

## 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'.



<http://4805.toastmastersclubs.org/>

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# TOASTMASTERS

Sponsored by Boston  
Scientific Corporation

**Because  
COMMUNICATION  
Is Critical to  
Success!**



# 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 self-confidence, 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.

## 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. Location 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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