Toastmasters
http://www.toastmasters.org/
John Gay, ATM-S, VP-Education
Frank E. Balmer Club #95
http://95.toastmastersclubs.org/

TI for Veterinarians:
- Googling “public speaking for the healthcare professional” yields 14,500 hits
- Morgan McArthur, Idaho Falls equine practitioner and 7 year TI member, won the TI World Champion of Public Speaking in 1994
  - http://www.morganmc.com/
- VetCats Toastmasters, K-State
- Columbia Toastmasters, U Missouri
- Toast of the Towne, Western U
- NIH Evening Speakers, Bethesda, MD

Fear of Public Speaking

College Student Fear Survey

Thanks to RI Garber 8/1/10
http://joyfulpublicspeaking.blogspot.com/

Imposter Syndrome impacts confidence:
Measuring resident well-being: Impostorism and burnout syndrome in residency
- Impostorism was identified in 44% of residents
- Chronic feelings of self-doubt and fear of being discovered as an intellectual fraud
- Despite concrete evidence of abilities, unable to internalize a sense of competence or skill

Imposter Phenomenon occurs across professional programs:
Perfectionism, the impostor phenomenon and psychological adjustment in medical, dental, nursing and pharmacy students
- 30% of 1,000 students were in clinical range for Impostor Phenomenon
- “These results suggest that a high percentage of students in the health professions report impostor feelings, and that this is particularly true for women”
Physiological Fear Response

Dilbert by Scott Adams, 7/9/2010
http://dilbert.com/2010-07-09/
Thanks to RI Garber
http://joyfulpublicspeaking.blogspot.com/

What is good public speaking?

- TED: Ideas worth spreading  http://www.ted.com/
  Technology, Entertainment, Design
  Riveting talks by remarkable people, free to the world
- CSPAN Congressional floor coverage
  Floor time approximately equal to typical TM speech
- Quick audit – watch for verbal time fillers
  Any word or sound used as a crutch or pause – “ah”, “um”, “er”, “you know”,
  Verbal restarts – “I, I”, “This means, this means . . .”

What is Toastmasters?

Toastmasters International: Where Leaders are Made

- TI Mission:
  Empower individuals to become more effective
  communicators and leaders
- Club Mission:
  Provide a supportive learning experience in which members
  develop communication and leadership skills, resulting in
  greater self-confidence and personal growth
- Envisioned Future:
  The first-choice provider of dynamic, high-value, experiential
  communication and leadership skills development

TI Facts and Figures

- Established in 1924 by Ralph Smedley in a Santa
  Ana YMCA
  young patrons needed “training in the art of public
  speaking and in presiding over meetings”
- 100 clubs by 1938 (Club 95: 11/1/37)
- Now 13,500 clubs with 280,000 members in 116
  countries
- 6,000 sponsored clubs

Sponsored Club Examples:

- Northrop Grumman
- Bank of America
- Canada Revenue Agency
- ConAgra Foods, Kennewick
- Bechtel, Richland
- SEL
- Gonzaga
**TI Testimonials:**
- State Street Corporation Executive VP:
  The benefits of confident and well-structured speakers representing our business, both internally and externally, are undeniable, and Toastmasters is an excellent way to allow employees to develop these skills.
- Northrop Grumman engineer with DTM:
  With Toastmasters experience, I gradually gained a fluency that, back in high school, I could only dream about. Before I joined Toastmasters, I could not have held a conversation like the one we are having now.

