

Learn Communication & Leadership Skills

- ◆ Give a work or personal presentation
- ◆ Think on your feet
- ◆ Be an effective 'Committee Member'
- ◆ Be an effective 'Leader'
- ◆ Chair a Meeting
- ◆ Be confident during an interview

A Toastmasters membership gives you the courage to:

- ◆ Speak with confidence
- ◆ Improve communication with family and friends
- ◆ Give and get constructive feedback
- ◆ Thrive in a supportive learning environment

For more information
please contact

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The Voice of Mosman
Toastmasters Club



People read books for
enjoyment or
to learn new skills.
We offer the opportunity for
you to enhance your
Communication &
Leadership Skills.



Opportunities for you to learn skills in:

As a Communicator

- ◆ Impromptu speaking
- ◆ Preparing and delivering formal and informal presentations
- ◆ Being a master of ceremonies
- ◆ Skills to make an impressive presentation. The use of:
 - ◆ Visual aids
 - ◆ Your body to make points:
 - ◆ Gestures and body language
 - ◆ Humour
 - ◆ Your voice
 - ◆ Vocal variety in your presentation

As a Leader

- ◆ Chairmanship
 - ◆ Conduct a formal or an informal meeting
- ◆ Listening skills:
- ◆ Give constructive feedback to colleagues or employees

We invite you to our Toastmasters meeting

Venue:

**Mosman Art Gallery
Art Gallery Way &
Myahgah Road
Mosman NSW**

Dates:

**2nd & 4th Thursday
each month**

Time:

6:45 PM for 7:00 PM

Agenda (includes):

- ◆ **Introduction**
- ◆ **Toast**
- ◆ **Table Topics (Impromptu Speaking)**
- ◆ **Prepared Speeches**
- ◆ **Big Ears — Test your listening skills**
- ◆ **Feedback about presentations**

Testimonials

Saeed Fassaie

I realised that a Toastmasters Club was exactly what I needed. I put myself in situations where my inward focus would be over-powered by real external activities. I dealt with the fear of a real challenge instead of being consumed by the exaggerated and unreal fears in my head



ABC News, 5 October 2015
Author: Rising From the Shadows

Gill Walker

I said to my husband: "I've got more out of Toastmasters than many thousands of dollars worth of business coaching could give."



Opsis Pty Ltd

Charmaine Burke

I joined Toastmasters at the insistence of a friend who thought it would be good for my business. Boy am I glad I did! I have learnt new skills in both leadership and communication, met a lot of wonderful, friendly people, and even taken the challenge to compete in speaking competitions. Toastmasters is an excellent organisation. I highly recommend it to anyone who wants to develop confidence and personal growth.



Art of Communication