

# What is Toastmasters?

**Toastmasters** is a not for profit community organisation that provides opportunities for you to develop the confidence to successfully express yourself in any situation, be it a job interview, a work presentation or at a social gathering. With a network of clubs all over the world, we pride ourselves on providing quality materials and a supportive educational programme that suit the most experienced to the least experienced of speakers, and from the most confident to least confident of speakers.



## Becoming a Better Speaker and Leader

By learning to effectively formulate and express your ideas, you open a new world of possibilities. You'll network with ease and impress your managers and co-workers with your new levels of confidence and skills.

### Develop Your Leadership Potential

Consider leadership as the art of persuading and motivating others. Effective leaders need effective communication skills and the ability to inspire others to greatness. At Toastmasters, you'll learn how to do both.

### How Does It Work

The environment is friendly and supportive, and the self paced programme allows you to build confidence with every presentation. Constructive feedback is the heart of Toastmasters. Immediately after each

presentation you give, an experienced evaluator will provide supportive feedback helping you to improve. You'll get better with every speech!

*"Toastmasters is the most effective, enjoyable and affordable way of gaining great communication and leadership skills"*

Since 1924, Toastmasters International has helped millions of people just like you speak with confidence in front of an audience. Our network of clubs and their learn-by-doing programme are guaranteed to help you become a better speaker and leader.

TOASTMASTERS

Toastmasters.

No calories.

Loaded with good things to help you grow.



It's the perfect food for the career woman.