



Welcome to Lucan Toastmasters

Guest Welcome Pack (feel free to share)



Since
1924

Why Toastmasters?

Click below to discover how the global leader in public speaking can help you and your career grow.

What is Toastmasters?

What's in it for me?

What can I expect in a meeting?

What does the club experience offer?

What are members saying?

How do I learn and grow?

How can I start learning now?

I'm ready to join. What's next?

www.toastmasters.org

When do we meet?

Lucan Toastmasters Club Meetings are held on the first and third Thursday night of each month.
07:45 for an **8pm** prompt start.

Where do we meet?

Springfield Hotel,
Leixlip Road, Leixlip,
Co. Kildare
W23 W280



Guests always welcome, come along on the night, or email: vpmlucantostmasters@gmail.com for further details.

Website <https://www.lucantostmasters.com> Instagram <https://www.instagram.com/vpprlucantostmasters/>
Facebook page [@LucanToastmasters](https://www.facebook.com/LucanToastmasters) LinkedIn [linkedin.com/in/lucan-toastmasters-2a276928b](https://www.linkedin.com/in/lucan-toastmasters-2a276928b)

1. Table of Contents

1.	2	
2.	3	
	Toastmasters International	3
	A History of Lucan Toastmasters	3
3.	3	
	I want to...	3
	What does the club experience offer?	4
	How do I learn and grow?	5
4.	5	
5.	6	
6.	7	
7.	9	
	Article: "5 Ways to avoid the jitters"	9
	Quit Talking Quickly	10
	Why Speaking Quickly Hurts Your Speech	10
	Why People Talk Quickly	10
	10 Tips for Successful Public Speaking	11
	Anatomy of a Toastmasters Meeting	12
	Toastmasters Magazine	12
8.	13	

2. What is Toastmasters?

Toastmasters International

For over 100 years, Toastmasters International has helped millions of people become more confident communicators, public speakers, and leaders. The Toastmasters network of clubs and the learn-by-doing program help you to gain the skills needed to achieve personal and professional growth. It is done in a fun and friendly club setting where a combination of Toastmasters learning materials with the peer-support of fellow members help you in achieving your goals at a fraction of the cost of formal seminars.

Founded by Dr. Ralph C. Smedley to assist people in speech, facing an audience, and expression of thoughts, Toastmasters International has grown as a nonprofit educational organisation of over 270,000 members in more than 14,000 clubs in 150 countries. It continues to go from strength to strength, making public speaking accessible through a network of clubs. In 2024, clubs all around the world, marked and celebrated the centenary of the first meeting by Smedley on October 22, 1924.

A History of Lucan Toastmasters

We are a local club of volunteers that come together to practice and develop in the art of speaking. Chartered in March 1983, Lucan Toastmasters has an excellent track record of success at local, national, and international competition levels. We are over 40 years in existence and have helped over a thousand people improve what is considered to be the greatest fear – speaking to a crowd!

Lucan Toastmasters gives members the safe space to develop the art of public speaking, build inner confidence, learn new leadership skills, and grow in friendship. The club is lots of fun, with fantastic stories and accounts that are bound to engage and entertain. So, come along to one of our meetings to find out more (see the cover page.)

3. What's in it for me?

Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. Whether you are a manager, student, young professional, someone looking to advance their career, or someone hoping to make an impact in your community, Toastmasters is the most efficient, supportive, enjoyable, and affordable way of gaining great communication skills.

By learning to effectively formulate and express your ideas, you open an entirely new world of possibilities. You'll improve your interpersonal communication and be more persuasive and confident when giving speeches. Joining Toastmasters can help you achieve your personal and professional goals. Is one of your goals listed below?

I want to...

Build my confidence in public speaking

Toastmasters clubs present speaking opportunities at every meeting. Whether you present a prepared speech, participate in Table Topics® (the fun part of every meeting), or fill a meeting role, you can get the valuable practice needed to build confidence for public speaking. And Toastmasters' safe and supportive club environment means there's no pressure, so you can work at your own pace.

