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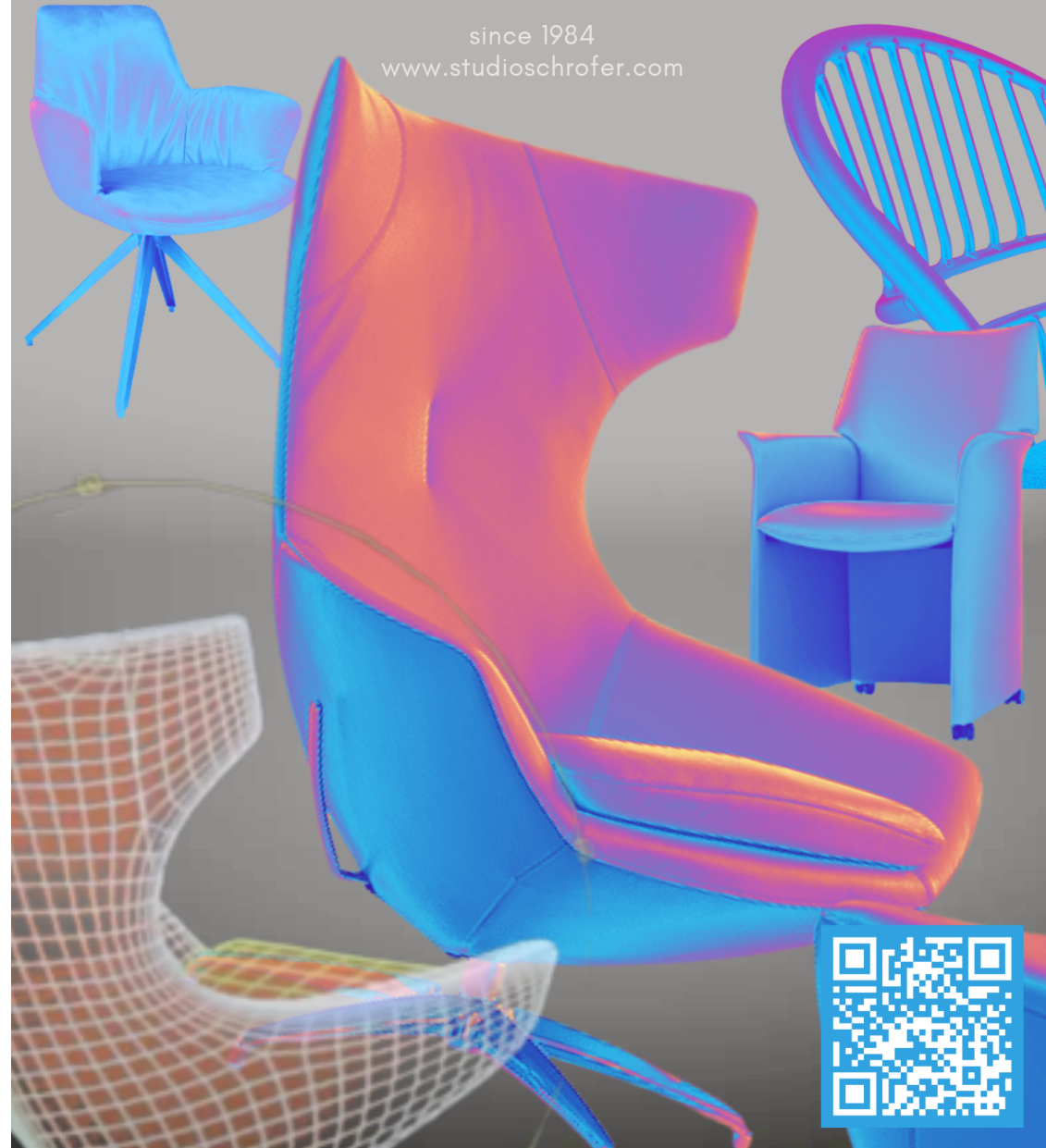


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A MESSAGE FROM ...



