

Toastmasters

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 assigned 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.



Don't be offended;

everyone needs Toastmasters. Our face-to-face, experiential learning program



benefits skilled professionals and beginning speakers alike. So, whether you're speaking to your staff, your co-workers, or your kids, Toastmasters can help you do it better.

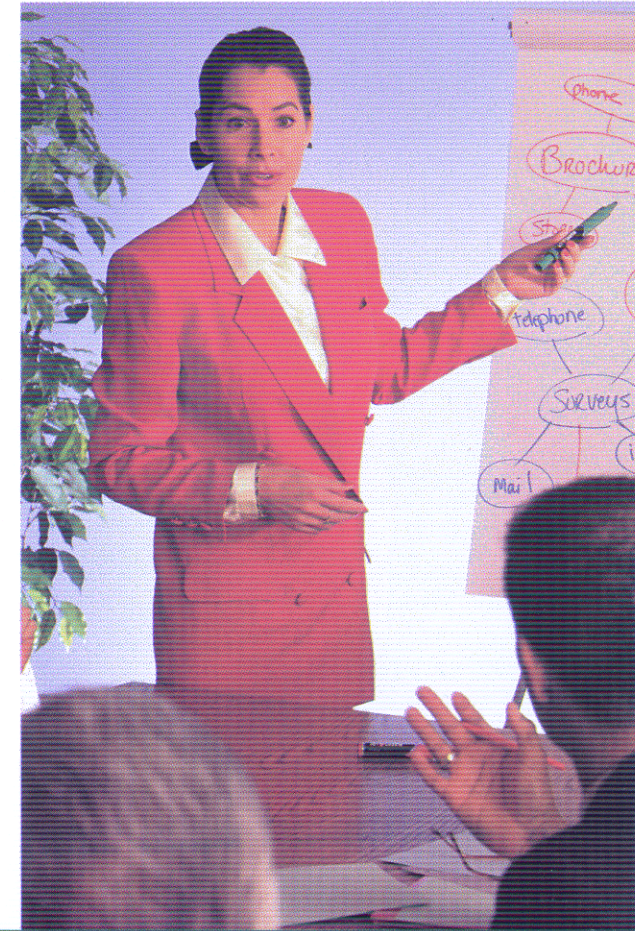
At Toastmasters you'll learn to relax, plan, and present a terrific speech, whether you have 10 days to prepare – or just 10 seconds. You'll learn and practice in a friendly, comfortable environment with people who are there for the same reason you are – to become better communicators.

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.

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."

"Toastmasters has played a tremendous role in building my self confidence and communication skills. Because of Toastmasters I feel more confident about speaking up when I have something to say, and I can now evaluate others in a more positive constructive manner."



Yes, you need Toastmasters



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.

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."



"'Table Topics' is fine tuning my ability to think on my feet and express myself without preparation—something that is always important in dealing with clients."

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 Name: SPEAKERS UNDER PRESSURE

Time/Day: Alternate Thursdays from 12:05-1

Location: Rosemount Inc.; 8200 Market Blvd. in the Walnut Conference Rm (next to Cafeteria)

E-mail: CLUB3096@YAHOO.COM

Website (for schedule / location details):

<http://www.geocities.com/club3096>

HTTP://WWW.GEOCITIES.COM/CLUB3096

