

Olys in Focus

Welcome to the second edition of our revived London Olympians newsletter.

In our previous issue, we looked back at the club's beginnings through the eyes of Edward Till — our longest-standing member — as he reflected on the spirit, culture, and remarkable history of the London Olympians.

In this edition, we shift from the past to the present, sharing a deeply personal journey from one of our newer members. He reflects on how the Ice Breaker speech, often seen as just the first box to tick, became a true turning point — and the spark for everything that followed.

Looking ahead? In our next issue, we'll be diving into the world of contests, with insights from members who've stood on stage under the pressure of competition. What did they learn? How did it feel? And why might you be next?

Thank you for reading — and thank you for being part of our ongoing story.

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— The London Olympians Committee



London Olympians

The First Step That Sparked So Much More

We're continuing our member spotlight series with a special piece from one of our newer Olympians, who shares how delivering the Ice Breaker — his very first speech — became the foundation for everything that followed.

From first-time nerves to leading meetings, mentoring others, and now even preparing a talk for entrepreneurs, this story shows what can happen when you say “yes” to stepping forward.

Whether you're preparing your own Ice Breaker, or simply reflecting on your journey so far, we hope this piece inspires you to take the next step — whatever that may be.

Breaking the Ice: The Speech That Sparked a Journey

In 2023, I took what felt like a small but significant step: I signed up for my very first speech at London Olympians Toastmasters — the Ice Breaker.

Until then, I had been an active member of the club. I took on supportive roles like timekeeper and guest introducer — valuable, but safe. I was involved, yes, but still on the edge. I hadn't yet stepped into the spotlight.

The Ice Breaker changed that.



Receiving Ice Breaker ribbon with then-president Loukas

A moment of recognition — and a symbol of something far more personal: a beginning.

It wasn't just about speaking. It was about being seen — fully, openly.

I remember the nerves, the racing thoughts, the shaky breath. But I also remember the warmth in the room, the genuine applause, and the kind feedback I received. Members approached me afterwards and said they saw something — potential, presence, a spark. That stayed with me.

From that one moment, things began to shift.

Soon after, I took on the role of grammarian — a challenge I once thought out of reach, especially as a non-native English speaker. But offering a language review at the end of a meeting became one of my proudest early milestones.

That experience gave me the confidence to go further — evaluating speeches, leading Table Topics, and serving as Toastmaster of the Evening. Each role pushed me in a new way. Each time, I stretched my limits — and each time, the club supported me.



Speaker's Corner at university

Helping others build confidence in public speaking reminded me how powerful that first breakthrough truly is. Did you know public speaking is feared more than death?

That's what London Olympians does best: it gives you space to grow and the encouragement to keep going. Since that Ice Breaker, I've delivered numerous speeches, moderated events, led presentations in both academic and business settings, and even supported students in building their speaking skills



Team presentation at the restaurant where I worked as manager.

Speaking clearly and confidently became a leadership tool — even in a busy restaurant with a full team relying on direction.



Moderating an event

Back when I started, I never imagined moderating events for hundreds. But growth has a way of surprising us.

And yet, that very first speech still feels like the most important one — the one that made the rest possible.

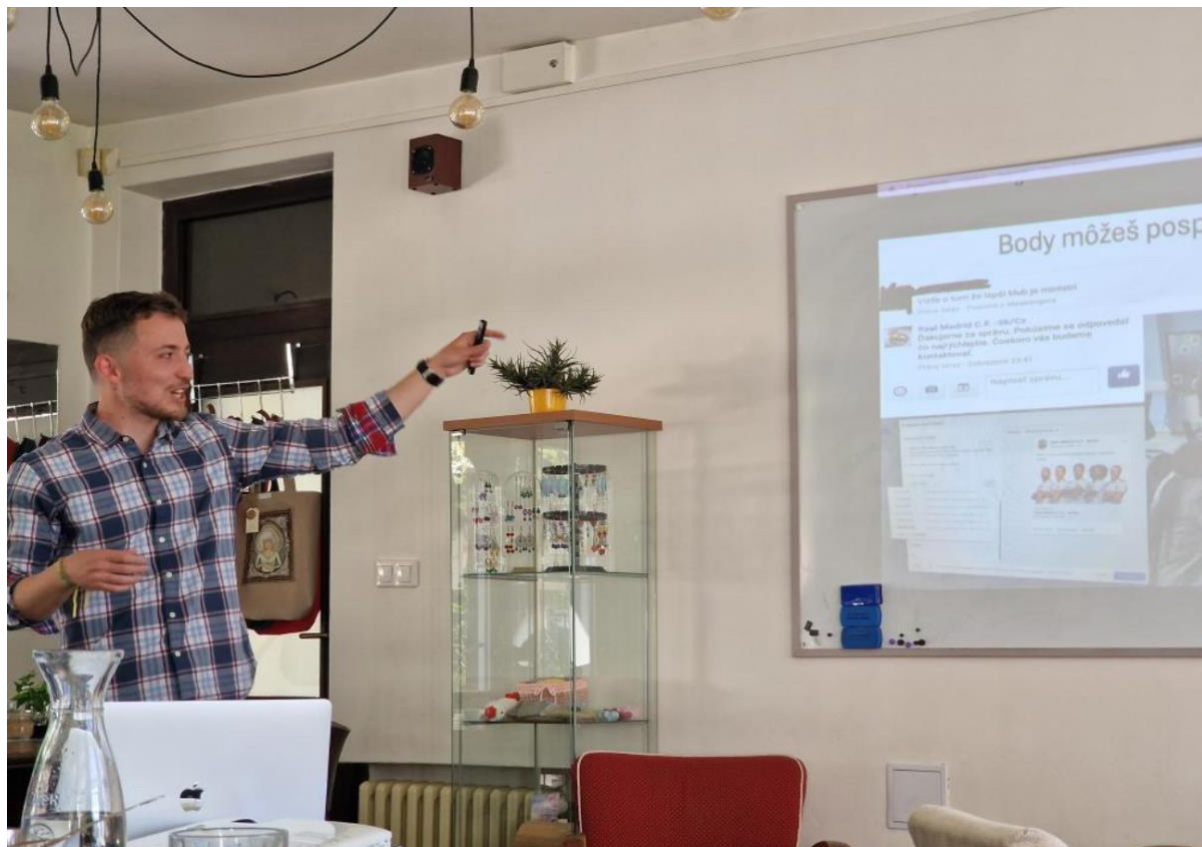
Some of the most rewarding moments have come from fellow members who say,

“I can see how much you've grown,”

or “Your improvement is truly impressive.”

Those aren't just compliments.

They're reminders that progress is visible — and powerful.



Sharing my story at a business networking club

I recently shared my entrepreneurial story with this club — and soon, I'll be stepping onto the stage at their business festival, speaking to a hall full of entrepreneurs.

I'm currently preparing that talk — something I never would have imagined back when I gave my Ice Breaker in 2023.

The festival's motto? “*In business, you don't have to be alone.*” And I couldn't agree more.

So if you're standing on the edge, wondering if you're ready:

Say yes. Take the slot. Give the speech.

Because the Ice Breaker isn't just the first step.

It's the moment your journey begins.

As this story reminds us, the first step isn't just a beginning — it can become a foundation.

At London Olympians, we're proud to offer a space where every member can grow, evolve, and surprise even themselves.

Stay with us in this newsletter edition as we share more stories from members who have taken that leap, and discover where it might take you, too.

— The London Olympians Committee