FORWARD FLOW

with Ripples of Confidence
voices of Purpose &
Leadership in Action







CECB TOASTMASTERS CLUB

NEWSLETTER | MARCH 2026 | TERM 2

TOASTMASTERS INTERNATIONAL MISSION

We empower individuals to become more effective communicators and leaders.

DISTRICT MISSION

We build new clubs and support all clubs in achieving excellence.

CLUB MISSION

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

TOASTMASTERS INTERNATIONAL CORE VALUES

Integrity | Respect | Service | Excellence

TOASTMASTERS INTERNATIONAL ENVISIONED FUTURE

Toastmasters is a thriving and diverse global community. We enhance the personal lives and careers of individuals, enabling them to positively impact their communities. We empower people to develop communication and leadership skills through a welcoming, high-quality, experiential learning environment, resulting in greater self-confidence and personal growth.

FORWARD FLOW

WITH CONFIDENCE, PURPOSE, LEADERSHIP

WELCOME TO CECB TOASTMASTERS CLUB!

We proudly embody the TMI global vision while driving powerful local impact as a proud Corporate Club. We began our journey with a strong start in April 2022. Since then, we've harnessed the principles of Toastmasters International to achieve consistent growth, conducting over 80 successful educational meetings.

This page explores the foundational Vows of TMI and CECB TMC, the core values that drive our ***Forward Flow***. Just as a river gains strength as it moves, these missions channel our collective energy into a steady stream of progress, turning individual potential into a wave of lasting success.

District 82 | Division D | Area 04 |
Club No: 07988670

MEETING DETAILS

Every 1st & 3rd Wednesday

1:15 – 4:15 PM

Auditorium - CECB Head Office

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EDITORIAL NOTE



As we present the second and final newsletter of the 2025/26 Toastmasters year, ***FORWARD FLOW*** reflects the journey we have shared - one shaped by learning, laughter, leadership, and lasting memories. Over the past months, CECB Toastmasters Club has continued to grow through meaningful meetings, inspiring voices, vibrant events, and the dedication of every member. This edition celebrates the moments and milestones that moved us forward together. As VPPR, it has been a privilege to capture and share these stories.

I warmly invite you to turn these pages, relive our journey, and enjoy the spirit of Forward Flow.

Wishing you an inspiring read ahead.

TM CHACHINI EROMIKA
VICE PRESIDENT PUBLIC RELATIONS (2025/26)
CECB TOASTMASTERS CLUB

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MESSAGE FROM THE CHAIRMAN - CECB



VISION EMPOWERS

> **“Their dedication reflects a progressive mindset that aligns with the future vision of our organization.**

At the Central Engineering Consultancy Bureau (CECB) and Central Engineering Service (Pvt) Ltd, we firmly believe that the true strength of our organization lies in our people. While our technical expertise and engineering excellence have earned us recognition both locally and internationally, it is the continuous development of our human resources that sustains our growth and competitiveness.

In today’s dynamic and highly competitive construction industry, securing projects and maintaining strong professional relationships require more than just subject knowledge. Effective communication, confidence, and strong negotiation skills are essential attributes for success. It is in this context that the CECB Toastmasters Club plays a vital and commendable role within our organization.

This initiative provides an excellent platform for our staff to enhance their language proficiency, develop leadership capabilities, and build essential soft skills. I am particularly proud of the enthusiasm and commitment shown by our members who actively participate in this club with a genuine desire for self-improvement. Their dedication reflects a progressive mindset that aligns with the future vision of our organization.

The willingness of our team to invest time and effort in such development activities is truly inspiring. It not only enhances individual performance but also strengthens the overall capacity and reputation of CECB and CESL in both local and international arenas.
As Chairman, I extend my sincere appreciation to the President and all members of the CECB Toastmasters Club. I remain fully committed to supporting this initiative in every possible way to ensure its continued success.

My heartfelt congratulations and best wishes to all. Continue striving for excellence.