Ilona Ruitenbergh

DISTRICT 59 DIRECTOR

Toastmasters International

Dear Toastmasters Family, Esteemed Guests, and Fellow Voyagers,

Welcome to the shores of Egmond aan Zee, where the tides of the North Sea **invites us to truly 'Seas the Moment'**. As your District Director, I am thrilled to welcome you to this unique confluence of inspiration, learning, and camaraderie. Our year's theme for the district, **Many journeys, one Toastmasters family**, beautifully encapsulates our shared experience. Each of us has embarked on a distinct path, navigating personal and professional seas, yet we find ourselves **united under the banner of Toastmasters**. Here in Egmond aan Zee, we celebrate

this unity, recognizing that while our journeys may differ, **our destination is shared**: the pursuit of excellence in communication and leadership. **'Seas the Moment'**, the conference theme, is **a call to action**. It's an invitation to embrace the ebb and flow of learning, navigate the currents of connection, set sail for uncharted territories and **anchor ourselves in the present**. I encourage you to open your hearts and minds and to embrace the experiences that await. Together, we will **strengthen the bonds** of our Toastmasters family and chart a course for continued success and connection.

Wishing you a **wonderful weekend!**

MEET THE TEAM



Valérie van Rooij
Conference Chair



Lucy Sennef
Conference Chair



Eric Schoenmaker
Conference Chair



SEAS THE MOMENT

District 59 Conference
Egmond aan Zee
May 9th - 11th, 2025



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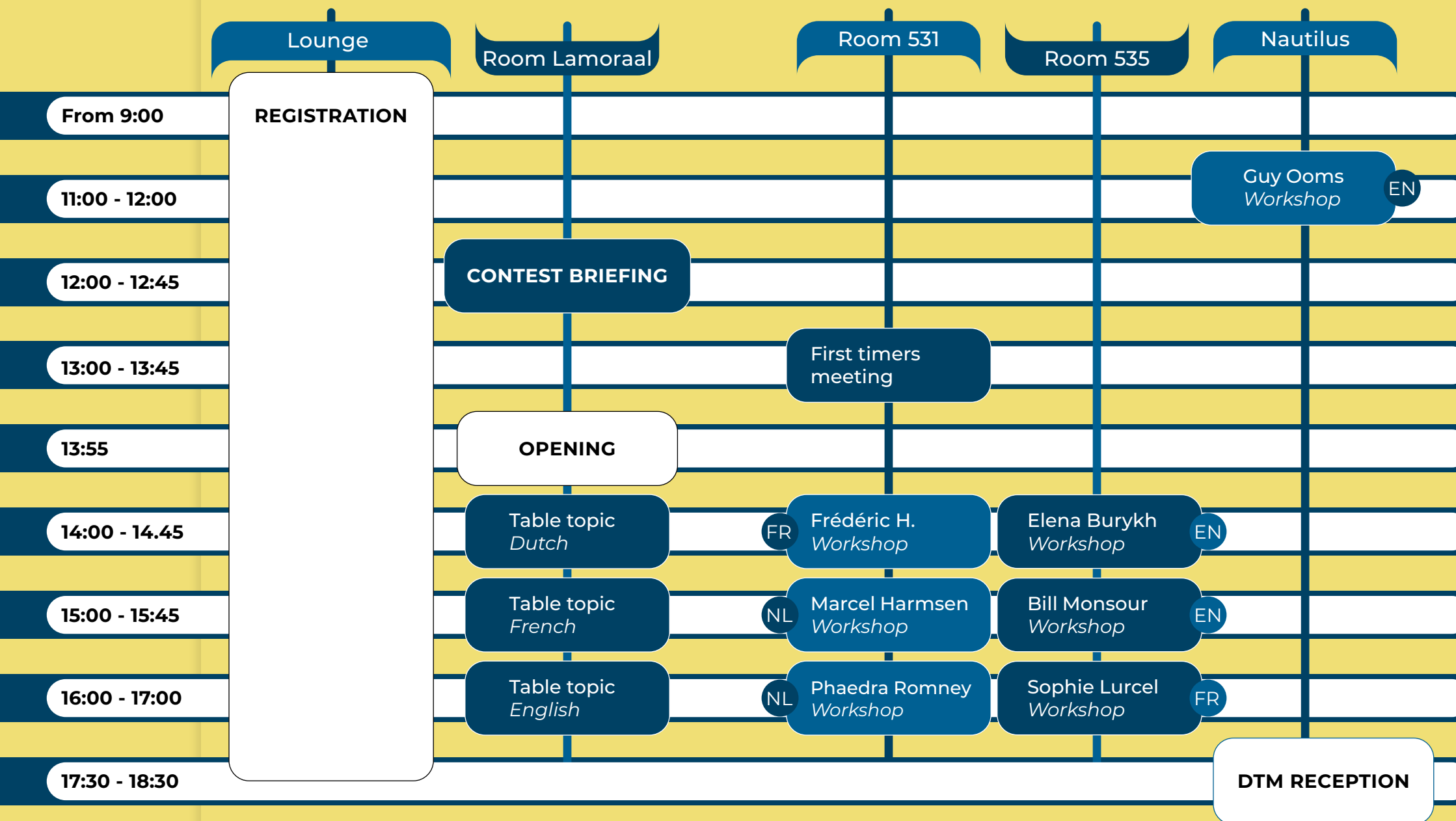