Become a more effective speaker

An integral part of Toastmasters is giving and receiving feedback. When you speak at a club, a fellow Toastmaster will provide you with feedback to help you grow your public speaking skills. This feedback will always highlight the positives and also give you an area to work on. With the Pathways learning experience, you will have access to an education program that will teach you the skills required to become a more effective speaker.

Improve my presentation skills

Toastmasters isn't only for improving your public speaking or communication skills. By giving speeches and working through a learning path in the Pathways learning experience, you will learn how to structure your presentation and incorporate tone and body language to truly engage with your audience.

Improve my leadership skills

Since Toastmasters clubs are run by members, each club offers volunteer leadership positions. When you combine this with the leadership skills you can learn through the Pathways learning experience, you can not only build skills, but can gain valuable experience leading a team.

Get ahead in the workplace

By improving your communication, public speaking, and leadership skills, you are building a better version of yourself. Whether you are hoping to land that big promotion or simply want to feel more confident when communicating with co-workers or in social groups, Toastmasters can help teach the skills you need!

Network – at home and abroad

Toastmasters come from all walks of life. Over time, attending meetings will allow you to build social connections and network with others that you may not have had the opportunity to meet otherwise. In a Toastmasters club, you'll find likeminded people who are working hard to build similar skills as you!

In addition, there are thousands of Toastmasters clubs all over the world and you will be welcomed as a guest at any one of them – ideal for getting local knowledge if on holiday.

What does the club experience offer?



How do I learn and grow?

The Pathways learning experience.

In addition to the supportive learning environment in the club, there is a structured education program called “Pathways”. Pathways is Toastmasters’ exciting, interactive, and flexible education program.

Pathways focuses on 5 core competencies:

1. Public speaking
2. Interpersonal communication
3. Strategic leadership
4. Management
5. Confidence

Within Pathways there are a number of paths available to help you on your journey. You can embark on a path that combines the skills you want to focus on based on the blend of competencies that supports your needs. (It is a bit like choosing a multi-course meal with your favourite blend of herbs and spices.)

The educational content remains fresh and relevant. In 2024, Toastmasters reinvigorated six paths in the enhanced learning management system.



Dynamic
Leadership



Engaging
Humor



Motivational
Strategies



Presentation
Mastery



Persuasive
Influence



Visionary
Communication

As a Toastmasters member, **you will receive one free path when you join.**

Progress through your path by completing projects, giving presentations at club meetings, and implementing feedback, **all done at your own pace**. Each path has five levels, and you’ll start by mastering fundamentals before working your way up to demonstrating your expertise. Best of all, Pathways is available online using multimedia and downloadable resources, and in many languages!

For further information on “Why Toastmasters?” explore the videos and testimonials at <https://www.toastmasters.org/membership/why-toastmasters>

4. I’m ready to join. What’s next?

Please complete the membership application form enclosed in your Guest Information Pack and return it to any member of the Committee, then go online and pay the membership fee.

5. Calendar of Lucan Toastmasters Meetings



When:

Lucan Toastmasters Club Meetings are held on the **first and third Thursday** night of each month.
07:45 for an **8pm** prompt start.

Where:

Springfield Hotel,
Leixlip Road, Leixlip,
Co. Kildare
W23 W280



Club Mission:

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Guests always welcome, come along on the night, or email: vpmlucantostmasters@gmail.com for further details.

Website <https://www.lucantostmasters.com> Instagram <https://www.instagram.com/vpprlucantostmasters/>
Facebook page [@LucanToastmasters](https://www.facebook.com/LucanToastmasters) LinkedIn [linkedin.com/in/lucan-toastmasters-2a276928b](https://www.linkedin.com/in/lucan-toastmasters-2a276928b)