ENG. A. P. JAYATISSA
CHAIRMAN, CENTRAL ENGINEERING CONSULTANCY BUREAU (CECB)

MESSAGE FROM THE PRESIDENT

LEADING WITH PURPOSE



> **"Together, we will continue to grow, inspire, and make our club a place where confidence and leadership flourish...**

I would like to reflect on the journey our club has shared so far this Toastmasters year. The past several months have been filled with learning, collaboration, and memorable moments that truly highlight the spirit of our club.

One of the most rewarding aspects of our journey has been the continuous opportunities for growth provided to our members. Through educational sessions, members have gained valuable insights into public speaking, leadership, and personal development. These sessions not only strengthened our skills but also reminded us of the importance of learning from experienced leaders and from one another.

Our club also focused on strengthening its community through special meetings and engaging activities. Open houses and new member orientation sessions helped us welcome and guide new members as they began their Toastmasters journey. It has been inspiring to witness newcomers gradually build confidence, take on meeting roles, and deliver their speeches with enthusiasm and determination.

Club Installation, Speech contests and other club events added excitement to our calendar, giving members the chance to challenge themselves and showcase their progress. At the same time, theme meetings and social gatherings brought a sense of creativity and fellowship to our meetings, reminding us that learning can also be enjoyable and memorable.

Looking back, I am incredibly proud of the dedication, teamwork, and enthusiasm shown by every member. Each meeting conducted, each role performed, and each speech delivered contributes to the vibrant learning environment that defines our club.

As we move forward in the remaining months of the year, I encourage everyone to continue embracing opportunities to learn, support fellow members, and challenge yourselves. Together, we will continue to grow, inspire, and make our club a place where confidence and leadership flourish.

Let us keep transforming lives-one speech at a time.

TM THARUSHA BATAWALAGE
PRESIDENT (2025/26)
CECB TOASTMASTERS CLUB

RIPPLES OF CHANGE

A MESSAGE FROM DISTRICT DIRECTOR... TO FINISH STRONG

At the beginning of this Toastmasters year, our clubs stood at the edge of possibility. Some of us stepped forward with confidence; others took a quiet, courageous first step. But every step mattered. Like a pebble dropped into still water, each speech, each role, each word of encouragement created ripples of change.

As we approach the close of the year, this is our moment to pause and reflect. Not just on awards or numbers but on people. On the member who found their voice. On the leader who grew through service. On the meeting that felt a little more engaging because someone chose excellence over comfort.

Club excellence is not accidental. It is built when we run quality meetings, complete our educational goals, mentor with intention, and prepare leaders who will serve with heart. The final months are not a winding down, they are a calling to rise.

So here is our call to action, let us finish with purpose. Let us finish with pride. Let us ensure that when this year ends, what remains is not just memories, but a vibrant, strong, and welcoming club that continues to resonate.
And when the ripples settle into tides of transformation, may it be clear that we left the water stronger, deeper, and forever changed.

> **“ The final months are not a winding down, they are a calling to rise....**



LEADING THE TIDES

DTM NIROSHAN NADARAJAH
DISTRICT DIRECTOR (2025/26)
DISTRICT 82 | TOASTMASTERS INTERNATIONAL

ENGINEERING OF EMPOWERMENT

A MESSAGE BY CLUB GROWTH DIRECTOR...TO LEAD WITH IMPACT

> **"...Toastmasters does not merely create competent communicators. It nurtures empowered and accountable leaders..."**



Being a Trio member is always an honour. It gives us a special vantage point to witness the true power of teamwork and collaboration within clubs,especially when we are invited to felicitate the new EXCO during their installations.

I am often mesmerized by the level of effort, coordination, and execution that goes into organizing such events. It is not merely a programme to introduce officers; it is a demonstration of how empowered individuals come together to create something meaningful. I personally witnessed this during your installation. For engineers to conceptualize and deliver such an event amidst office work, club commitments, and day-to-day responsibilities is admirable. It is only possible when members are trusted to lead and encouraged to own their tasks.

The same applies to achieving club goals. From a distance, one may assume such events are easy. They are not. Empowerment requires trust, accountability, and confidence in each other's strengths.

Doesn't this mirror our daily lives, whether at work, at home, or in society at large? Collaboration without empowerment achieves little. Empowerment without accountability delivers even less. Therefore, I firmly believe that Toastmasters does not merely create competent communicators. It nurtures empowered and accountable leaders.

