

Toastmasters recognition

Each time you present a prepared speech you'll be honing your skills in specific areas ranging from using visual aids to creating impact with your voice and gestures. After presenting ten speeches you can apply for recognition as a *Competent Toastmaster*; then proceed into our advanced speaking program.



Harvey Mackay
Bestselling Author
"I've never met anyone who didn't think Toastmasters was super valuable to their career. We gain self-esteem, self-confidence, assertiveness. This makes us better salespeople, better managers, better leaders..."

Tom Peters
Bestselling Author
In Search of Excellence and The Pursuit of Now "Join Toastmasters. Oral communications skills count. Height and hair color may be in the genes, but public speaking isn't. One good answer to the public speaking problem is Toastmasters. They do a fabulous job of helping people shape up their communication skills."

What's the next step?

If someone from a Toastmasters club gave this pamphlet to you, attend that club and apply for membership. If you want to find a club that meets at a different time or location, see the Find a Club section of our website at www.toastmasters.org. You can also call or write to:

TOASTMASTERS INTERNATIONAL

P.O. Box 9052
Mission Viejo, California 92690, USA
(949) 858-8255 Fax: (949) 858-1207
e-mail: tminfo@toastmasters.org

In North America you can call our voice mail system at 1-800-993-7732 to request additional information and a list of clubs in your area. The fastest way to obtain information is to see our complete list of clubs at www.toastmasters.org.

For More Information Contact:

Club

Time/Day

Location

Telephone



CATALOG NO. 101

Talk. Still the most effective means of communication!



Toastmasters

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"The self confidence I've gained as a result of speaking to groups has spilled over into many other aspects of my life. Today, I'm active in a civic organization in my community and because of my Toastmasters training I'm able to take on a leadership role."



Les Brown
Author— *Live Your Dreams*
"If you want your dreams to come true you must have confidence in yourself and your abilities. A Toastmasters club can give you that confidence. Make your dreams a reality. Join a Toastmasters club."

E-mail. Voice mail. Fax. Cell phones. Quick fixes for a complex activity: communication. Today's work tools increase our efficiency but often decrease our effectiveness. When communication really counts we all fall back on the original solution: face-to-face conversation.

Toastmasters is the right choice for improving your speaking skills. We give you hands-on, face-to-face suggestions-for-improvement style communications training – in a friendly environment. You can't find it anywhere else.

At Toastmasters you'll learn to relax, plan, and present a terrific speech, whether you have 10 days to prepare – or just 10 seconds. You'll learn and practice in a friendly, comfortable environment with people who are there for the same reason you are – to become better communicators.

Everybody talks

At a Toastmasters meeting everybody talks – that's why you're there! You'll build "quick-thinking" skills as you present a one- to two-minute impromptu speech during *Table Topics*. At a later meeting you may be the one asking the *Table Topics* questions! Soon after, you'll introduce speakers, give prepared speeches, conduct the meeting, and perform many other roles.



Yes, but how do I improve?



You'll improve just by speaking regularly. But the key to the Toastmasters learn-by-doing program is constructive evaluation. An evaluator will be assigned to you each time you give a prepared speech. Your evaluator will point out your presentation's strengths and offer suggestions for improving your next speech. At first you'll be recognized for your effort; later you'll be recognized for your skills.

Did someone say leadership?

You can't learn to be a leader in a day; it takes practice. In Toastmasters, you'll build leadership skills by organizing and conducting meetings and motivating others to help you. You can also build leadership skills by working on a project related to your personal or professional life, or by serving as a leader in Toastmasters.



The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.



"At work I had to give a sales presentation with only 48 hours notice! Because of my Toastmasters training I had the necessary tools to prepare. I actually had the sales reps clapping in agreement with me. Keep in mind that only one year ago I had anxiety attacks if I had to speak before an audience."

Anita Perez Ferguson
President—*National Women's Political Caucus*
"Toastmasters gives me the opportunity to regularly organize and present speeches. The skills I have learned and improved help me make a positive impression every time I speak."