Sonia Sin

Sponsor Chair

CONFERENCE AGENDA

Friday 9 May



FRIDAY WORKSHOPS

EN

Guy Ooms

NETWORK LIKE A SAMURAI - ON THE BEACH!

11:00 - 12:00 Nautilus (Beach)



Last year he blew us away with his workshop, but this year we are going one step further - we are going to the beach! You've just arrived at the conference. You want to connect — but **how do you start a conversation without feeling awkward?** That's where Guy Ooms comes in.

Join us on the beach for "Network like a Samurai", an energizing **social session where you'll learn how to:**

- *Overcome the fear of approaching new people*
- *Build confidence through repetition and play*
- *Deliver your 1-minute pitch like a pro — again and again (and again!)*
- *Leave the weekend with at least 10 meaningful new connections.*

Expect warm vibes, practical tips, small groupwork, and a LOT of **real-time practice** — **all with your toes in the sand.**



FR

Frédéric Houessinon

UNLEASH YOUR INNER ROCKSTAR - WITH RPRGV + I

14:00 - 14:45 Room 531



(Yes, it's as cool as it sounds.) Want to **light up the stage** without pretending to be someone else? Join me for a 45-minute, high-energy workshop where you'll unlock your natural charisma using the **RPRGV + I method**. I'm a former stage actor, now a public speaking coach for leaders who want to speak with impact and soul. I've helped hundreds of professionals go from invisible to unforgettable — using their body, breath and voice as **powerful instruments**.



What's RPRGV + I?

It stands for **Respiration, Posture, Regard** (Gaze), **Gestures, Voice + Intention**. Simple? Yes. Game-changing? Definitely. You'll move, breathe, play and walk away with tools you'll use in every talk from now on. This is your chance to stop "pretending" and **start radiating**.



EN

Elena Burykh

THE ART OF NETWORKING: Building connections in a meaningful way

14:00 - 14:45 Room 535

Elena has excelled in Fortune 500 companies for over 15 years before transitioning to entrepreneurship. Leveraging her expertise in finance transformation and coaching, she **empowers** teams and individuals to enhance communication and build authentic connections. With a PhD, MBA, and EMCC accreditation, Elena fosters success through **meaningful relationships** and impactful leadership.

Curious about how effective networking can transform your career or entrepreneurial journey? In this dynamic workshop, you'll discover how to build valuable connections that will propel you towards your future goals. Elena will share her own networking methodology, customizable to your needs, to establish meaningful relationships while staying true to your authentic self.

Dive into an **immersive game** to practice your communication skills in real time. By the end of this workshop, you'll be equipped with powerful tools, a solid framework and **the confidence** to create a strong, supportive network that fuels your aspirations.



NL

Marcel Harmsen

IMPROV: HOW TO TRUST YOUR INSTINCT AND GUTS

15:00 - 15:45 Room 531

Marcel's workshops are **accessible for** unexperienced, curious people who want to experience improv theatre in **a fun way** with a focus on group safety. Improvisation is

a skill **anyone can develop** and is very useful in several situations, especially for public speakers. You will learn to act **without thinking** and to make convincing mistakes.

