

MOSQUITO HILL TOASTMASTERS CLUB



WHAT IS TOASTMASTERS?

Toastmasters International is a non-profit organization with over 200,000 members worldwide and offers a proven way to practice and **enhance communication and leadership skills.**

Members meet regularly to practice and learn skills by filling various meeting roles such as giving a **prepared speech** or an **impromptu speech** or acting as an evaluator.

There is a self-paced structured communication and leadership program which members follow and upon completion of milestones receive formal recognition.

WHEN AND WHERE DO WE MEET?



The Mosquito Hill Toastmasters Club meets on alternative Mondays at the **Juan Costa Restaurant** on Hürlimann Areal in Kreis 2 which is 15 minutes away from Zurich main station and close to Sihlcity. Parking is available. Trams 5 & 13 are driving close by (tram stop “Waffenplatzstrasse”).

Meeting dates are online at mosquithill.blogspot.com

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We have meetings every two weeks and you are welcome to join our meetings for free to see if this is right for you – just come along.

WHAT HAPPENS AT A MEETING?

The meeting is structured in such a way that it encourages participation from many of those attending. The main topics are:

Introduction

The Toastmaster of the Evening conducts the meeting and explains the program for the evening (Introduction, transitional comments, etc.)

Speeches

This is the core section. Every meeting 3 to 4 speakers present self-chosen topics but following the structured program in the training manual. Every speech has a different objective such as focusing on body language, correct use of the voice, speech structuring, etc.

Evaluations

All speeches are evaluated afterwards by another toastmaster. Apart from these oral evaluations the speaker also receives written feedback from meeting participants.

Table topics

The Table Topics Master presents one topic or theme with several questions or situations and invites individual members of the club to speak spontaneously about it for 1-2 minutes. This helps the speaker to **develop impromptu speaking skills**. And it's always very funny...

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General Evaluator

The General Evaluator points out the DOs and DON'Ts of the night. They ask their evaluation team to present their reports. For example, the "**Ah**" counter checks all speakers for any filler words and sounds they may have used like "and", "so", "ahem", etc. The **Timer**, records the exact time each speaker takes as there are specific limits for each role.

Between the speeches and the table topics, there is a 30 minutes **dinner break** where members dine together in the restaurant.

WHY JOIN MOSQUITO HILL TOASTMASTERS CLUB?

Mosquito Hill Toastmasters offers:

- Constructive feedback on speeches.
- A friendly, comfortable and motivating learning environment – we are the only club in Zurich with palm trees!
- Mentors are offered to new members

Additionally you will hear some great speeches by members and learn about all sorts of things. It is a great way to spend a Monday evening.

The club is English speaking but our members come around the world.

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MEMBERSHIP FEES

120 CHFs per year + a one time joining fee of 50 CHF for a starter kit including manuals.

CONTACTS

For more information please visit our blog mosquitohill.blogspot.com or www.toastmasters.ch

You can also contact us via email: mosquitohill@gmail.com

TOASTMASTERS INTERNATIONAL

Become the Speaker & Leader You Want to Be

Conquer Your Fears.

Express Your Ideas.

Succeed.