**Toastmasters Trains People**
- Give better presentations
- Hone management skills
- Organize teams
- Provide constructive feedback
- Effectively present ideas
- Conduct productive meetings
- Listen better
- Develop leadership potential

**How Toastmasters Works**
- No-pressure atmosphere
- No instructor; all volunteers with the same goal
- Learn-by-doing workshop
- Weekly practice of the skills needed for:
  - Chairing a meeting
  - Delivering a presentation
  - Giving verbal feedback
  - Interviewing for a position
  - Introducing a speaker
  - Responding to “off-the-cuff” questions

**Club Meeting Mechanics**
- Dilbert by Scott Adams, 8/7/2010
  http://dilbert.com/2010-08-07/

**Educational System**

**The Competent Communicator Track**
- Presentation components:
  - Speech organization
  - Eye contact
  - Gestures
  - Use of humor
  - Delivery
Competent Communication Projects

10 speech projects, 5 to 7 minutes:
1. The Ice Breaker
2. Organize your speech
3. Get to the point
4. How to say it
5. Your body speaks
6. Vocal variety
7. Research your topic
8. Get comfortable with visual aids
9. Persuade with power
10. Inspire your audience

Advanced Communication Manuals

1. The Entertaining Speaker
2. Speaking to Inform
3. Public Relations
4. Facilitating Discussion
5. Specialty Speeches
6. Speeches by Management
7. The Professional Speaker
8. Technical Presentations
9. Persuasive Speaking
10. Communication on Video
11. Storytelling
12. Interpretive Reading
13. Interpersonal Communication
14. Special Occasion Speeches
15. Humorously Speaking

The Leadership Track

- Fulfill club meeting roles
- Serve in officer roles at the club level and beyond
  - 6 club officers
  - Area officers
  - District officers

The Advanced Leadership Program

- Developing a vision
- Goal setting and planning
- Developing plans and strategies
- Team building

“Ours is the only organization I know dedicated to the individual.”

— Dr. Ralph C. Smedley
Founder of Toastmasters International
Toastmasters Advantages

- Practical presentation experience
- A safe place to make mistakes and learn
- Mentorship opportunities

Features

- A self-paced program
- Weekly, bi-weekly or monthly interactive meetings
- Impromptu speaking opportunities
- Peer evaluations
- Participation in leadership through meeting roles
- Personal attention in small group setting
- Affordable dues
- Opportunities to lead meetings

Benefits

- Develop critical-thinking skills
- Build listening skills
- Give and receive constructive feedback
- Become more confident in front of a group
- Learn time-management skills
- Benefit from a supportive environment
- Develop leadership skills

Individual Value

- Unlimited personal growth
- Clear communication skills
- Self-confidence
- Positive mentoring relationships
- Improved leadership skills
- Relationship building
- Participate in Area and District competitions

Well-known Toastmasters Alumni

- Chris Matthews, Author and journalist, host of MSNBC's Hardball with Chris Matthews
- Tim Allen, Actor, star of television series Home Improvement
- Tom Peters, Management expert and author
- K.C. Jones, Former NBA basketball coach for Boston Celtics
- Linda Lingle, Former governor of Hawaii
- James Lovell, Former NASA astronaut; missions include Apollo 13
- Debbi Fields Rose, Founder, Mrs. Field's Cookies
- Leonard Nimoy, Actor, Spock from T.V. series Star Trek

“The idea of getting in front of a group, not as Mrs. Fields but as Debbi, made my knees shake. 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. Field’s Cookies
“Toastmasters is the best and least expensive personal improvement class you can go to.”

— Linda Lingle
Former governor of Hawaii

### Costs
- **$20**: One time new member fee
- **CC Manual, Evaluation Manual**
- **$36**: Membership dues every 6 months
  - Monthly Toastmaster magazine (previous issues available on-line on TI website)
- **$4**: Local club dues every 6 months
  - Vary by local club policy
- **($125): One time fee to charter a new club**

### Why is Toastmasters for You?
- Low-cost communication and leadership training
- Practical experience
- Confidence building
- Networking
- Constructive evaluations

### How to identify local clubs
- Go to main TI website [http://www.toastmasters.org/](http://www.toastmasters.org/)
- On left menu bar:
  - Click on “How Do I Join?”
  - Click on “Meeting Locations”
- Enter your Zip Code; optional miles radius
- Clubs are listed with meeting time and address, contact phone number, website, and e-mail address

### Toastmasters

Frank E. Balmer Club #95
[http://95.toastmastersclubs.org/](http://95.toastmastersclubs.org/)