



Zurich Toastmasters Club

Become the Speaker and Leader You Want to Be

Toastmasters International is a non-profit organization that offers a proven – and enjoyable – way to practice and enhance communication and leadership skills.

Members meet regularly to 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.

Today, there are more than 10,000 clubs worldwide.

Toastmasters Mission

The mission of a Toastmasters Club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

Your Toastmasters Club in Zurich

The Zurich Toastmasters Club was founded in 1973, and since then further Toastmasters clubs have been established in Bern, Basel, Geneva, Lausanne and Zug.

The Zurich Toastmasters Club has roughly forty members from many different nations. It is one of three Toastmasters English speaking clubs in Zurich.

Zurich Toastmasters Club provides you with:

- A self-paced communication and leadership program
- Constructive feedback
- A friendly, comfortable and motivating learning environment
- Mentors for new members

I joined Toastmasters in the fall of 2006 and have continued, because it is a lot of fun and I learn something new every meeting. The great diversity of nationalities and professions fosters the perfect environment for learning and personal growth. Toastmasters is like my shot in the arm every two weeks that keeps me motivated and able to think outside of the box.

Tamara Paschoud, President, Toastmasters Zurich

How to Become a Competent Communicator and Leader

At Toastmasters you'll learn and practice how to plan and present a speech in a friendly environment with people who are there for the same reason you are – to become better communicators.

You'll improve just by speaking regularly. But the key to Toastmasters learning-by-doing program is constructive evaluation. An assigned evaluator will point out the strengths of your presentation, and will offer suggestions for improving your next speech.

Each time you present a prepared speech, you'll be honing your skills in specific areas ranging from using visual aids to creating impact with your voice and gestures.

You'll build 'quick-thinking' skills as you present a one- to two-minute impromptu speech during the regular 'Table Topics' session.

Zurich Toastmasters Club offers you the opportunity to improve your leadership skills by taking on various meeting roles and serving as officers at the club and district levels.

Your First Ten Speeches

1. The Ice Breaker
2. Organize Your Speech
3. Get to the Point
4. How to Say It
5. Your Body Speaks
6. Vocal Variety
7. Research Your Topic
8. Get Comfortable with Visual Aids
9. Persuade with Power
10. Inspire your Audience

Ten Projects to Become a Competent Leader

1. Listening and Leadership
2. Critical Thinking
3. Giving Feedback
4. Time Management
5. Planning and Implementation
6. Organizing and Delegating
7. Developing Your Facilitation Skills
8. Motivating People
9. Mentoring
10. Team Building

A Typical Toastmasters Meeting

A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly atmosphere.

A typical Toastmasters meeting includes:

Prepared speeches are presented by members.

Table Topics give members (and guests if they like!) the opportunity to practice impromptu speaking skills.

Evaluations by experienced club members provide feedback on prepared speeches and the meeting itself.

A dinner break allows adequate time for talks with other members.

I have been a member of Toastmasters since the summer of 2009 and I have given two speeches so far as well as taken on a number of other roles. The thing I like about Toastmasters is that everyone is there to learn and to help others to learn. Our evenings are very well structured and there are many opportunities to speak apart from giving a speech. Being a part of Toastmasters has given me more confidence to address a group of people as well as the needed discipline in the preparation.

Jim Murdoch, Toastmasters Zurich

Membership Information

Venue: Restaurant Werdguet, Morgartenstrasse 30, 8004 Zurich. Dinners are served at the meeting.

Dates & Time: Meetings take place on alternate Monday evenings. Door opening is at 18.45, meetings close at 21.30.

Dues & Fees: Toastmasters International is a non-profit organization. Annual fees go to the publication of educational materials, room hire and the organization of international meetings and conferences. New membership fee is CHF 170 (including registration cost and manuals), active membership fee is CHF 120 per year.

Interested?

We welcome you to come and attend one of our next meetings as a guest.

For exact meeting dates see:

www.toastmasters.ch

For any further information please contact:

zhtm@toastmasters.ch