EN

Bill Monsour, DTM

ACTING LESSONS FOR LEADERS

15:00 - 15:45 Room 535

Bill Monsour DTM is an award-winning speaker, trainer and performer, with over 20 years in Toastmasters and a lifelong passion for helping people **express themselves** with honesty and power. This lively, hands-on workshop will show you how to bring your speeches and leadership to life by following Kolb's Experiential Learning Cycle.



Bill shares lessons from the rehearsal room to help you learn by doing, reflect on what works, and grow with each performance. You'll leave with practical tools to **become a more authentic, engaging speaker** — and maybe even surprise yourself along the way.



NL

Phaedra Romney

STAND TALL, SPEAK BOLDLY

16:00 - 17:00 Room 531

Phaedra helps ambitious professionals - especially those who don't fit the typical leadership mold - find their voice and use it powerfully. Blending behavioral science, systems thinking, and a splash of gamification, she'll help you go from feeling overlooked to **truly making an impact**. In her hands-on workshop "**Stand Tall, Speak BOLDly**" (Stap en spreek met DAAD-kracht), you'll explore how to speak up with **confidence** - without losing your

warmth or values. Expect real talk, real scenarios and practical tools you can use right away.

You'll practice exactly what to say in challenging situations, how to hold your ground without pushing people away, and how to **build influence authentically**. If you've ever been talked over, cut off, underestimated - or unsure how to assert yourself - **this workshop is for you.**



FR

Sophie Lurcel

RITUAL OF VOICE & PRESENCE - A UNIQUE JOURNEY

16:00 - 17:00 Room 535

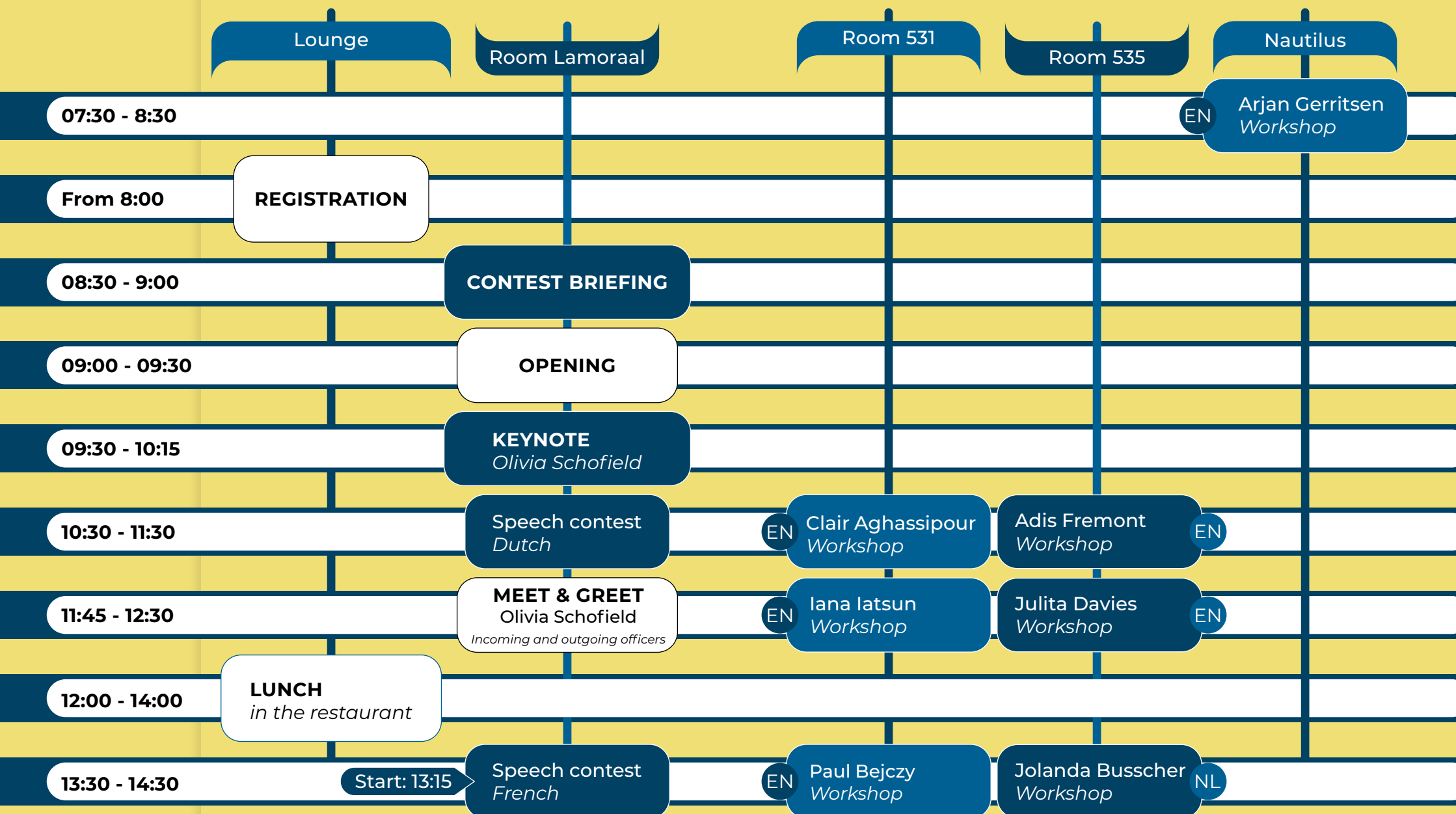
Sophie Lurcel is a speaker and art- and dance therapist with over 25 years of experience in emotional body expression and group facilitation. **Her work is rooted in two deep convictions:** the body holds infinite wisdom, and we are all deeply connected. Guided by the pulse of the djembe, you'll awaken your body, voice and spirit. This one-of-a-kind experience **blends rhythm**, embodiment and storytelling to help you:

