



October

inspire



JCI Edinburgh Monthly Newsletter

Rocket to the Stars

Two great chances to give back to the community...

The Communities team have two new projects that they need your help with. Being a member of JCI is all about giving something back to your local community, and both of these projects provide you with the opportunity to do just that.

Determined to Succeed- The Rockets...

We have been working with the Determined to Succeed programme for around six months, and one of our partner schools, Tynecastle High School, have asked for assistance from our members at an event they

are holding on the 1st November- when they have their annual Enterprise Day. Kids from their feeder primaries spend either a morning or an afternoon with the S5 pupils designing and making a rocket, and they need help from our members to judge their efforts. If interested email Alastair, Communities Director at alastair_davis@ejcc.org.uk.

OneCity Trust- The Stars...!

OneCity is a charity that has been set up by Edinburgh's Lord Provost with the aim of promoting social inclusion in Edinburgh- you can find out more at www.onecity.org.uk. On Friday 23rd Nov 2006 they will be holding their



annual showcase event in the Hub on the Royal Mile- a star studded celebrity gala dinner and concert in conjunction with Valvona and Crolla. JCI Edinburgh have been fortunate enough to have been asked to assist with the organisation of both the event beforehand, and most importantly on the day. If you are free and able to help set up (bring your autograph books!) then six volunteers are required. If interested please email Alastair.

Charlotte Square Club

You Are The Message

Andy McKechnie
CSC Co-Director
4th October 2006
6.30pm for 7pm sharp
Venue to be announced

Charlotte Square Club (CSC) is up and running for another fantastic season. CSC is a training programme where you learn to speak to groups with confidence. This is a skill which many people veer away from, but most people need to learn. By practicing how to talk to a group in a safe friendly environment, it means when you need to talk for your business you are in a more confident and effective position.

This week Charlotte Square Club is on the road again, at a secret venue to be announced before the event...

Last time we had Andy McKechnie standing in for CSC Co-Director Ali Lynch on how to "Think On Your Feet". This time Andy will be taking us through "You Are The Message".

Have you ever wondered how great speakers are able to motivate and inspire others to action?

This refreshing new workshop will show you how great motivational speakers structure their presentations. Discover how universal metaphors can be used to create powerful emotional states and leave a lasting impression.



You will learn:

- How to be your authentic self when presenting
- The magic of the metaphor
- How great leaders captivate any audience
- How to pace and lead an audience

If that sounds like something you could benefit from, why not give CSC a try, or drop us a line at csc@ejcc.org.uk.

Andy McKechnie & Ali Lynch
Charlotte Square Club Co-Directors
JCI Edinburgh

Next Events

Regular updates are available online at www.jciedinburgh.org.uk

4th October – Charlotte Square Club – You Are the Message, how to motivate and inspire others to action. 7pm – 9pm, Venue tbc.

6th October – First Friday Drinks. Join us in xxx from 6pm.

10th October – European Conference Team Meeting. 6.30pm, Venue tbc. Why not come along and get involved? Lesley_Fowler@ejcc.org.uk

18th October – Charlotte Square Club

19th October – JCI Edinburgh Showcase Event. Apex International Hotel, Grassmarket, Edinburgh. From 6.30pm until 8.30pm. Join us to hear more about the opportunities available and the projects on the go.

21st October – Social – Ten Pin Bowling at Fountain Park, 7pm. It's only £11 per person but places are limited, contact karen_manson@ejcc.org.uk to book your place.

25th October – Training and Development, Sheraton Grand Hotel and Spa, 7pm until 9pm.

1st November – Enterprise Day at Tynecastle High School. Community Opportunity.

3rd November – First Friday Drinks. Join us in Indigo Yard for a few drinks to start the weekend. If you fancy going for food, let me know before hand and we can book a table for 7pm. Lesley_fowler@ejcc.org.uk Drinks from 6pm till late.

If you have any queries about your membership or know anybody who wants to join contact: Julie Diver, Membership Director on [julie_diver\(at\)ejcc.org.uk](mailto:julie_diver(at)ejcc.org.uk)

President's Message

Lesley Fowler, JCI Edinburgh President



My first project team, Burns Supper Gala 2004.



JCIE wins best chamber in the World 2005

Edinburgh will bid to host a European Conference in 2009 bringing 2000+ young leaders to Scotland.

