

## Toastmasters Treasures...Profiles in Performance

by Peggy Lynn, CTM/CL, PR Reporter

The twenty-five year old shy, known introvert would never EVER have dreamed that she could become a training professional, especially within a short time span but that is exactly what happened to **Cheryl Frank!** Drawn by a colleague to that first meeting in 1992 to establish a new Division A Toastmasters Club at the EXCEL Corporation in Wichita, Cheryl was intrigued. Immediately recognizing the benefits she might gain in overcoming her fear of public speaking, Cheryl committed as a Charter Member. The birth of the new club, EXCELlent Toastmasters, in January of 1993 was also a REbirth of sorts for the shy Cheryl. "I was very timid and had always had trouble getting up in front of people to speak. I can remember even back to grade school the stomach aches I would get when I had to give oral book reports." Even though Cheryl had been an avid vocal musician during early school years with experience in front of a wide variety of audiences, public SPEAKING was an altogether different and frightening arena!

Back then Cheryl was an account clerk for EXCEL, which hired her with a bit of accounting experience and no formal post-secondary education. "Little did I know that several years later I would be the one in charge of training," she reminisces. "EXCEL provided me with many training opportunities, but the one that assisted me the most was my experience as a charter member of **EXCELlent Toastmasters.**"

She explains that "Toastmasters gave me the courage to look beyond my fears and see what I could accomplish. Toastmasters helped me see that I did not have to be in a clerical role and that I could gather the experience and education to move up in the world."

Cheryl's ambition took her away from the EXCEL Corporation in 1995 when she landed a position with Friends University and the possibility of all their educational benefits. With the EXCELlent Toastmasters Club closed to employees

only, Cheryl was forced to drop the membership after giving her first six manual speeches.

The focus then became education and developing a love of the training field from the foundation

set by her Toastmasters experiences. Cheryl gained more skills and earned a Bachelor's Degree in Human Resources and then a Master's in Management while garnering various promotions at Friends University in Wichita. Even though she kept working, studying and very busy with the addition of a second son to her blossoming family, Cheryl discovered she missed Toastmasters!

"I can truly say that my experience learning to prepare and give speeches through Toastmasters gave me the push I needed towards my future." Cheryl enjoys her accomplishments and knows that as a Training and Development Professional she can give others a similar "push",

Cheryl left the university environment recently for an opportunity with the City of Wichita where she is now the Director of Training and Development - about ten years since that first Toastmasters meeting! She remembers and recognizes "what Toastmasters did for me and knew of several City employees that could benefit from this program."

During her first year Cheryl immediately LEAPed at starting the work of establishing a new club for the city. This club became a reality in Division A when the club mailed the charter information for 22 members to headquarters on June 30th. Another birth for Cheryl: the **Colleagues of Wisdom** Toastmasters Club for the City of Wichita employees! Look at the lengths one reclaimed member will go through to get those last four speeches in finishing her CTM! Way to go, Cheryl!



With Cheryl's eight years of experience in adult education and training the new club is bound to be off to a fantastic start!

Cheryl Frank's success story proves that we can never underestimate the power and impact the Toastmasters' experience may have on any one member! The future is for each to seize! Don't be shy in letting Cheryl Frank know that she is a Toastmaster we truly TREASURE! District 22 is very proud to have her back! Contacting Cheryl Frank is as easy as CFrank@wichita.gov. Until the next time with a new GEM in our midst...