- *Speak with clarity*
- *Move with confidence*
- *Shine with authenticity*

Did you know that body language represents over 55% of communication? **Let's explore its power** - joyfully, collectively and with bold creativity. Sophie's ritual is more than a performance - it's a transformative practice, where joy becomes a tool and **expression becomes your superpower.**

CONFERENCE AGENDA

Saturday 10 May



Saturday 10 May

Room Lamoraal

Room Zuiderduin

14:45 - 16:30

Speech contest
International

18:00 - 19:00

AWARD
CEREMONY

19:00 - 22:00

GALA DINNER

22:00 - Late

★ *Party* ★



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SATURDAY WORKSHOPS

EN



Arjan Gerritsen

RISE WITH THE TIDE: YOGA, QI GONG & MEDITATION BY THE SEA

7:30 - 8:30 Nautilus (Beach)

Start your day grounded, energized and deeply connected. This revitalizing beachside workshop weaves together the gentle flow of Qi Gong, the mindful movement of Yoga, and the **deep stillness** of Transcendental Meditation. Designed to **awaken** your body, calm your mind and nourish your spirit.

This session invites you to embrace the **natural rhythm** of the sea and unlock your inner vitality. Whether you're new to these practices or a seasoned explorer, come as you are and **Seas the Moment** - with breath, balance and presence.

KEYNOTE | OLIVIA SCHOFIELD

09:30 - 10:15 Room Lamoraal



Meet Olivia, your trainer. She brings 10 years theatre experience, 10 years media experience and 15 years coaching experience. Olivia has worked at the BBC and Reuters in TV production and as an Executive Coach and **International Keynote Speaker on five continents in 24 countries.** She founded Spectacular Speaking, bringing a team of top trainers together to support and unleash talent.

Olivia's clients include:

American Express
BNP Paribas
Gore-Tex
Lenovo
Hoffman
La Roche
Shell
Zalando
IBM
Microsoft

EN



Clair Aghassipour

EMPOWERING LEADERSHIP: Successful cooperation across

10:30 - 11:30 Room 531

We humans are a **weird bunch** — and that's what makes leadership such a wonderfully tricky adventure. The leaders who can decode their fellow weirdos best are the ones who lead with more success and less stress. In this lively, practical workshop, **you'll learn:**

- *How to motivate and inspire different personality types*
- *How to avoid triggering those sneaky "allergy buttons"*
- *How to tackle difficult conversations with more confidence*

Whether you're a Toastmasters officer, a team leader, or just trying to negotiate bedtime with a toddler, this session **will sharpen your leadership instincts** and boost your communication game.

