

4 Ingredients Authors receive Toastmasters International Area 22

Golden Gavel Award



There just seems to be no stopping Kim McCosker and Rachael Bermingham, authors of “4 Ingredients”. Already recognised the world-over for their culinary expertise (with 4 best selling cookbooks, a cookware range and their own TV cooking show), they’ve now been recognised by Toastmasters International for their outstanding communication and leadership skills.

Toastmasters International is a world-wide self development organisation that provides members with the means to improve their communication skills. Its most prestigious award is the Golden Gavel. For the past 50 years, it has been presented annually to an individual distinguished in the fields of

communication and leadership at its international convention in the U.S. Past recipients include Debbie Fields (from Mrs. Fields Cookies), Zig Ziglar, Tony Robbins and Deepak Chopra.

However, Toastmasters International Area 22 Governor Guido Schouteten wanted to bring the award closer to home and recognise our own home grown talents here on the Sunshine Coast. “When I first heard Kim and Rachael speak at a conference, I was truly inspired by their incredible journey of success and their dynamic entertaining down-to-earth presentation skills. To learn that these two mums are not chefs reaffirmed to me once again how vital communication skills are to anybody’s success” said Guido.

During the Area 22 Conference held last Saturday at Currimundi, Area 22 Governor Guido Schouteten said he was proud to present the Golden Gavel Award to Kim

McCosker and Rachael Bermingham as he strongly believed that they personified the Toastmasters ideal.