If you are reading this and still contemplating membership, do not delay. Come join and experience it for yourself.

DTM PIYAKARA JAYARATNE
CLUB GROWTH DIRECTOR (2025/26)
DISTRICT 82 | TOASTMASTERS INTERNATIONAL

DYNAMIC GROWTH WITH FUN & ENERGY

REFLECTION BY DIVISION DIRECTOR...



TM SAJAN PUSHPANATHAN
DIVISION DIRECTOR (2025/26) | DISTRICT 82
TOASTMASTERS INTERNATIONAL

It's truly inspiring to witness the vibrant spirit of CECB TMC. This year's newsletter theme, ***Forward Flow***, beautifully reflects the momentum your club continues to build. It aligns seamlessly with my vision of Dynamic Growth with Fun and Energy, which is clearly evident in your engaging meetings and the enthusiasm each member brings.

I am especially impressed by the dedication of your Exco, who have gone above and beyond to guide the club forward with purpose and unity. Their efforts have fostered a strong, connected community where members feel encouraged to learn, contribute, and thrive. I also deeply appreciate the active participation of your members beyond the club level. Your presence at area and division events, as well as conferences, truly embodies the spirit of Toastmasters which embraces growth, collaboration, and excellence.

It is encouraging to see members continuously moving forward, stepping out of their comfort zones, and making meaningful contributions across the division. This collective "forward flow" strengthens not only your club but the wider Toastmasters family.

Keep this momentum going and continue progressing with confidence and energy.

Wishing you continued success and many more milestones ahead.

HONORING A SEASON OF GROWTH... AS WE FLOW TOWARD THE HORIZON...

> I've mastered the art of tuning everything out just to keep the club records accurate-even if I avoid that kind of detail in my real life!
> ***Secretary: TM Prabhavi***

> As we move in Forward Flow, every new member adds momentum to our journey-together, we grow stronger and go further.
> ***VPM - TM Nalaka***

> As the Club President, I trust the forward flow of Toastmasters, every step we take together teaches us something new, strengthens our confidence, and helps each member grow into a better communicator and leader.
> ***President - TM Tharusha***



BLUEPRINTS FOR EXCELLENCE

A NOTE FROM THE AREA DIRECTOR

Sustaining engaging Toastmasters meetings is vital to shaping confident, proficient speakers. At CECB, a distinctive edge emerges from the blend of creativity, analytical thinking, and professionalism rooted in the construction industry. Meetings reflect clarity, structure, and purpose, enabling members to communicate with precision and confidence.

Within a large state-owned corporate setting, the club thrives as a close-knit family. This sense of belonging fosters mutual support, where members are genuinely invested in one another's growth. Through mentorship, thoughtful feedback, and encouragement, individuals are uplifted while the collective strength of the club continues to grow.

When the genuine interests of members are understood, there is significant room to introduce fresh approaches within the structured Toastmasters program. This harmony between flexibility and structure allows members to explore their strengths while progressing along proven pathways. Together, the club nurtures a culture where individuals rise, and the group advances as one, reaching new heights of excellence.



UNIFIED ASCENT

TM GANESH DAHANAYAKE
AREA DIRECTOR - AREA D4 (2025/26)
DIVISION D | DISTRICT 82
TOASTMASTERS INTERNATIONAL



Our forward flow is simple: speakers move forward, time moves faster, and the evaluator moves straight to the point.
VPEd: TM Anuka

Beyond newsletters and flyers, it allows me to capture our stories of growth and celebration, sharing them with the world as we flow forward.
PVPR: TM Chachini

I set the stage to turn your nerves into courage and let the forward flow begin. I create the magic that makes you a star.
SAA: TM Champika

To keep the club's forward flow alive, I guard every cent carefully, because even inspiration sometimes needs a receipt.
Treasurer: TM Kanchana

THE CREATIVE SPIRIT OF THE DIVISION

THOUGHTS OF PR MANAGER - DIVISION D...





















THE SECRET SANTA REVEALS

My visit to the CECB Toastmasters Club for their Christmas meeting was nothing short of memorable. What began as a formal invitation from the Toastmaster of the Day, quickly turned into an experience filled with warmth, laughter, and connection.

