

## **How much does Toastmasters cost?**

As a guest, you can visit our meetings at no cost, any number of times until you decide whether it is for you.

If you decide to join, the cost averages \$3.00 per week, which includes the initial two manuals for Communication and Leadership.

## **Why should I join?**

- Low cost educational program
- Employer recognised – some employers have corporate Toastmasters Clubs such as Australian Tax Office and CBA.
- Instant positive feedback on all assignments presented.
- Turn your dreams into reality!

**What are you waiting for?  
Come to our meeting!!!!**

## **PARRAMATTA MIDDAY TOASTMASTERS**

[www.parramidday.org.au](http://www.parramidday.org.au)

**MEETS THURSDAYS  
FORTNIGHTLY**

**12.15PM – 1.30PM**

**LEVEL 1  
PARRAMATTA LIBRARY  
CIVIC PLACE  
PARRAMATTA**

**For more information contact:-**

**Wendy Lazanas 9631 2332  
Jenny Rubie 9873 6273**

**Or E-Mail:**

[info@parramidday.org.au](mailto:info@parramidday.org.au)

**Parramatta Midday Toastmasters Club is part of Toastmasters District 70. For more information about District 70 and clubs in NSW and ACT, please visit the District 70 website:**

[www.d70toastmasters.org](http://www.d70toastmasters.org)

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**IS SOMETHING HOLDING  
YOU BACK IN LIFE?**

**DISCOVER YOUR POTENTIAL!**

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**PARRAMATTA  
MIDDAY  
TOASTMASTERS  
CAN HELP YOU!**



## ***Are you interested in?***

- gaining self confidence
- improving your leadership qualities
- improving your communication skills

## ***Do you need to?***

- impress at a job interview
- do a presentation at work
- give a speech at a wedding or birthday party

## **TOASTMASTERS!**

***Can help you achieve all this plus more in a relaxed friendly environment!***

## ***What is Toastmasters?***

Toastmasters is a worldwide non profit organisation dedicated to helping individuals from all walks of life discover their potential in the fields of communication and leadership.

## ***How do I learn?***

A Toastmasters club is a learn by doing workshop in which men and women practice their skills in public speaking in a friendly relaxed atmosphere. Fellow members assist by providing positive immediate evaluations.

When new members join, they are given the first series of manuals in Communication and Leadership. The Communication manual has 10 projects focusing on different aspects of presenting such as Body Language and Vocal Variety.

The Leadership manual also has 10 projects focusing on different aspects of leadership such as Listening, Critical Thinking and Mentoring.

## ***How long will it take?***

No one is pressured to complete assignments within a certain time. We all remember how nervous we were the first time we had to speak! Depending how keen or shy you may be, we cater for everyone.

All new members choose a mentor (an experienced Toastmaster) to help you prepare for your assignments.

## ***Do I receive any accreditations?***

Toastmasters have awards for certain amount of assignments that are completed. Once you are eligible for an award, a letter can also be sent to your employer if you wish from Toastmasters International.

Toastmasters offer a variety of opportunities such as Communication and Leadership roles, Youth Leadership courses and Speechcraft courses, all of which receive accreditation.