PROJECT TEAMS

Burns Supper Gala
January 2007

~
Project Mgr and team needed to drive the project forward

Conference Team
June 2009
Bid – Dec 2006

~
Venues Team
Programme Team
Finance/Legal Team
Promotions Team
Sponsorship Team

Would you like to get involved?

I apologise for the lack of newsletters over the summer. Most of you already know that I was in hospital and off work for 6 weeks, but I'm back to normal now and trying to get back on top of everything in Chamber. Karen Manson, Tanya Berthoud and myself were all in Barnsley for the JCI UK National Conference and enjoyed a fantastic weekend! Next weekend takes 6 of us to Ireland for a dinner in Dublin, Twinning with JCI Galway and

then the National Convention in Tullamore. So it's all go. I hope to continue building on our relationship with other chambers and members across the UK and Ireland to exchange ideas and continue to build upon our already successful chamber.

We have some fantastic projects on the go at the moment if you would like to get involved? We are bidding for a European Conference,

running a Burns Supper Gala, looking for next year's board and looking to fill community based opportunities. So if you would like an opportunity to develop skills, meet new people and build great evidence on your CV, now is the time to get involved.

Why not come along to the showcase on the 19th, chat to the current board and project teams and see what would interest you. For more info just get in touch :o)

Lesley

Lesley Fowler
President
JCI Edinburgh



Junior Chamber International Edinburgh
Worldwide Federation of Young Leaders and Entrepreneurs

Patrons

Thank you to all our Patrons:

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Graham Bell Consulting

Greeparka

Marketspan

Sheraton Grand Hotel and Spa

Space Clinics

Stewarts

The National Trust of Scotland

The Town House Company

University of Edinburgh Management School



New Spa facilities

Scotland's leading contemporary four star hotel group bring you three Edinburgh hotels, Apex City Quay Hotel & Spa in Dundee and the new Apex City of London Hotel in London. Each Apex Hotel has conference facilities with sizes ranging from accommodating 2 to 400 guests.

As well as bedrooms and conference Apex hotels has an excellent selection of restaurants, from casual brasserie style dining to award winning fine dining. Current offers in all the restaurants include 2 guests for £20.00 each having a three course meal!



Heights Restaurant

Patron Spotlight

Q: What is the Apex Aims?

Apex Hotels is committed to caring for the environment and in response to this we have devised an Apex Promise as follows:

We will work with our supplier partners to encourage use of environmentally friendly soaps and detergents for laundering bed linen and towels.

We will identify and implement eco-friendly policies through the formation of an Apex Green Team.

We will endeavour to use eco-friendly chemicals in all Apex Hotels.

We will endeavour to purchase recycled goods whenever appropriate.

We will recycle used toner cartridges.

We will only provide newspapers when requested and recycle at every opportunity.

We will maintain a policy of seeking improved methods of reducing energy consumption.

We will offer the facility for client to offset their carbon emissions

Q: What do you like most about your job?

I love my job! - I've worked in events for 10 years now and can safely say that no 2 days have been the same. One minute I can be speaking to a stressed out bride about the problems with her dress fittings the next speaking to the chairman of a company about his residential conference! The buzz in the office as the phones constantly ringing mixed with the high that you feel when you're confirmed a huge piece of business for the company is something I can't imagine experiencing in any other job, Sarah Prior.

Q: How can our members contact you?

Apex hotels offers excellent day Delegate Packages and Conference Room Hires As patrons of JCI we would be happy to offer members a 10% discount on delegate rates and conference room hires. The number to call with enquiries for conference is 0845 365 0001 or e-mail edinburgh.events@apexhotels.co.uk

Training and Development Flirt Your Way to Success

Mel Harris – The Training Tree

Review by Kenneth Logan

26th July 2006

Flirting your way to success, interesting title I thought but how can it have anything to do with business? Well was I misguided. This training course presented by the effervescent Melanie Harris was a cracker. It provided me with all the necessary tools to improve not only business relationships but personal ones as well. The course, which achieved one of the best attendances of any JCI training course I had previously attended, was really good fun and provided many moments of laughter along the way,

especially Mel's Russian hand jive. Seriously though, it presented me with a lot of great effective but simple techniques with which I can build my confidence and flirt my way to the top!!

Kenneth Logan
Member of JCI Edinburgh



Training and Development From Dread to Delight

MJ Consulting

Review by Emily Dickson

16th August 2006

Quite literally from dread to delight, well maybe nearly delight! Public speaking really is my worst nightmare, the thought of standing up in front of 5 people let alone 15, makes me tremble.