Clair is a proud Toastmaster, author of 'Navigating the Culture Maze' and **winner of** the D59 international speech contest.

EN



Adis Sophie Fremont

MASTER YOUR ENERGY: DESIGN YOUR DAY, PROTECT YOUR SPARK

10:30 - 11:30 Room 535

This workshop is for speakers who want to sustain impact - not just deliver it. As public speakers, we give a lot; and to keep showing up at our best, we must **learn to manage** not just our time, but our energy. In this 1-hour workshop, you'll experience a practical tool from the **Designing Your Life Method**, developed at Stanford University. This proven approach combines design thinking and psychology to help you build a life aligned with what energizes you most.

You'll walk away with:

- *A tool to assess and manage your daily energy*
- *A new mindset to design your day around what fuels you*
- *One simple action to apply immediately and a tool to share*

I'm Adis Sophie, a facilitator and former corporate leader with 15+ years of experience in high-performance environments. My mission is to help people **do what they love** without burning out.

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EN

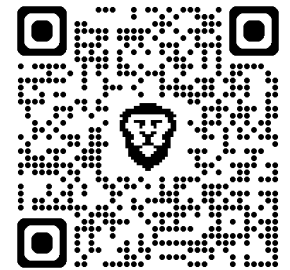
Iana Iatsun



DEMYSTIFYING ARTIFICIAL INTELLIGENCE FOR LEADERS

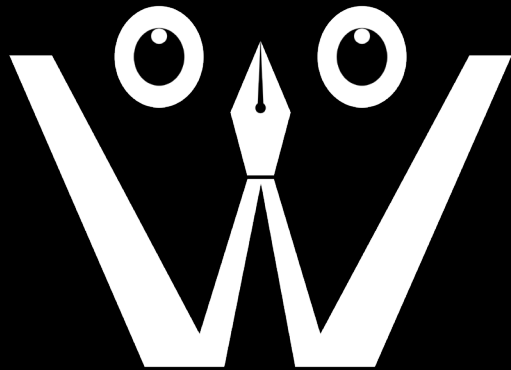
11:45 - 12:30 Room 531

Iana is an **AI Specialist** with over 10 years of experience in the field as a Data Scientist and Team Leader. The AI technology is all around us, running our lives and impacting our decisions. In this workshop, we'll explore **how technology is designed** and how it operates. You'll gain essential skills for your professional and personal life, as well as for effective leadership, the must-have skills for any 21 century citizen. **We will learn** how to leverage the AI to our benefit and avoid the trap of unrealistic promises. This session includes a brief theoretical demystification followed by a hands-on session with use cases relevant to leaders' lives. **Essential information regarding this workshop is available by scanning the QR code.**



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EN

Julita Davies



MASTERING THE BODY LANGUAGE & STAGE PRESENCE FOR POWERFUL SPEAKING

11:45 - 13.30 Room 535

Julita Davies, DTM, is a seasoned speaker, corporate trainer and communications expert with over a decade of experience at Amsterdam Toastmasters. She **blends her background** in dramatic acting with professional experience in executive communication, currently serving as Performance Director at Philips. In this **dynamic** workshop, Julita will guide you through hands-on techniques to elevate your body language and stage presence.

You'll learn how to use posture, gestures, facial expressions, and eye contact to connect with your audience and command the stage. From purposeful movement to the **smart use of** props, this session offers tools to deliver with confidence and impact. **Whether you're an** experienced speaker or just starting out, this workshop will strengthen your ability to communicate with clarity, confidence and presence - skills that make a **real difference** in every professional setting.



EN

Paul Bejczy

IMPROVE YOUR STAGE PRESENCE

13:30 - 14:30 Room 531

Every speech shares **the same essence**: one person standing in front of a group of people sitting down. It's a moment that goes back to the earliest days of human gatherings. The audience doesn't just hear your words, they feel your body. Nervousness, confidence, tension, openness, it's all communicated before you say a thing. But what if you could use that same body **to shape** how your audience feels? In this workshop, you'll explore ancient techniques of theatrical stage presence, learn the **hidden meaning** behind certain postures and positions, and discover how to use them with intention. No pens, no paper, no tables, no chairs, just full-body exploration through improv and movement. Everyone participates.

