

We can help you get more!

Let us help you become a better leader, speaker and communicator. Practice storytelling, develop speeches for work and personal development.

The Educational Program provides

Communication and leadership development.

The educational program is the heart of every Toastmasters club. It provides members with a proven curriculum that develops communication and leadership skills one step at a time, with many opportunities for awards and recognition along the way. The communication and leadership tracks are not mutually exclusive; you may participate in both at the same time, if you wish. **Cost only ~57 cents a week!**

- You progress along each track by working through a series of manuals, each of which offers a set of carefully crafted projects to complete.
- Each project includes an evaluation guide, which gives club members an easy way to provide immediate feedback as the project is completed.
- Once you become a member, you can begin the educational program right away.
- Here is how it works!

The New Member Kit includes the Following manuals to get you started on both

- *Competent Communication*
- *Competent Leadership*
- *Your Speaking Voice*
- *Effective Evaluation*
- *Gestures: Your Body Speaks*




**Suburban Toastmaster
1883**



President George B. Thompson welcomes you!

SUBURBAN TOASTMASTERS

When : Monday nights 6:00—7:30 pm

**Where: St. Mary's Hospital
NW Corner room G-21 next to Employee's
cafeteria Ground Floor**

Phone: 1-507-282-7489

Fax: 1-507-282-2251

Email: grandpagt1@gmail.com

SUBURBAN TOASTMASTERS

**Become a
Suburban
Toastmaster**

Practice speaking with friends



Tel: 1-507-282-7489

What is Toastmasters? Why would any one want to be a Toastmaster.

No, we don't make toasters!

From a humble beginning in 1924 at the YMCA in Santa Ana, California, Toastmasters International has grown to become a world leader in helping people become more competent and comfortable in front of an audience. The nonprofit organization now has nearly 235,000 members in 11,700 clubs in 92 countries, offering a proven – and enjoyable! – way to practice and hone communication and leadership skills.



Area Governor
VP John Rebow

Most Toastmasters meetings are comprised of approximately 20 people who meet weekly for an hour or two. Participants practice and learn skills by filling a meeting **role**, ranging from giving a prepared speech or an impromptu one to serving as timer, evaluator or grammarian. There is no instructor; instead, each

speech and meeting is critiqued by a member in a **positive** manner, focusing on what was done right and what could be improved.

How Does It Work?



Sgt. Jim Walker

Toastmasters makes learning fun!

This non-profit organization offers a proven – and enjoyable – way to practice communication and leadership skills.

Here's how it works:

- A **Toastmasters meeting is a learn-by-doing workshop** in which participants hone their speaking and leadership skills in a friendly atmosphere. A typical group has 10 to 20 members who meet weekly to practice public speaking techniques. The average meeting lasts one hour.
- **Members learn communication skills** by working in the *Competent Communication* manual, a series of 10 self-paced speaking assignments designed to instill a basic foundation in public speaking. Participants learn skills related to use of humor, gestures, eye contact, speech organization and overall delivery. When finished with this manual, members can choose from 15 advanced manuals to learn skills related to specific interests.
- **Members also learn leadership skills** by taking on various meeting roles and serving as officers at the club and district levels, and by working in the *Competent Leadership* man-

ual and the *High Performance Leadership* program. In our learn-by-doing approach, we don't lecture our members about leadership skills; we give them responsibilities and ask them to lead.

There is no instructor in a Toastmasters meeting. Instead, members evaluate one another's presentations. This feedback process is a key part of the program's success. Meeting participants also give impromptu talks on assigned topics, conduct meetings, serve as officers. **Meet some of our friendly nurturing members,** who have learned about the wonderful benefits of Toastmasters.



Terry H



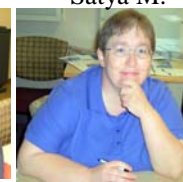
Satya M.



Satya C.



Lee A



Wendy



Bud D.

SUBURBAN TOASTMASTERS

When : Monday nights 6:00–7:30 pm
Where: St. Mary's Hospital
NW Corner room G-21 next to
Employee's cafeteria Ground Floor

Phone: 1-507-282-7489

Fax: 1-507-282-2251

Email: grandpagt1@gmail.com