From festive carols to thoughtful gifts, the evening captured the true spirit of the season. Beyond the corporate setting, I witnessed a vibrant community members who uplift one another, celebrate progress, and truly enjoy the journey of self-development.

Every member contributed to an atmosphere that was both welcoming and inspiring.

As Division D PR Manager, what impressed me most was the club's communication culture , driven by a VPPR who consistently showcases the updates inside the club and is deeply committed to mastering her role.

Supported by champion speakers, passionate members & a committed executive committee, CECB Toastmasters is more than a club - it's a culture others would aspire to be part of.

TM DHANANJAYA SAMARASEKARA
PUBLIC RELATIONS MANAGER (2025/26)
DVISION D | DISTRICT 82 | TOASTMASTERS INTERNATIONAL

FLOWING FORWARD WITH FESTIVE HEARTS



JINGLE OUR WAY INTO THE FORWARD FLOW





Lifting voices and sparking the joy...



flow of kindness moving...



a tiny token to every one to remember us...











Knowledge is the fuel for our forward journey...

NAUGHTY OR NICE ?

"As the TOD, I had the joy of planning and hosting our memorable Christmas-themed meeting. The evening came alive with live Christmas carols by our members and CECB staff, Secret Santa surprises, a heartfelt charity donation drive and an educational session proving learning can blend beautifully with fun. With Santa, dancing, delicious food, memory tokens for everyone and the presence of visiting Toastmasters from four other clubs, it was truly a warm, vibrant, and unforgettable celebration.

TM Chachini Eromika



FRAMES OF FORWARD FLOW

DECEMBER

- X'mas Themed Meeting
- Educational session by Eng. Nalin De Silva on **'Tips for an effective Evaluation'**
- Leadership Excellence Series Presentation by TM Thilini Thathsarani on **'Effective Feedback'**





JANUARY

- **Division Director:** TM Sajan's visit & an educational session by him on **'Winning Table Topics'**



- **Area Director:** TM Ganesh's visit



STORIES STILL FLOW FORWARD

- **Moments of Truth** conducted by TM Mohamed Sabri





FEBRUARY

- **Joint Meeting** with ICASL TMC

MARCH

International Speech & Table Topics **Club Contest**





Commencement of **Groom & Glow** Programme of the year 2026 : A 6 day grooming session for professional

Valantines Themed Metting





"Serving as Toastmaster of the Day for the Valentine Themed meeting was a delightful experience. The session was filled with warmth, engaging speeches, and heartfelt moments celebrating love and connection. I hope guiding the meeting flow-discovering where true love begins by embracing self-love made it both memorable and inspiring for all attendees. This journey of reflection allowed us to flow forward while appreciating the beauty of our growth. Witnessing such passion and vulnerability within our community truly reinforced that when we value ourselves, we empower our collective voice.

TM Prabhavi Gunathilake



BREAKING THE ROUTINE
HOW CREATIVE MEETINGS ENERGIZE TOASTMASTERS



VIBRANT VARIETY

> **"Creativity helps members learn, relax, and enjoy the process at the same time....**

TM AROSHA KALUPAHANA
ASST. DIVISION DIRECTOR - CLUB GROWTH (2025/26)
DIVISION D
DISTRICT 82 | TOASTMASTERS INTERNATIONAL

Why Meetings Need a Refresh

Toastmasters meetings are designed to help members improve their communication and leadership skills. However, for many members, especially in corporate clubs, meetings can feel like another work-related discussion after a long day. As one member shared,

"I came after such a hectic day after work, and here in the meeting they are also talking about business-related matters for the theme and speeches."

This highlights an important point: meetings should not feel like an additional burden. Whether in corporate, community, or university clubs, members spend two to two and a half hours after work or studies. Therefore, meetings should be engaging and refreshing rather than stressful. Creativity helps members learn, relax, and enjoy the process at the same time.