Paul has always been **excited and curious** about stage presence and human expression, drawing on years of experience in theatre, improvisation and pitching. His workshop has been taught in corporate settings, and now, **for the first time**, he brings it to the Toastmasters stage.



NL

Jolanda Busscher

SPEAK, LEAD, AND ACT WITH CONFIDENCE: FROM DESIRE TO PREPARATION TO SUCCESS

13:30 - 14:30 Room 535

In this interactive workshop, you will be guided through the five internal stages that take you **from desire to success**. With over 20 years of corporate experience, Jolanda Busscher is a Leadership Coach and Positive Mindset Trainer and an expert at helping you recognize the **critical inner voices** that hold you back - and turning them into supportive ones that **work FOR you**.

What you'll learn:

- *The five stages between desire and success - and how to stay grounded in each.*
- *How to consciously shape your self-talk to be clear, kind, and empowering.*
- *How to motivate yourself and others with language that connects, uplifts, and gives direction.*

The unique blend of positive self-talk, practical tools, and inner voice awareness makes this **a session you won't want to miss**.



Appetizer Tasting
Entrées Variées
Voorgerechten proeverij

Soup
Soupe
Soep

Main Courses Buffet
Buffet Principal
Hoofdgerechten Buffet

Dessert

AWARD CEREMONY



Naomi Bugre

Three years ago a **"bored on a Wednesday" moment** led her to Fusion Toastmasters Amsterdam - and she's so blessed it did. From newcomer to mentor - this year she has the **privilege** of mentoring the new Amstelveen Toastmasters Club with Andy Baker. Full circle! And **the excitement continues** as Choy Travers and Naomi put together something awesome for the District 59 conference.

Choy Travers

Choy is an Englishman with Chinese / Scottish heritage, **living the dream** abroad in the Netherlands. Choy has a passion for empowering businesses through Generative AI technology. **His goal** is to streamline Gen AI development for faster results and greater innovation potential. Choy is a **proud** member of Fusion TM.



PERFORMERS



Cora and Carlo

Cora and Carlo met through the music, when a common friend and former Toastmasters connected them to try out for a funk band. **And then things escalated... ;-)**

Not only do they play music together, they also walk together in life. Their **favorite music genre** to play is **SOUL** music, a genre that is as rich in sound and stories as a typical Toastmasters conference. Tonight they are here **to play for us**.