Schedule of meetings			
Name	Day	Date	Comment
1st Meeting	Thursday	03 Sept 2026	
Special	Sunday	06 Sept 2026	Stand at Lucan Festival
2nd Meeting	Thursday	17 Sept 2026	Guest night
3rd Meeting	Thursday	01 Oct 2026	
4th Meeting	Thursday	15 Oct 2026	
Special	Tuesday	17 Oct 2026	Area Finals of Online competition hosted by Lucan Toastmasters
5th Meeting	Thursday	05 Nov 2026	
Special		TBC	Division Finals
6th Meeting	Thursday	19 Nov 2026	
7th Meeting	Thursday	03 Dec 2026	
8th Meeting	Thursday	17 Dec 2026	
Christmas Break			
9th Meeting	Thursday	07 Jan 2027	
10th Meeting	Thursday	21 Jan 2027	Guest Night
11th Meeting	Thursday	04 Feb 2027	Competition – international & evaluation in Feb TBC
12th Meeting	Thursday	18 Feb 2027	
13th Meeting	Thursday	04 Mar 2027	
Special		TBC	Area Finals
14th Meeting	Thursday	18 Mar 2027	
Special		TBC	Division Finals
15th Meeting	Thursday	01 Apr 2027	
16th Meeting	Thursday	15 Apr 2027	
17th Meeting	Thursday	06 May 2027	
18th Meeting	Thursday	20 May 2027	AGM in second half for members only
19th Meeting	Thursday	03 Jun 2027	
20th Meeting	Thursday	17 June 2027	Award Night/Final meeting before summer break

6. Application Form (2 pages)



MEMBERSHIP APPLICATION FORM

Lucan Toastmasters

Club No: 1896 Area 26 – Division M - District: 71

Chartered: March 1983

PLEASE USE BLOCK CAPITALS EXCEPT FOR SIGNATURE

Application for Membership Type: (Please tick one box). For questions, contact vpmlucantostmasters@gmail.com

New: ☐ Transfer ☐ Dual ☐ Reinstated: (break in membership) ☐

Transfer/Dual: Club No. / Name

Membership No: (if known)

How did you hear about the Club?

Name:

Address:

Mobile No:

Email Address:

WhatsApp is the primary form of prompt Club communication to members. EasySpeak is a meeting management tool which facilitates the proper planning and co-ordination of club meetings and events, including communication to email. Emails are used where relevant.

GDPR Consent:

As per GDPR compliance (the General Data Protection Regulation EU 2016/679 enacted under as the Data Protection Act 2018) we are also required to ask for your consent in relation to using and storing your personal data for the purposes of being an applicant to, or member of, the Club. Please see below our GDPR information.

- Permission for Lucan Toastmasters to keep in touch with you via WhatsApp and email. This means that you consent to receive messages from the club about ongoing meetings and events and any other notifications deemed appropriate that are relevant to club activity. If you do not wish to receive any further messages from us, please respond at any time to the email or WhatsApp informing us whether you OPT IN or OPT OUT to the respective communication channels.
- Social media: As part of GDPR, we must now seek permission from all our members to have their picture taken to be published on social media to promote the club. Please inform us if you do not consent to this.
- As part of GDPR, we will endeavour to keep all your information stored in a confidential manner and we will not share your information with any third parties. For all future emails, each member will be Bcc'd to ensure that your information is not shared.
- **Can Lucan Toastmasters communicate with you? Please mark by circling Yes or NO below.**

WhatsApp: _____ (Yes/No)
(Primary form of Club Comms)

Email: _____ (Yes/No)

Image/Video: _____ (Yes/No)

Important: Please complete and return this Application Form to a Club Officer.

Applicant Verification:

I apply for membership of Lucan Toastmasters. By my signature below, I agree to the terms of A Toastmaster's Promise and the Member's Agreement and Release stated herein and certify that I am 18 years of age or older, in compliance with the Toastmasters Club Constitution for Member Clubs of Toastmasters International.

Signature: _____

Date: _____

Club Officer Verification of Applicant:

I confirm that a complete membership application for membership the Toastmasters club identified, including both the signature of the new member and that of a Club Officer, is on file with the club and will be retained by the club.

Signature: _____

Date: _____

For this application to be valid, both signatures are required.

