

What is Toastmasters?

In 1924, Dr. Ralph Smedley began weekly practice meetings to help people overcome their fear of speaking in public. Today, his idea has developed into the world's largest organization devoted to communication and leadership development. Through its member clubs, Toastmasters helps men and women learn the arts of speaking, listening, and thinking in a clear and effective manner.

Today, Toastmasters counts over 211,000 members in 10,500 clubs in 90 countries.

District 6 Toastmasters, serving Minnesota and Northwestern Ontario, includes more than 250 clubs with nearly 9,000 members.

What's in it for me?

Confident, charismatic leaders weren't born that way. In Toastmasters you'll gain the practice to become the leader and speaker you want to be. Become a better negotiator. Gain trust. Sharpen your management skills. Inspire your team. Be decisive!

What will I learn?

- Control of that funny feeling (sweaty palms, dry throat, "butterflies") when you get up to speak
- How to express your thoughts and ideas clearly, eliminating "ah" and "um" and other distractions
- Better listening skills, learning how to listen objectively while avoiding bias.
- How to run a business meeting, handle motions, and give reports
- Proper use of presentation aids such as flip charts and overhead projectors

Find Your Voice

Noontime Expressions is in Area 4 of the Central Division of District 6, Region IV



ESInet/Business Resources/Training & Dev
www.d6tm.org
www.toastmasters.org

For information about Express Scripts' Toastmasters club, "Noontime Expressions," contact:
Nancy Pickering, President
npickering@express-scripts.com,
8(37-7316)
OR
Vicky Tee, VP of Membership
teev@express-scripts.com,
8(37-5610)



Toastmasters participation is an
ESI company-sponsored activity

Toastmasters International Express Scripts "Noontime Expressions" Club #609048



- Improve the way you present to a group
- Build self-confidence
- Get comfortable with leadership skills

Toastmasters International is the leading organization devoted to Effective Communication and Leadership Development

Meetings every Thursday
12:05-1:00 pm
Conference Room 1-6
Bring Your Lunch
Guests Welcome

How does it work?

Club meetings are workshops where you practice communication and leadership skills with others who are there for the same reason.

You'll be able to practice speaking in front of an audience, and learn by studying the manuals, practicing, and helping one another—in a supportive club environment, at the pace that's most comfortable for you.

Constructive evaluation is the heart of the Toastmasters program. For each speech, you'll receive encouraging feedback for improving your next speech. And you'll love the applause!

At first you'll be applauded for your effort; later you'll be applauded for your skills.

What happens at a meeting?

A typical club meeting includes:

- Introductions
- Prepared speeches, usually 5-7 minutes
- Evaluations to help us improve
- Impromptu speaking known as Table Topics, 1-3 minutes on the theme of the day to give everyone a chance to speak
- A short business meeting

Toastmasters take turns facilitating the meetings and learning how to organize agendas.

How else can I participate?

At first you'll enjoy being a new member. After you've completed numerous speeches, you may decide on additional challenges—entering speech contests, becoming a club officer, or becoming a Division or District officer.

How much does it cost?

To become a member, there is a one-time startup materials charge of \$20.00, to cover the basic manual and two advanced manuals. Since Toastmasters participation at Express Scripts is a company-sponsored activity, additional annual membership dues for employee members are paid by Express Scripts. Contractors may also join at the current annual dues rate of \$54.00.

Dues cover ongoing educational materials and a monthly subscription to *Toastmaster* magazine.

Why pay thousands of dollars for a seminar when you can join a Toastmasters club for a fraction of the cost and have fun in the process?

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.”

Club Awards

In just over two years, **Noontime Expressions** has earned the following District 6 awards:

- President's Distinguished 2006 (highest award given)
- Select Distinguished 2005
- Talk Up Toastmasters Membership/ Recruiting Award 2005 & 2006
- Founders Award 2006 (sponsorship of new club)
- 1st and 3rd-place Public Relations Awards 2006 (bulletin board flyers)

Testimonials

“I've never met anyone who didn't think Toastmasters was super valuable to their career. We gain self-esteem, self-confidence, and assertiveness. This makes us better salespeople, better managers, better leaders...”

Harvey Mackay, Author
Swim With the Sharks

“Join Toastmasters. Oral communications skills count. Height and hair color may be in the genes, but public speaking isn't. One good answer to the public speaking problem is Toastmasters. They do a fabulous job of helping people shape up their communication skills.”

Tom Peters, Author
In Search of Excellence
and *The Pursuit of Wow!*

“I'd never thought of myself as a great communicator, and that's one of the reasons I got involved [in Toastmasters]. The idea of getting in front of a group, not as Mrs. Fields but really as Debbi, made my knees shake, and I'd get all dry-mouthed. But the Toastmasters group understood. Here's a place where you can learn, grow, develop—and where other people are doing and feeling the same thing.”

Debbi Fields Rose, Founder
Mrs. Fields Cookies

“Your potential is limited only by how many excuses you have.”