

## Toastmasters International



Toastmasters International is a world-wide non-profit, educational and public benefit organization in which members can become more competent and comfortable when speaking in front of an audience. The club offers a proven- and enjoyable! - way to practice and hone communication and leadership skills.

The first Toastmasters club was established in Santa Ana, California in 1924 by Dr. Ralph C. Smedley, who initiated and developed the idea of helping others to speak more effectively.

Today, there are more than 12,500 clubs in 113 countries with more than 260,000 active members worldwide.

### At Zuriberg Toastmasters Club you will:

- Develop your communication and leadership skills
- Develop impromptu speaking skills
- Overcome fear of speaking in public
- Benefit from a supportive and positive atmosphere
- Boost your self-confidence

### Meetings

are held every other **Tuesday**,  
18.45 – 21.40

### Location

Restaurant Weisser Wind,  
Oberdorfstrasse 20  
8001 Zürich  
(Tram stop Bellevue, tram no. 2,4,5, 8,9,11,15;  
5 min walk from there)



### Membership Fees

150 CHF per year  
+ a one time initiation fee of 50 CHF for your  
new member kit, which includes  
a monthly Toastmaster magazine, delivered by  
post  
(guests can visit free of charge except for the  
cost of their meal/ drinks)

### For more information, please contact:

VP Membership  
zuribergtm@toastmasters.ch



## Zuriberg

# Toastmasters Club

Club 856858



**Do you want to develop your  
communication and leadership skills in  
a friendly and supportive atmosphere?**

**If so, Zuriberg Toastmasters Club is the  
place for you!**

[www.toastmasters.ch](http://www.toastmasters.ch)

- ? Are you nervous when you give a speech or presentation?
- ? Do you want to improve your communication skills?
- ? Do you wish to develop your leadership skills?
- ? Do you want to be a better team player?
- ? Would you like to be able to articulate your ideas more clearly and concisely?

**If so, then visit us!**

### Zuriberg Toastmasters provides

- A self-paced communication and leadership program
- Constructive feedback and evaluation
- A friendly and encouraging learning environment
- Mentor program for new members

### A Typical Toastmasters Meeting

**A business portion** dispatches the business of our club quickly and efficiently.

**Prepared speeches** are presented by members. These speeches are based on assignments in the Toastmasters` training manuals which are designed to help speakers improve their public speaking skills.

**A dinner break** allows adequate time for transfer and networking.

**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.



Photo: Howard Brundrett

### Your First Ten Speeches

1. **The Ice Breaker** gets you started by talking on a subject about which you are the expert (you and your life).
2. **Organize Your Speech** helps you to organize your thoughts into a logical sequence.
3. **Get to the Point** trains you to select a specific purpose for your speech and then to fulfill that purpose.
4. **How to Say It** helps you to select the exact words you need to communicate your ideas clearly and vividly.
5. **Your Body Speaks** focuses on the use of gestures and body language.
6. **Vocal Variety** explores the use of volume, pace and pitch as speaking tools.
7. **Research Your Topic** trains you to support your points with researched facts.
8. **Get Comfortable with Visual Aids** emphasizes the use of visual aids.
9. **Persuade with Power** gives you the opportunity to practice the skills necessary to convince an audience to accept your proposal or point of view.
10. **Inspire your Audience** helps you to motivate by selecting a topic about which you feel strongly.

**Educational programs are included in the Toastmasters` club program. These offer members the opportunity for further skill development in such areas as leadership, public speaking and conducting business meetings.**

**Furthermore there are various exciting special events throughout the years, such as humorous speech contests, club, area and division contests which you may just visit or compete in.**