Dues and Fees:

For new members joining Lucan Toastmasters: membership fees are determined based on the month of joining in the semester on a pro rata basis, as per Toastmasters International, and there is a once off fee of €20 that includes registration onto your first education path. For clarity, the following ready reckoner sets out joining fees:

• October 120 + 20	• January 60 + 20	• April 120 + 20	• July 60 + 20
• November 100 + 20	• February 40 + 20	• May 100 + 20	• August 40 + 20
• December 80 + 20	• March 20 + 20	• June 80 + 20	• September 20 + 20.

Thereafter, normal membership fees are paid twice yearly - €120 for semester 1 from 01 October to 31 March 31, and €120 for semester 2 from 01 April to 30 September each year.

Payments can be made online to Lucan Toastmasters Club account, details:

BIC: **BOFIE2D** IBAN: **IE42BOFI90120429835941** (please include your name in the comments field).

Club Mission

(The Club Promise to you)

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Through this mission, each Toastmaster gains a clear understanding of the club's purpose, and the organisation as a whole benefits from a shared set of values and goals.

Toastmasters Core Values are: Integrity Respect Service Excellence

As a club, we will ensure that each member receives proper instruction and guidance.

A Toastmaster's Promise

(Your Promise to the Club)

As a member of Toastmasters International and my club, I promise:

- To attend club meetings regularly.
- To prepare all of my projects to the best of my ability, basing them on the Toastmasters education program.
- To prepare for and fulfil meeting assignments.
- To provide fellow members with helpful, constructive evaluations.
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow.
- To serve my club as an officer when called upon to do so.
- To treat my fellow club members and our guests with respect and courtesy.
- To bring guests to club meetings so they can see the benefits Toastmaster's membership offers.
- To adhere to the guidelines and rules for all Toastmasters education and recognition programmes
- To act within Toastmasters' core values of integrity, respect, service, and excellence during the conduct of all Toastmasters activities.

Member's Agreement and Release:

Consistent with my desire to take personal responsibility for my conduct, individually and as a member of a Toastmasters club, I agree to abide by the principles contained in A Toastmaster's Promise, the Toastmasters International Governing Documents, and my club. I will refrain from any form of discrimination, harassment, bullying, derogatory, illegal, or unethical conduct, and I understand that if I engage in such conduct, I agree to reimburse Toastmasters International, my club or other clubs, or other individuals involved with Toastmasters, for any damages, losses, or costs resulting from my conduct. Understanding that Toastmasters programs are conducted by volunteers who cannot be effectively screened or supervised by Toastmasters International or its clubs, I release and discharge Toastmasters International, its clubs, governing bodies, officers, employees, agents, and representatives from any liability for the intentional or negligent acts or omissions of any member or officer of my club or other clubs, or any officer of Toastmasters International. Should a dispute of some nature arise, I expressly agree to resolve all disputes, claims, and charges relating to Toastmasters, Districts, clubs, and Toastmasters members in accordance with Protocol 3.0: Ethics and Conduct. By submitting this application, I agree to the collection, use and processing of the personal information I provide to Toastmasters in this Membership Application for the purposes of organization administration, payment of my dues, and inclusion of my contact information in a members' directory that will be distributed to members and employees of Toastmasters. In addition, the collection, use, and processing of my personal information collected by Toastmasters International through Toastmasters' website and by electronic communications. I also agree that my information may be accessed and used by Toastmasters and its employees and agents. I agree to notify vpmlucantostmasters@gmail.com of any change to my personal information and make requests to check, delete or correct my personal information, so that it is accurate and current. I shall maintain my personal contact information up to date on the Toastmasters International website:

www.toastmasters.org/login. I understand that the majority of the data requested in this application is necessary for administrative and planning purposes and that the failure to provide this information may prevent my application from being properly processed or the inclusion of my contact information in the members directory.

7. Further Interesting information

Article: “5 Ways to avoid the jitters”

5 Ways to Calm the Pre-Speech Jitters

Transform anxiety into helpful energy to fuel your speeches. By Dianne Glover

My first love was always performing. I loved learning about a character and slowly transforming myself into another human. I felt at home onstage.

When my daughter was born, I experienced a love that was even more powerful. My life purpose shifted. Being a mom was the role of a lifetime. I quit acting & took a job in the business world to minimize my time away from her.