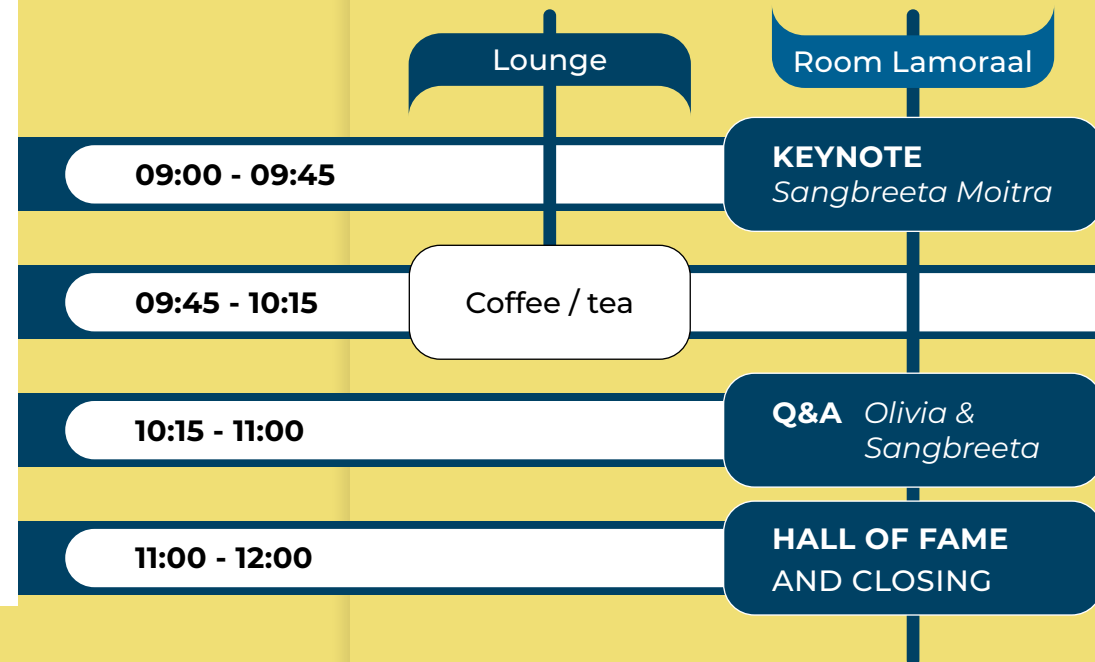
DJ Thijme Vlaar

Hailing from clubs in Amsterdam, Thijme **brings his love** for rhythmic drums, disco and funk - blending **timeless classics** with the pulse of nu-groove.



Sunday 11 May

CONFERENCE AGENDA



KEYNOTE | SANGBREETA MOITRA

09:00 - 09:45, Room Lamoraal



TEDx awardee Sangbreeta Moitra is a **globally renowned** keynotespeaker, master storyteller and executive leadership coach. She transforms how leaders communicate, lead, and navigate change using **insights from neuro and behavioural sciences**. With a background in neuroscience and years in global corporate management, Sangbreeta is celebrated for her inspiring storytelling and ability to **uncover the why** behind meaningful behaviour change in teams and leaders.

Her trusted clients include Shell,

Nike, Booking.com, Tommy Hilfiger, and NN Group. **She has spoken in over 10 countries** and featured in 20+ global podcasts and publications, including The Huffington Post and The Financial Express.

Based in Amsterdam, **Sangbreeta is a champion public speaker**, with multiple Dutch and European awards in public speaking, debating, and improv. In her spare time, she mentors ambitious professionals, startups, and social enterprises - and **enjoys kickboxing, dance, improv and freediving**.

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Q&A KEYNOTE SPEAKERS



Hosted by Dirceu Da Silva

We're thrilled to feature two inspiring voices in the world of leadership and communication:

Sangbreeta Moitra, TEDx award-winning keynote speaker and master storyteller, and **Olivia Schofield**, international award winning keynote speaker.



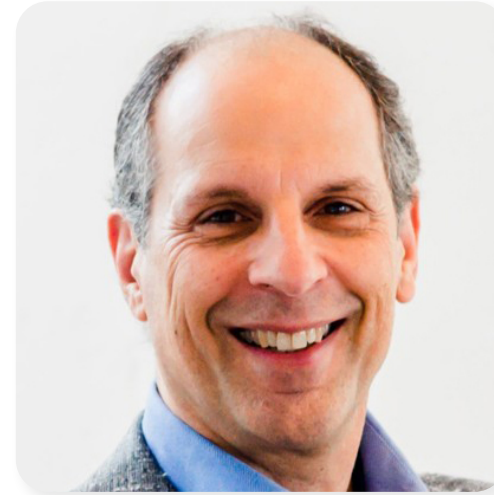
In this quick Q&A, **they share insights on** speaking, leadership, and what truly matters when connecting with people.



CLOSING

Bill

Bill is an actor, singer, dancer. After his training in NYC and Hollywood he appears in films, on TV and on stage. Together with Andy **he sings the stars from the sky.**



Andy

He has been a member of Amsterdam Toastmasters since 2012. During his tenure, he has held **several** leadership roles in his club and in the district. Outside of Toastmasters, he also **enjoys** teaching, writing and singing.



UNTIL WE MEET AGAIN

As the waves gently retreat and the echoes of laughter, applause and heartfelt conversation linger in the air, we close the chapter on **an unforgettable *Seas the Moment* Conference.**

Together, we learned, we grew, we were moved by powerful speeches and inspired by brilliant minds. We danced with joy, dined with friends old and new, and found ourselves **part of something bigger** - a true Toastmasters family. From the breathtaking venue to the vibrant energy that each of you brought, this weekend has been a celebration of connection, courage, and community.

Our conference Team sincerely hopes you had a blast - and that you leave with full hearts, new friendships, and stories to tell. Until next year... keep growing, keep shining, and **keep seizing every moment.**

With gratitude and excitement,
Your 2025 District 59 *Seas the Moment* Team



NOTES

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COLOFON

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