

WHAT IS TOASTMASTERS?

Toastmasters is a worldwide, non profit organisation comprising over 8,500 clubs. These clubs are dedicated to helping many thousands of individuals from all walks of life reach their true potential in the fields of communication, leadership, clearer thinking, listening and speaking. We encourage you to visit our club and see what we offer, you will be pleasantly surprised.

Be our guest at an upcoming meeting. We meet fortnightly on Mondays in conference room A at IBM (55 Coonara Ave, West Pennant Hills) from 5.30pm to 7.30pm.

CUMBERLAND FOREST

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CUMBERLAND FOREST

TOASTMASTERS

**Need to think on your
feet ?**

**Need to speak in
public ?**

**Want to get your
message across ?**

**Cumberland Forest
Toastmasters**
IBM

55 Coonara Ave, West Pennant Hills

BETTER LISTENING, THINKING & SPEAKING

TOASTMASTERS

BETTER LISTENING, THINKING & SPEAKING

Cumberland Forest Toastmasters (CFTM) is a group of people from IBM and other companies who meet to learn the skills of public speaking and enjoy themselves in the pursuit of that goal.

We meet fortnightly on Monday evenings from 5:30-7:30pm in Conference Room A.

Established in March 1996, Cumberland Forest Toastmasters is the only corporate club in the Hills District. People who have gained confidence and speaking skills over the years at Cumberland Forest Toastmasters have come from all levels of business.

Each Toastmaster club has its own flavour and at CFTM we have a fun business approach that gets result for all of us.

WHO CAN JOIN?

Toastmasters is a non profit organisation open to people from all walks of life, aged 18 years and over.

HOW DO I LEARN?

You will gain the skills in a friendly and encouraging environment, with other people who want to learn together at their own pace. One of the most important ingredients of Toastmasters is the area of evaluation. When newer members are ready, they start to present short assignments or speeches and they receive instant feedback on their performance. The evaluations are given in a non critical manner highlighting the speaker's strengths along with practical examples for the speaker to consider in their next presentation.

IS TOASTMASTERS EXPENSIVE?

Toastmasters provides excellent value for money when it comes to tuition in communication and leadership training because you get 6 months training for \$75. In return you will receive training manuals as well as the monthly Toastmasters International magazine filled with informative and entertaining articles on developing communication skills.

HOW LONG WILL IT TAKE TO BE A CONFIDENT SPEAKER?

That depends on you!
Speaking opportunities are varied allowing members to progress at their own pace. No one is pressured to do what they are unwilling to do. We all remember how we felt the first time we got up to speak.