When I made the career shift, I discovered I had a paralyzing fear of stepping onstage as myself without the cloak of a character and pre-scripted dialogue. My voice became shaky, and I suffered from panic attacks when I presented. After performing for thousands, my fear of public speaking was deeply embarrassing on a personal level, and I knew it would stifle me professionally. I had to overcome this fear.

My first step was to join Toastmasters. My dad had been a Toastmaster, so I was familiar with the organization. As an actress, I always relied on rehearsals to develop my character. Being in Toastmasters gave me a safe space to practice standing up as myself. I became comfortable using the skills already in my toolbox as a performer to speak with power, polish, and poise. I learned how to transform my anxiety into helpful energy that fuelled my speeches.

Now I use the following five steps to calm my body and centre my mind before speaking:

1 Breathe

Shallow breathing is one of the body's responses when the nerves kick in. Counteract this by taking big, slow diaphragmatic breaths (think of sending breath all the way to your toes). Make sure the exhale is longer than the inhale to activate the parasympathetic nervous system and calm the body. Inhale to the count of eight, exhale to the count of 12. Repeat. Feel the body calm.

2 Keep a success journal

Through my coach training, I learned the importance of documenting success. I started keeping a notebook detailing what I liked about every speech and one or two things that I would like to improve on (keeping the emphasis on what went right). I added inspirational quotes and pictures of people who inspire and/or support me. I review the notebook prior to every speech. Focusing on the positive sets you up for success.

3 Move your body

Backstage before a play, I always did a physical warm-up. When the nerves kick in, the body overproduces adrenaline, which can cause increased blood flow to your organs and speed up your heart rate. By jumping up and down and shaking out my arms and legs, I could channel this adrenaline into focused energy. Move your body in whatever way works for you—take a brisk walk around the block or put on some music and dance! Even squeezing your toes or shaking your hands can be helpful. Let go of the excess energy to centre your body and calm your mind.

4 Positive self-talk

If, like me, you have had a “less than perfect” experience with public speaking, you may have a saboteur lurking in your subconscious. Be kind to yourself. I use a mantra or give myself a pep talk to combat that voice of negativity. I repeat the word “calm” or “I am enough” before I speak.

5 Focus on the audience

Through Toastmasters, I learned to always arrive early where I am speaking and talk with other people in the room. Even a moment of connection is enough to channel the sometimes-dormant extrovert in me. As the meeting starts and I await my time to speak, I focus on the “why” of the speech. I remind myself it's not about me; it's about them. What do I want the audience to do, feel, think, or learn? Once you tune in to the goal of the speech and focus on the audience, the purpose becomes greater than the fear, and the mind and body relax.

Next time you start to feel those nerves, review your success journal, remind yourself that you are fabulous, take a few deep soulful breaths, squeeze your toes, get up to speak, and make magic happen!

By Dianne Glover (an executive speech coach and member of
Stone Oak Toastmasters in San Antonio, Texas)

An article from December 2021 Toastmaster Magazine, by Dianne Glover.

<https://www.toastmasters.org/magazine/magazine-issues/2021/dec/calm-pre-speech-jitters>

Toastmasters Magazine is a sent monthly via email to all members.

Quit Talking Quickly

Radio commercials sometimes end with legal language that must be included but is said purposefully quickly so that the listener can't fully process the information, and that's the point. The producers of that commercial know anything said quickly is less likely to be processed or retained.

The same is true when you are sharing important information with an audience. The more quickly you speak, the more you diminish the resonance and impact of your point.

Why Speaking Quickly Hurts Your Speech

As the speaker, you're making a point you've understood and practiced for some time. Your audience, on the other hand, is hearing it for the first time. As such, they need to hear it, digest it, process it, determine its relevance, think about its application, and consider writing it down or tweeting it. Meanwhile, you're already six sentences down the road.

Speaking quickly also blunts the clarity of your words and increases the risk of mumbling, making it even harder to be fully understood.

