

# Welcome to ProSpeak Toastmasters Club

Whether you are a business professional, student or simply have an interest in personal development by 'testing' your public speaking skills, then, **ProSpeak** is for you!

Don't worry! Everyone in a Toastmasters club was once at the level you are now. The environment is friendly and supportive, and the self-paced program allows you to build confidence with each speaking assignment.

## What to expect

Sit back and enjoy a whole new experience this evening. We trust that your visit with us will leave you with an insight into what Toastmasters is about.

You will be greeted at the door by a friendly smile and made to feel welcome.

As you will see, an agenda has been prepared in advance, and all the members know what they are expected to do most of the time, that is. On some occasions, a member will be asked to fill in for someone who is away and this is accepted as part of the impromptu experience.

The Sergeant-at-Arms calls the meeting to order and then introduces the Toastmaster who will act as a Master of Ceremonies for the meeting.

The Toastmaster will then ask the guests if they would like to introduce themselves. You do not have to do so if you feel too nervous.

Then the fun begins! The Toastmaster will introduce each speaker, and the time they have been allocated for their role.

At about 8:30pm we will have a coffee break. This is a good time to have a chat and remember that some of us are still shy. That's why we have come to Toastmasters to overcome our nervousness when talking to people.

During the meeting there will be two or three prepared speeches, some impromptu speaking such as Table Topics or Round Robin. Throughout the evening all members will have a role to speak and also all will receive feedback as to their developing skills.

You will be seated next to a member who will be happy to explain the procedure and answer any questions you might have.

All speakers will have their speeches evaluated. That is, other members of the club will give constructive feedback on each speech, pointing out their strengths and suggest improvements for connecting to the audience.

We would love to hear your thoughts at the end of the evening. Your comments are important because this is how we learn at our meetings.

At the conclusion of every meeting we award trophies/certificates to:

- The best speaker
- The best evaluator
- The best table topics speaker
- The best performance

So sit back, relax and enjoy an entertaining evening and you will see why so many people have found Toastmasters a rewarding and fulfilling experience.

We appreciate visitors coming to our club and hope you will attend our next meeting. Please sign our visitor's book. We can then send you future agendas.

## ProSpeak Meeting Times

We meet at 7:30pm on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month at:

**Glenelg Function Centre  
Brighton Road, Glenelg East**

Guests should aim to arrive by 7:15pm. Meetings finish at approximately 9.30pm.

***Come along and join us to improve your public speaking skills.***

***The Toastmasters motto: "Better Listening, Better Thinking, Better Speaking"***

## Toastmasters International

Toastmasters International is the largest speaking organisation in the world. It is dedicated to helping people develop their public and interpersonal communication and leadership skills.

Since 1924 Toastmasters International has helped millions of men and women become more confident in front of an audience. We will help you lose the fear of public speaking and become more successful in whatever path you have chosen. You will easily lead teams and conduct meetings. You will become a better listener learning to receive and give constructive evaluations.

A Toastmasters Club provides a safe, nurturing environment where you can practice your communication skills, knowing everyone is there to help you learn and grow. At ProSpeak, we believe the best way to learn is when you are having fun.

We would love you to join our Club.

## Toastmasters International (cont.)

Upon joining our Club you will receive a new member's kit that contains the first in a series of speech manuals that will lead you through your Toastmasters educational program. The program is designed so that you can work at your own pace, with several internationally recognised awards along the way. You will also be assigned a mentor who will help you plan your pathway.

## Contact ProSpeak Toastmasters Club

**For further details contact:**

*Vice President Membership:*  
Jody Heptinstall  
Phone 0419 811 760

or visit our website:  
[www.prospeak.freetoasthost.net](http://www.prospeak.freetoasthost.net)

***"Your potential is limited only  
by how many excuses you have"***



## Toastmasters International ProSpeak Club Glenelg East, SA

- Scared of speaking in front of groups?
- Can't respond confidently in interviews?
- Petrified of presenting?
- Would love to have help?

**Let ProSpeak help you.**

ProSpeak Toastmasters Club provides a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills that, in turn, foster self-confidence and personal growth, in an environment of friendship and fun.