However, last Wednesday the JCI Public speaking training really help to shed some light on the basic techniques for overcoming my fears of public speaking. Maryanne from MJ consulting introduced the concepts of silence, pace and visual aid, all highly relevant to personal situations and business. This highly interactive

session allowed me to practice speaking in front of others in a supportive environment. I now realise that the more you practice, the easier it becomes. I will definitely be looking forward to joining the Charlotte Square Club and pushing on through my fear of public speaking. Overall, an invaluable training session.

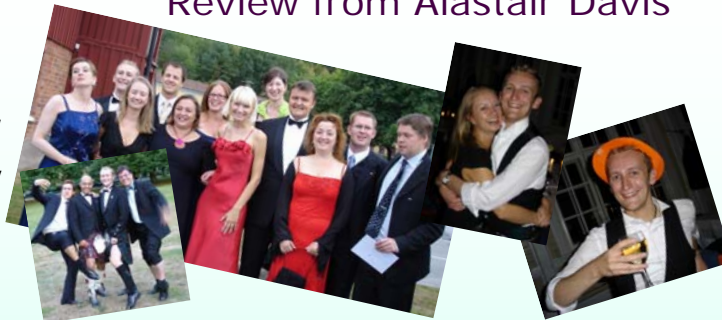
Emily Dickson
Member of JCI Edinburgh

Graduate Recruitment
Manager
Graduates for Growth

European Leadership Academy 2006

Review from Alastair Davis

I had only heard good reports about European Academy before attending, however those who I know who have attended in the past would not divulge any of the details! It was therefore with a certain amount of trepidation that I set off with Andy and Kirsty at 4am one Friday morning from Edinburgh headed for Gothenburg. European Academy is intended for incoming LOM presidents, however owing to extra spaces being available I was delighted to be able to have the opportunity to attend. There is one word to sum up the experience- wow. It is an amazing and humbling experience to take time out from your normal day to day life, with people that you do not know, to learn more about yourself and your working style. For those not familiar with the concept, European Academy is 60 JCI members from all over Europe abandoned at a former military school just



outside Gothenburg for four nights- although I'm happy to report that the venue has been given the Ikea treatment following its military past- to participate in a variety of leadership activities, on an individual and team basis. European Academy also provides participants with the opportunity to learn more about JCI and some of the official duties that leading the organisation involves. Without wanting to spoil any of the secrets, you are allocated into two groups that you work with during the weekend. The first group that you are allocated to, the Indoor Group, works on putting together a project

for presentation on the final day of the Academy on a variety of different topics. The real challenge is that the only opportunity you get to work on your projects is when the timetabled activities have stopped for the day- meaning late nights and early starts. The days are spent exploring various leadership styles and personal development techniques. The second group to which you are allocated is your Outdoor Group- with one day spent in the forest working with this group in a variety of challenges. The "Gods" were smiling on us that day with fabulous weather which added to the experience.

The weekend culminated in a gala and graduation ceremony. Having attended the Scottish Leadership Academy in 2005, which is based on European Academy, I was already aware of most of the leadership development tools that were taught in Sweden- and dare I say it, but the quality of training in Scotland was often better than in Sweden. What made the weekend special for me was the cultural experience gained from working with 60 other JCI members, many of whom did not speak English as a first language. I learnt a lot about tolerance and patience- especially when working in groups. I learnt techniques that I now employ in my day to day professional life. Most importantly, however, I met many new friends through having such an amazing shared experience. If you ever have the chance to attend European Academy in the future- take it.

Summer Quiz

In aid of The Yard

Review from Laurence Diver

On the balmy Thursday afternoon of the 13th of July, The Grange Club in Edinburgh's fashionable Stockbridge area swapped white cloth caps for thinking caps in an evening of wine, wits and Britney Spears-style microphones.

Set in the beautiful surrounds of one of Scotland's most historic sports clubs, JCI Edinburgh's annual quiz night in aid of The Yard was a great success, raising £850.00 for the children's charity.

The contestants sharpened their wits on arrival with several refreshing drinks on the terraces of the clubhouse, while watching some fine cricket taking place on the pitch(?) between – apparently – the Bench and the Bar.