Creative Formats That Bring Energy

One effective way to achieve this is through creative meeting formats. Clubs can organize themed meetings such as Avurudu, Christmas, Pongal, Iftar, Valentine, Halloween, or Women's Day. These themes allow members to decorate the meeting space, add music, and include small entertainment activities while still maintaining the educational value of Toastmasters. Outdoor meetings, storytelling sessions, and debate-style segments can also bring variety and create a lively atmosphere.

Creative meetings also contribute to member development. Theme-based meetings encourage members to research and prepare related speeches, helping them gain knowledge and confidence in speaking.

Learning, Growth, and Lasting Impact

Creative Table Topics and theme-based vocabulary activities help members improve their thinking skills, expand vocabulary, and strengthen communication abilities.

To maintain this positive environment, clubs should continue introducing fresh ideas, inspiring keynote speakers, and educational games. Since Toastmasters is built on participation, members should contribute creative ideas that keep meetings lively, engaging, and meaningful. When creativity becomes part of the meeting culture, Toastmasters transforms into a place where members learn, share experiences, laugh, and grow both personally and professionally.

D-TRIANGLE
FROM TOASTMASTERS TO THE WORKPLACE

At a certain stage in life, we start thinking about investing. When that thought came to me, I explored different options and realized the best investment I could make was in myself.

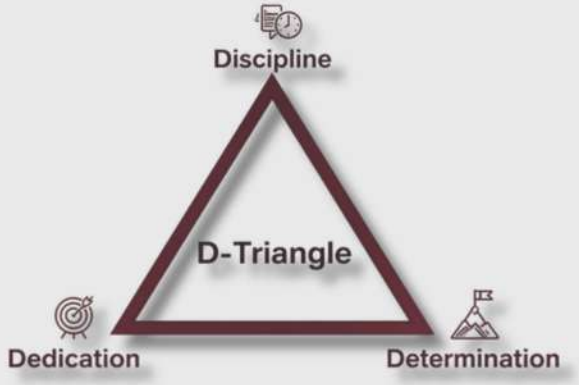
Working in a sales role, communication is a key part of my job. Instead of attending a one-time training program, I wanted a place where I could grow continuously. That is when I chose Toastmasters, a place where leaders are built and speakers are transformed.

I joined with the goal of becoming a better speaker and leader. Along the way, I discovered three powerful qualities that shaped my journey: Discipline, Dedication, and Determination.

Discipline taught me the value of consistent preparation and practice. As I worked on my speeches, I saw gradual improvement. I began applying the same discipline before client meetings and presentations, which helped me communicate with confidence.

Dedication shifted my mindset. A senior Toastmaster once said, "Focus on giving your best, not just the outcome." This helped me move from being result-driven to process-driven, improving both my confidence and performance.

Determination showed me the importance of staying focused despite challenges. I once witnessed a speaker continue confidently at a Area contest even during a power failure. That moment reminded me to stay focus, no matter the situation.



"Discipline, Dedication, and Determination: The best investment I could make was in myself..."

D-DRIVEN FLOW



TM BHAGYA RATHNASIRI
PRESIDENT (2025/26)
MARKETERS TMC

THE INNER JOURNEY OF A TOASTMASTER
FROM PURPOSE TO SELF-LEADERSHIP

Purpose Gives Direction

My Toastmasters journey began with a simple intention to become a better speaker. But over time, that purpose evolved into something deeper: to lead, to inspire, and to create impact. Having a clear purpose shaped every role I took and every speech I delivered, giving my journey a true direction.

Awareness Creates Growth

One of the most powerful lessons I gained through Toastmasters was self-awareness. Evaluations, both given and received, helped me understand my strengths and blind spots. I learned that growth begins the moment you are willing to listen, reflect, and accept that improvement is a continuous, humbling process.



“Having a clear purpose shaped every role I took and every speech I delivered, giving my journey a true direction...

TM YASHODHARA HEMACHANDRA
ADMINISTRATION MANAGER
DISTRICT 82 | TOASTMASTERS INTERNATIONAL

Adaptability Keeps You Moving

From prepared speeches to impromptu Table Topics, Toastmasters constantly pushed me out of my comfort zone. Not every role went as planned, but adapting in those moments built resilience. I realized that being flexible, open to change, and willing to learn is what keeps us progressing forward.

