



How CONFIDENT Are You?

Do butterflies attack your stomach whenever you're asked to speak before a group? Can you confidently express your thought and ideas? Do you have the nerve to ask your boss for a raise? Whether you're speaking to one or one thousand, a Toastmasters club can help you speak clearly and confidently. At home or on the job, Toastmasters will provide you with the confidence you need to get ahead.

For more information, visit www.toastmasters.org or itcbintang.freetoasthost.com And also don't miss out to visit our photo gallery at www.fastlane.info/toastmasters



**TOASTMASTERS:
The Confidence
Builders**

Day: Every 1st & 3rd Wednesday of the month
Time: 7.00pm to 10.00pm
Venue: Federal Hotel, Jalan Bukit Bintang
Contact: Jeffrey Teh, CC, CL (Vice-President, Membership)
Tel: 012-306 9376
E-mail: thengseng179@yahoo.com

Toastmasters:

Become the speaker and leader you want to be!

People who communicate effectively get ahead in life. Wouldn't you like to develop this priceless skill? Now you can. Toastmasters will show you how to listen effectively, think on your feet and speak confidently. You will learn valuable leadership skills in a supportive non-intimidating environment. Are you ready to achieve your full potential? Come visit our Toastmasters club and see what we can do for you!

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ITC-Bintang Toastmasters Club

(one of the famous Toastmasters club in Klang Valley)

**and held in the
OLDEST hotel
In Malaysia**

Everybody talks

At a Toastmasters meeting everybody talks- that's why you're there! You'll build "quick thinking" skills as you present a one- to two- minute impromptu speech during Table Topics. At a later meeting you may be the one asking the Table Topics questions! Soon after, you'll introduce speakers, give prepared speeches, conduct the meeting and perform many other roles.

Yes, but how do I improve?

You'll improve just by speaking regularly. But the key to the Toastmasters learn-by-doing program is constructive evaluation. An evaluator will be assigned to you each time you give a prepared speech. Your evaluator will point out your presentation's strengths and offer suggestions for improving your next speech. At first you'll be recognized for your effort, later you'll be recognized for your skills.

Did someone say leadership?

You can't learn to be a leader in a day; it takes practice. In Toastmasters, you'll build leadership skills by organizing and conducting meetings and motivating others to help you. You can also build leadership skills by working on a project related to your personal or professional life, or by serving as a leader in Toastmasters.

Toastmasters recognition

Each time you present a prepared speech you'll will be honing your skills in specific areas ranging from using visual aids to creating impact with your voice and gestures. After presenting ten speeches you can apply for recognition as a *Competent Communicator*, then proceed into our advanced speaking program.

