along With Your Co-Workers, How to Behave On the Job, Interviewing, Resume and Cover Letter Writing, Impact of Social Media and iPhones in the workplace, Employment Career Trends, and Labor Market Information.

Cheryl is also able to address a wide selection of topics addressing the themes listed below. She can adapt the presentation material and time to suit your specific needs.

- Caregivers
- Death and Dying
- Starting Your Own Business
- Teen Job Readiness
- Marriage
- Child Rearing
- Pre and Post Breavement
- Organizational Skills – Home, Work and Personal Life
- Conflict Resolution
- Divorce – Causes and How to Prevent
- Mentoring
- Preparing Keynote Presentations
- Forgiveness
- Positive Mindset Relationships – Co-workers, Friends, Managers/Supervisors,
- Home Decorating/Interior Design
- Interviewing
- Resume, Cover and Thank You Letter Writing
- Race Relationships
- Cell Phone Etiquette
- Date Rape – How to Avoid Being a Victim
- Womens Safety Issues – How to Be Safe Wherever You Are
- Hiring a Contractor
- Social Media
- Effective Communication – In the workplace and our personal lives



Arlene Knickerbocker

Contact Information

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|----------|-------------------------|
| Hometown | Davison |
| Phone | 810-793-0316 |
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| Website | thewritespot.com |

Biography

Arlene Knickerbocker owns *The Write Spot*, offering such services as writing, editing, teaching, and inspirational speaking. She has authored more than 1000 published works, including her latest book, *12 Ways to Make Your Words Count*. Arlene's home club is the [Greater Davison Area Toastmasters](#). She has been a member of Toastmasters for six years and currently serves as District 62 Area 11 Governor. She expects to earn her Distinguished Toastmaster (DTM) award in July of 2014.

Presentations

"What is Your Communication Producing?"

Subject: Communication

Presentation Time: 20 minutes – 2 hour workshop

Arlene has given this talk to sales and customer service representatives. It is helpful for anyone who wants to communicate more effectively.

"Writing and Speaking with the Brain in Mind"

Subject: Communication

Presentation Time: 10 minutes – 2 hour workshop

The brain has two sides. Learn how to use both to greater advantage. The brain also has three levels. Learn how to write and speak to the level that touches your audience.

"The Positive Potential of Words"

Subject: Communication

Presentation Time: 30 minutes

Are words only sounds from a speaker's larynx? Just vibrations in the hearer's ears? Only ink on paper? NO! Words are full of positive potential. They can build strong relationships and much more. Words last forever. They live in memories—Echoing, Echoing, echoing ...

"Clutter Control"

Subject: Organization in Writing and Speaking

Presentation Time: 20 minutes

Organize an article you want to write or a speech you want to give. Make every word count!

"12 Ways to Make Your Words Count"

Subject: Communication

Presentation Time: Varies

Arlene gives these talks from a Christian perspective. She authored a book by this title and can speak on any of these twelve subjects: Establish a healthy environment, Enrich relationships, Express trustworthy character, Enlarge your world view, Esteem lasting Values, Emulate God's Word, Engage your audience, Exchange negative for positive, Elicit God's power, Extend grace, Equip followers, and Encourage faith.



Rod Malloy

Contact Information

Hometown Jackson
Phone 517-395-7001
eMail rmalloy@dahlemcenter.org
Website rodmalloy.com

Biography

Rod Malloy leads day-to-day operations, annual fundraising, strategic partnership and marketing efforts as Executive Director for Dahlem. Recently he served as Chief Operations Officer for Mission Solano, overseeing the construction and development of the Veteran's Hope Home, providing transitional housing to 40 homeless Veterans. Previously he directed Lutheran Services Florida's *Together in Faith ~ Arms Around 25th* Anniversary Capital Campaign. In prior leadership positions, Roderick has worked at Destiny Foundation in Orlando, Metropolitan Ministries in Tampa, the Bowery Mission in New York, Kids With a Promise in New York, and LMG Programs in Connecticut. He successfully sank 100 straight non-game free throws after embracing visualization training from his high school varsity basketball Coach Clinchy. Roderick's life achievements include: published author (*Malloy's Sports Collectibles Value Guide*, Chilton Books), Eagle Scout (Boy Scouts of America), Parent Leader (Parent Leadership Training Institute), and founding board member (I Matter Too, www.imattertoo.com). His home club is the [Jackson Chamber Toastmasters](#).