Then it was time for some serious competition. With our glamorous hosts Mel and Brian working the floor in their evening wear, questioning got off to a (hurried) start with one or two contestants (probably those who'd had one too many pre-quiz Magners) shouting for them to slow down. But they soon got into the groove and the

questions flowed as did the answer sheets, though not without plenty of encouragement from the markers.

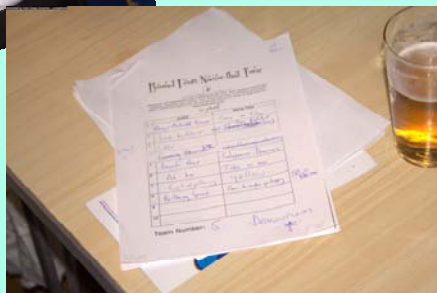
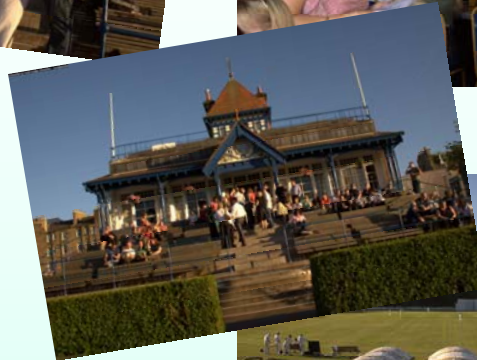
Competition was fierce and underhand tactics abounded, but the markers stood their ground and were unflinching in their honesty and accuracy (despite various attempts at bribery).

The marks were in and verified by an independent adjudicator (well, they were typed into Alastair's laptop) and everyone waited with baited breath to see if they had won.

In the end there was just one point between first and second places, gold going to President Evil with Lesley Fowler and silver to News Direct with Kirsty Regan. The winning team received tickets for a Witchery tour in Edinburgh's Old Town.

The quiz was a good chance for some new JCI members to get a taste of organising such an event, which involved good teamwork, communication and delegation of roles. It also meant we could use Ally's tab behind the Grange bar!

See you soon
Laurence





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[Download more information here \(Word Document\)](#)

2006 Scottish Leadership Academy

Friday November 3rd to
Sunday November 5th 2006

This year's leadership academy will be held at Gartmore House in Aberfoyle from Friday lunchtime 12 noon to Sunday afternoon 5pm finish. The course is being run by Mel Harris from JCI Edinburgh with Head Trainer Ian Thomson (founder of the European and Scottish Leadership Academies) and Guest Trainer Runa Kiilstofte who heads up the JCI University at present so star quality trainers. Neil Macgafferty from JCI Glasgow will be heading up the Outdoor activities.

If you would be interested in attending the Leadership Academy please let me know. The entire weekend's training cost is £195 including food and accommodation (subsidy's can be applied for from the Scottish Senate and the JCI Edinburgh training fund). This is a fantastic opportunity to learn, meet new people and build on your skill set for your career or chamber involvement next year.

Contact Lesley on lesley_fowler@ejcc.org.uk

JCI Galway and JCI Ireland National Convention in Tullamore

In Galway six of our members from Edinburgh enjoyed a fantastic meal with our good friends and colleagues. The fabulous Suzy joined us from Glasgow in celebrating the beginning of a new twinning. Catherine and Lesley followed the meal with a twinning ceremony where we officially signed a form of friendship and alliance between our two chambers. We both look forward to a future of working together on projects and exchanging ideas and visiting each others chambers.

In Tullamore we made new friends, enjoyed fantastic Irish hospitality and enjoyed wining the Debating competition over the UK and Ireland. Fun was had by all, but Suzy, Karen and Alastair were fantastic, with Karen gaining the award for best speaker.



Notice board

**** New Team ****

European Conference 2009 Team

JCI Edinburgh is bidding to host a European Conference in June 2009. Would you like to help us organise an event which will bring 2000 young people to Edinburgh for an unforgettable event? Then join one of our teams and get involved. The next meeting is on us on 10th October 6.30pm till 8pm, Venue tbc. Contact lesley_fowler@ejcc.org.uk

Contact [lesley_fowler \(at\) ejcc.org.uk](mailto:lesley_fowler@ejcc.org.uk) for more information

JCI Edinburgh 2007 Board

The 2006 year has flown by and is soon to come to an end. If you would be interested in being on next year's board, please contact me and we can discuss the roles available and what they involve. Lesley_fowler@ejcc.org.uk

