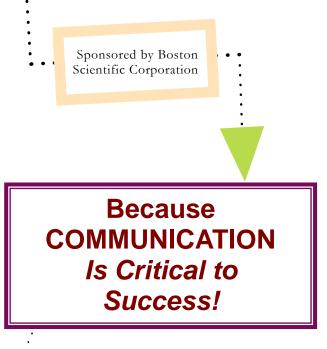
Shock, Rhythm and Talk

Join us for the first and third Tuesdays during lunch hour. The current members enjoy the process of achieving self-confidence in all communication situations via practice and continuous improvement in a friendly environment. The Toastmasters group helps people develop and practice speeches or presentations, and to prepare for those impromptu situations when we are asked to 'say a few words'.



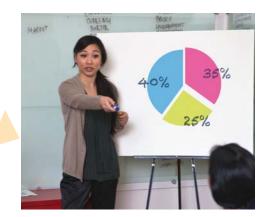
TOASTMASTERS





http://4805.toastmasterscl ubs.org/

Ronald Twite VP of Membership Ronald.Twite@bsci.com x24539



What is **Toastmasters?**

Toastmasters is the world's leading organization devoted to communication and leadership. Since 1924, more than 4 million people around the world have become more confident speakers and leaders because of their participation in Toastmasters.

Toastmasters provides a safe place for you to learn communication skills, make mistakes and learn, improve your selfconfidence, develop your critical thinking, and build listening skills. Participation in Toastmasters also builds new relationships, widens your networking circle, and gives opportunities for unlimited personal growth.

Toastmasters builds confidence pass a basic and English teri and pay the tanky to practice and be evaluated by it

units used as devicents. To obtain a membership, one reeds to "Tach meeting prior oververs or openon Club Shanghli, a mapped's uterna- a sell equeined and systemized.

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When, Where, and How...

Meeting Time & Location ~ The club meets the first and third Tuesdays of each month from 12.05 to 12.55 PM. Lo-



cation varies, and participants are notified through the Outlook meeting invite.

Cost ~ BSC pays the Toastmasters membership fee, so take advantage of it! The

only cost to you is the annual \$10 club dues – prorated to \$5 for those joining in the Jan–June time frame.

How it works ~ You learn by taking part in communication and leadership workshops at your own pace. You get opportunities to lead or fill meeting roles, give prepared or impromptu speeches, and volunteer for leadership roles. You benefit from a supportive environment by giving and receiving constructive feedback through peer evaluations.

Communication Track

- Speech organization
- ▶ Eye contact
- ▶ Gestures
- Vocal Variety
- Use of humor
- Delivery
- Overcoming Nervousness
- Leadership Track
- Fulfill club meeting roles
- Serve in officer roles

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