Presentations

"Oh, Yes We Can"

Subject: Motivational
Presentation Time: 15 minutes

Tapping into personal life experiences, Rod shares the "Fall Down, Get Up" life principles that have been the keys to success for coalition leaders and community activists.

"How Jackson of You!"

Subject: Inspirational, Motivational
Presentation Time: 15 minutes

Do you love your local community? Here's a way to spread the positive vibe in your heart and mind to others around you in a fun, feel-good way.

"Toastmasters 2020"

Subject: Inspirational, Motivational
Presentation Time: 20 minutes

Toastmasters works for us today, what will it do for us in 2020? Take a look into the future and engage with this commentary on social and cultural change.

"Collective Impact ~ Instrument of Change for You and Your Community"

Subject: Educational, Inspirational
Presentation Time: 10 minutes

Social change in contemporary American society often occurs through orchestrated collective impact in urban settings. Answers the question: does collective impact work in my small or medium City/Town/County?



Noah Nagy

Contact Information

Hometown Spring Arbor
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Website N/A

Biography

Noah is a 1994 graduate of Grand Valley State University where he played football for Brian Kelly, now head coach at the University of Notre Dame. After spending a year as a graduate assistant at GVSU, Noah moved to the Michigan Department of Corrections, and now is in his 19th year. He has worked in several different roles within the department with the last seven years in management/administration. In 2011, he was diagnosed with Appendix Cancer. He is now a three-year cancer survivor. After surviving cancer, Noah and Teresa Greenslade created the Thought 1 Scholarship Fund through the Jackson Community Foundation. The scholarship fund has gone from \$0 to almost \$50,000 in less than two years but hosting dinners and fundraising basketball games against the Detroit Lions, amongst other fundraising efforts. Furthermore, since surviving cancer, Noah has completed his first 5k, half marathon and is currently training for a full marathon. Noah is the proud father of three daughters. His home club is the [Jackson Chamber Toastmasters](#).

Presentations

“Turning Points”

Subject: Motivational

Presentation Time: 20 – 30 minutes

Turning Points talks about overcoming and growing from, points in your life that turn your world upside down. When those events happen in your life, how do you respond? Do you sit down and just let it happen or do you step up, look those events in the eyes and grow from them, get better from them and soar to new heights?

“You Got It, Share It”

Subject: Inspirational, Motivational, Humorous

Presentation Time: 15 – 25 minutes

You Got It, Share It talks about leaving your comfort zone, reaching inside of oneself, finding the talents that they are blessed with and sharing them with others around them to make their community a better place.

It encourages individuals to take that leap and cross that line from comfortable to uncomfortable and utilizing their talents. It discusses becoming comfortable being uncomfortable and as a result positively impacting the people around you and your community for generations to come.

“Thought 1”

Subject: Community Outreach, Fund Management, Program Development, Volunteer Management

Presentation Time: 20 – 30 min

Thought 1 talks about taking a thought, an idea and making it reality. We started the Thought 1 Scholarship Fund with nothing. We have now reached the point where the scholarship will be endowed through the Jackson Community Foundation and be one that last forever. We have hosted dinners with 200 plus people in attendance, we have held fundraising basketball games with the Detroit Lions with over 1700 people in attendance. Both of these events have now been held over multiple years. This speech talks on how to reach out to the community, to develop a program from the ground up and how to inspire members of the community to be involved.



Tom Crane

Contact Information

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Website johnmaxwellgroup.com/TomCrane

Biography

Tom is a member of the [Defense Logistics Toastmasters Club](#) in Battle Creek. After a 17 year career as a Financial Advisor, he developed business that is centered on helping organizations grow their leaders, strengthen their sales team and staff. He is an Independent Certified Coach and speaker with the John Maxwell Team. He works with individuals as a coach and trainer. Tom also is a motivational speaker that works to inspire individuals and groups.

Presentations

“Don’t Look Around You, Look Inside You!”

Subject: Personal Awareness

Presentation Time: 15 -30 Minutes

Your Dreams are a reality if you will start taking action!

“Everyone Communicates but Few Connect”

Subject: Communication

Presentation Time: 20 minutes

From the Best Selling Author, John Maxwell, Learn how going from communication to connecting is the best way to improve relationship, grow your business and develop your leadership skills.

“Get Busy Living or Get Busy Dying”

Subject: Motivational, Inspirational

Presentation Time: 15 – 30 minutes

The title comes from Tom’s favorite movie quote from Shawshank Redemption! Don’t live inside your own prison walls! It’s time for you to make a breakout!