Self-Leadership Shapes the Future

Toastmasters taught me that leadership starts within. Taking responsibility for my growth, showing up consistently, and uplifting others shaped not only my journey but also the clubs I served. When you lead yourself with purpose and intention, you naturally begin to shape a better future for those around you.

FROM STAGE TO BOARDROOM
A CONVERSATION WITH A DISTRICT'S TRIPLE CHAMPION

Q How has contest preparation shaped your communication?

"Preparing to contest has been one of the most powerful communication classrooms of my life. Long before I held a microphone on a big stage, I thought I was already 'good enough' as a speaker. Toastmasters – and especially contest preparation – showed me that being able to talk is not the same as being able to truly connect, persuade, and move an audience. Every contest season has forced me to raise my standards, sharpen my thinking, and become more deliberate about words, voice, and presence. That discipline now quietly shapes how I communicate in boardrooms, classrooms, and consulting assignments."

Q What makes contest speeches different?

"A contest speech must have a clear message, tight structure, and emotional resonance. I spend hours clarifying: What exactly am I trying to say? Why should anyone care? What do I want the audience to think, feel, and do? That same rigour guides my professional communication - my presentations are more focused, slides simpler, and key messages land more clearly."

Q How does contesting affect handling pressure?

"Contest preparation trains quick thinking under pressure. Evaluations and tough questions teach you to respond with composure. Whether it's a senior executive challenging an insight, a student questioning a model, or a conference participant pushing back, I treat those moments like an extended Table Topics session: listen fully, pause, structure my response, then speak with calm confidence."

Q What lessons from feedback do you apply professionally?

"Contests teach you to treat feedback as fuel. Mentors, fellow Toastmasters, even video recordings, can be brutally honest. At first, it's uncomfortable. Over time, I learned to detach my ego, listen for insight, and experiment. That habit translates directly: after workshops or presentations, I actively seek detailed feedback and ask, 'What should I change next time?' Coachability is at the heart of long-term communication growth."

Q Any final thoughts on contesting?

"Contesting compresses everything that matters about communication into one journey: clarity, respect for the audience, openness to feedback, and courage to show up fully. The trophies are temporary. The communicator you become stays with you-in your career, classroom, and every conversation where your voice can make a difference."



TM THARINDU AMERESEKERE
SENIOR LECTURERE - PIM
TRIPLE CHAMPION - DISTRICT 82 | TMI
(INTERNATIONAL SPEECH &
HUMOROUS SPEECH CONTEST - 2023,
TABLE TOPICS - 2015)

FROM SEASONED ROOTS TO RISING RIPPLES... WE FLOW FORWARD

LEADERSHIP BEHIND THE SCENES



TM NIROSHANI RAJAPAKSHA
FORMER SAA
CECB TMC

DEEP CURRENT

Let's be honest. When new members join Toastmasters, very few imagine themselves serving as the Sergeant at Arms. Most of us picture delivering a flawless speech, earning Pathways awards, winning contests, and one day proudly wearing the Distinguished Toastmaster medal. Setting up the meeting room is rarely part of that dream.

Yet during my time as Sergeant at Arms, I discovered something meaningful: the most impactful roles are often the quietest.

Toastmasters is celebrated for helping members become confident speakers and effective leaders. But the real learning goes far beyond the lectern. It teaches us that leadership is not only about visibility-it is also about service, responsibility, and creating an environment where others can learn and thrive.

The Sergeant at Arms is often the first face a guest encounters. Before the President calls the meeting to order, before the Toastmaster of the Day guides the agenda, and before the first speech is delivered, the Sergeant at Arms has already shaped the atmosphere-with a warm smile, a welcoming presence, and a genuine effort to make everyone feel comfortable.

Much of the role happens behind the scenes. The lectern is positioned, the timer is ready, the guest book is placed, and the room is prepared. These simple tasks form the foundation of a smooth and well-organized meeting.

Serving as Sergeant at Arms taught me that leadership is not only about standing in front of the room. It is also about creating the space in which others can succeed. Every role contributes to learning and helps shape stronger leaders.

That is not an underrated role, but unforgettable leadership behind the scenes.



