



# TOASTMASTERS INTERNATIONAL®

**Have you just become a team leader or manager, or you would like to move into a team leader or manager role? Need to present your ideas to a formal or in-formal audience confidently?**

**Then Toastmasters is for you!**

**At Toastmasters you will learn:**

- Confidence
- Developing and delivering presentations
- Giving and receiving constructive feedback
- Speaking and 'thinking on your feet' during meetings and interviews
- Organising and running meetings
- Better listening and thinking skills
- Leadership skills

Learn these skills and more through a combination of self-paced prepared and impromptu speaking assignments coupled with leadership opportunities within your Toastmasters club. Toastmasters is a 'learn by doing' programme where you receive peer support, constructive feedback and mentoring.

Toastmasters is a not for profit organisation where its members develop communications and leadership skills via a positive, mutually supportive, safe learning environment.

For those who are unable to attend the Toastmasters club, we also offer 6 to 8 week short courses where you commit one to two hours per week plus some preparation time. These Speechcraft courses offer you the essentials of public speaking.

**Become the Speaker and Leader you want to be**

Visit a club and see for yourself: clubs meet before work, lunchtime, after work and in the evenings most days

Contact us to see how we can help you: [www.toastmasters.org.nz](http://www.toastmasters.org.nz) or call on 0800 PEOPLE (736 753)