



## **Report**

### **Future Cotton Leader Travel Bursary**

**June – September 2007**

The Cotton Research and Development Corporation has made available up to \$1000 for travel to support your Future Cotton Leader project. The guidelines stipulate that once approved, you can make your own arrangements for travel. **Within one week of your travel** please send a Tax Invoice with copies of your expenses in line with the amount approved to Helen Dugdale, CRDC, PO Box 282, Narrabri NSW 2390 Telephone: (02) 6792 4088. Up to \$1000 will then be reimbursed. Also include a one page report of your travel including benefits to you, enterprise, industry and whether you would recommend this activity / event to others. Use this report format. Please email a copy of your report to [jo@ruralscope.com](mailto:jo@ruralscope.com) for feedback prior to sending to Helen at CRDC.

#### **PART A: PERSONAL DETAILS**

**Name:**

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#### **PART B: YOUR TRAVEL**

**1. Provide a short overview of what your bursary achieved. (Include name / aims of travel / course. Location of travel etc)**

With my travel bursary I was able to travel to Brisbane to undertake a one day professional speaking skills course provided by Speaking Edge and conducted by Dr Irena Yashin-Shaw. The aim of doing this course was to improve, refine and energise my speaking and presenting skills for any occasion.

## **PART C: KEY LEARNINGS**

### **2a. What are two or three key things that you learned through your travel bursary?**

Through this course I have learned how to prepare effectively for formal speaking situations, whilst speaking it has shown me how to make the most of my speaking voice. Also it showed how to energise myself to grab and hold peoples attention, through employing body language and creating charisma. Overall it has given me the confidence so I am able to effectively stand up and speak in front of people.

### **2b. Is there anything you would improve to gain more from this course / activity / bursary?**

The one day course was quite a lot to take in one day, however a lot of the material can be practiced at home and the course also provided us with audio CD's to refresh what we went over, which are quite useful.

## **PART D: BENEFITS**

### **3. What benefits have you achieved from your travel bursary?**

<b>For you</b>	The confidence and skills required to stand up and convey what I want at meetings and in general day to day running of my business.
<b>For your project, enterprise or job</b>	As my project is to become a more active member in the local cotton region and achieve greater benefits for cotton growers. This course has provided me with the tools to achieve these objectives.
<b>For the cotton industry</b>	With these skills I can have a greater input at the local CGA and progress further on the executive committee to provide direction in the cotton industry into the future.

## **PART E: RECOMMENDATION**

### **4. Would you recommend this travel / course to others? Why / Why not?**

I would strongly recommend this travel to anyone who is interested in self improvement. The course has shown me what I'm capable of undertaking in a speaking role, which has given me the confidence to progress towards future goals.