TM RUSHEN
CECB TMC

As a new member, I began reflecting on my personal weaknesses, and one of the main things I noticed was that my communication skills were not at a satisfactory level.

At that time, I had the opportunity to listen to a fellow Toastmasters member who expressed ideas very clearly and confidently. That moment inspired me and helped me realize that Toastmasters is one of the best places to improve communication skills.

Inspired by that experience, I decided to join the CECB Toastmasters Club. Since joining, I have experienced a warm sense of brotherhood, a comfortable environment, and a truly supportive community. It is a simple yet powerful platform for anyone who wishes to become a better communicator and develop strong leadership skills.

Joining the CECB Toastmasters Club in September 2025 was an important step in my journey to improve my English communication skills. As a guest, my first speaking experience was during the Table Topics session. I was very nervous and struggled to speak clearly. Because of fear, I made many mistakes. However, the supportive members encouraged me and shared valuable tips to improve my speaking. I soon realized that the club is not just a regular club, but a place where members help each other grow. Inspired by their support, I prepared my Ice Breaker speech. I was proud and happy to receive the Best Speaker award for my first prepared speech.



MS . SARASI THILAKARATHNA
Manager (Training) - CECB

In today's engineering environment, technical expertise alone is often insufficient. Ideas must inspire action, decisions must be communicated with conviction, and diverse stakeholders must be aligned with purpose. I believe CECB Toastmasters plays a vital role in enhancing these abilities through prepared speeches, impromptu speaking, and constructive evaluations. This continuous, practice-driven process builds confidence, sharpens critical thinking, and fosters composure under pressure.

As Head of the Training, Research and Development Unit, I deeply value how Toastmasters cultivates disciplined communication, principled leadership, and strong self-awareness-qualities that drive lifelong growth.

I look forward to being part of this journey as we move in Forward Flow, shaping well-rounded professionals and inspiring ambassadors of excellence who uphold CECB's values with pride and distinction.

EMERGING TIDE



ARCHT . SAVINDI NIRIELLA
Archi. Unit - CECB

It was a moment being among extraordinary people," as I felt when I sat as a guest among CECB Toastmasters, wondering what would happen next. It was the first day I was invited as a guest, and I truly had enthusiasm to experience TOAST - mastering. "Yes", I felt it was a good platform to convey individual thoughts creatively, with self-confidence to express one's own unique and vibrant ideas. It was impressive how different professionals of CECB came together with friendship, sharing, clapping for one's efforts with appreciation, patience, humor, and willingness to listen. It is not only a space to speak, but also a place to improve confidence, leadership skills, articulation, evaluation, constructive feedback, decision-making, and analysis. I felt Toastmasters opens paths to become a capable and qualitative person with humanity. I now hope to find the right time to join these extraordinary people as a member.

FRESH FLOW



TM DINUKA
CECB TMC



TM DARSHANA
CECB TMC

Joining CECB Toastmasters Club was one of the best decisions I've made. When I delivered my Ice Breaker speech, I was nervous but what struck me most was the overwhelming support and encouragement from every single member in the room. That warm applause and genuine feedback meant the world to me.

Through Table Topics, I've learned to think instantly, but even more than that, I've experienced how a truly supportive community can push me beyond my own limits. Every smile, every nod, every word of encouragement from fellow members makes me want to do better.

I'm only at the beginning of this journey, but the people here make all the difference. Grateful to be part of this wonderful club. This environment fosters a unique sense of belonging, transforming my initial fears into newfound confidence. I am eager to embrace future challenges, knowing that this mentorship and camaraderie will continue to guide my growth as a leader and speaker.

Since 1924

CECB TOASTMASTERS CLUB

MAPPING THE FLOW

Avurudu Themed Meeting New Member Orientation	**APRIL**	**AUGUST**	MOT
AGM	**MAY**	**SEPTEMBER**	Humerous & Evaluation Speech Club Contest
Educational Session	**JUNE**	**OCTOBER**	Club Officer Installation & New Member Induction
New Exco kick - off	**JULY**	**NOVEMBER**	Halloween Themed Meeting

On every 1st & 3rd Wednesday
@ 1:30 PM
Auditorium,
CECB Head Office





















