

PRESS RELEASE
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MOTIVATIONAL SPEAKER DONNA SATCHELL WINS FIRST PLACE IN TOASTMASTERS CONTEST

Motivational speaker, success skills trainer, and author Donna Satchell wins first place in Toastmasters Division G Speech Contest.

Atlanta, GA – (March 30, 2009) -- Professional speaker and President of STARR Consulting & Training, Donna Satchell, stood head and shoulders above the competition as she secured first place in the Toastmasters Division G International Speech Contest on Saturday, March 28.

In an exciting seven minute speech, Satchell shared with the audience three keys for achieving success: 1) focus and learn; 2) ask for help; and 3) persist until the end. She talked about learning of these keys when she tried out for cheerleading in high school. The speech has several great personal stories that served as examples and also made the audience remember their own high school days.

In order to compete in the Division contest, Satchell won at the club and area levels. She also delivered the speech to over 10 different Toastmasters clubs in the Metro-Atlanta area. She wanted to understand what was working well and what she needed to change in the speech as she advances to the District 14 (statewide) contest being held on April 25.

Satchell is a member of Speakers Roundtable Club 2739. They meet on Monday evenings in the Buckhead area. Speakers Roundtable was chartered in 1997 and is one of the few advanced clubs in the Southeast. Their members have earned their Toastmasters Competent Communicator designation (first level of accomplishment) or speak professionally as part of their work. Donna joined the club in the summer of 2007 and is an active member. You can find details about the club at www.ToastmastersAtlanta.com.

About Donna Satchell

Donna Satchell is a Stone Mountain-based motivational speaker, success skills trainer, author and President of STARR Consulting & Training. Her trademark, Just Get Serious™, is her business and life philosophy, and she is serious about developing, designing and delivering programs and speeches that are engaging, interactive, motivating, and get results. Satchell is equally serious about developing herself into the best possible person she can be.

Following a successful career in corporate America, Satchell branched out on her own in order to pursue her dream of helping businesses develop their employees and helping individuals become more successful. The City of Atlanta, The Coca-Cola Company, and Centers for Disease Control (CDC) are among her clients.

For more information on Donna Satchell or STARR Consulting & Training, please visit her website www.JustGetSerious.com or call (770) 498-0400.

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