Why People Talk Quickly

Public speakers don't typically talk quickly on purpose, so here are some reasons why they might:

- They're nervous about speaking & propelled by the thought, "the sooner I'm done, the sooner I'm done".
- They're conditioned to talk quickly because they've often been interrupted or cut off.
- They have a natural style of conveying ideas as soon as those thoughts pop into their head.
- They're influenced by their cultures: "I'm from New York City, where we all talk quickly!"
- They suddenly realise they have more content (or slides) than time & respond by speeding up to get to it all.

Whatever the cause for quick-speak, it *always* decreases clarity and impact.

Remember: **Your audience needs twice as long to receive your point as you need to make it!**
(And if they don't successfully receive it, there is no point making it in the first place.)

Here are six tactics to slow your speech rate:

1 Raise Your Volume

If you speak with a loud voice—something I always advise to project competence, confidence, and authority—you simply won't have enough breath to simultaneously talk quickly. Try saying something both loudly and quickly. Very difficult, right? Since volume in and of itself is a public speaking asset, use it also to decrease your speaking velocity.

2 Over-Articulate

Articulation is another effective speed-reduction tactic because it creates oratorical "speed bumps" that force you to slow down, while boosting your vocal clarity.

When you use your mouth, not just your tongue, to increase enunciation, you'll also come across as more committed—and feel more energised—because you're making points with greater physical effort.

3 Embrace Pauses Speech happens in the pauses.

Pauses can be a speaker's best friend because they give you time to choose your words with precision, draw attention to critical points, and bring your speaking speedometer back down to zero. When you pause, remember to take a quiet breath. That breath will further slow and calm you down.

If you fear how your pauses will be perceived, don't sweat it. Audiences generally don't remember short pauses, so use them strategically. Just don't fill those pauses with crutch words like "ah" or "um," which draw attention to them.

4 Ask Questions

Find places in your presentation to pose questions to your audience, even if you're only asking them to raise their hands. This technique brings your speed down to zero because you naturally won't ask a question quickly, and you need to wait a few seconds for the audience to respond.

5 Put Breaks in Your Notes

Good speaking notes are like a cheat sheet, reminding you of the points you need to make. Notes can remind you not only what to say, but also what to do. Write the word "PAUSE" in your notes where you need time to allow a point to sink in. Also, break up your notes into concise bullets or phrases. This practice will condition your mind to think of your presentation as separate and distinct expressions—with built-in pauses between them—not as one big collection of words to sprint through.

6 Cut, Don't Run

Finally, if you find yourself running out of time as you're speaking—which happens to the best of us—try to cut less important content, not speed up, because anything you rush will not be retained. As a general rule, your presentation should start with the most significant ideas and end with the least significant ideas, making emergency cuts easier as you progress.

10 Tips for Successful Public Speaking



Looking to become better speaker? Here are some proven tips on how to give better presentations:

- 1. Know your material.** When giving a presentation, you should know more about the subject than you include in your speech. Use personal stories and conversational language to help you remember what to say.
- 2. Practice, practice, practice!** Rehearse out loud with all equipment you plan on using and revise your speech as necessary.
- 3. Know the audience.** Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
- 4. Know the room.** Arrive early, walk around the speaking area, and practice using the microphone and any visual aids.
- 5. Relax.** Ease tension by doing exercises. Transform nervous energy into enthusiasm.
- 6. Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear, and confident. Visualize the audience clapping—it will boost your confidence.
- 7. Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative, and entertaining. They don't want you to fail.
- 8. Don't apologize.** If you are nervous or encounter a problem in your speech, refrain from saying sorry—the audience probably never noticed it.
- 9. Concentrate on the message, not the medium.** Focus your attention away from your own anxieties and concentrate on your message and your audience.
- 10. Gain experience.** Experience builds confidence, which is the key to effective speaking. A Toastmasters membership can provide the experience you need in a safe and friendly environment.

Item 105 5/2019

© 2019 Toastmasters International. All rights reserved.

Visit a Toastmasters meeting!

Toastmasters meet in the morning, the afternoon, or in the evening in communities and corporations all over the world. No matter where you live, work, go to school, or travel, you are likely to find a club near you. For meeting locations in your area, visit <https://www.toastmasters.org/find-a-club>.

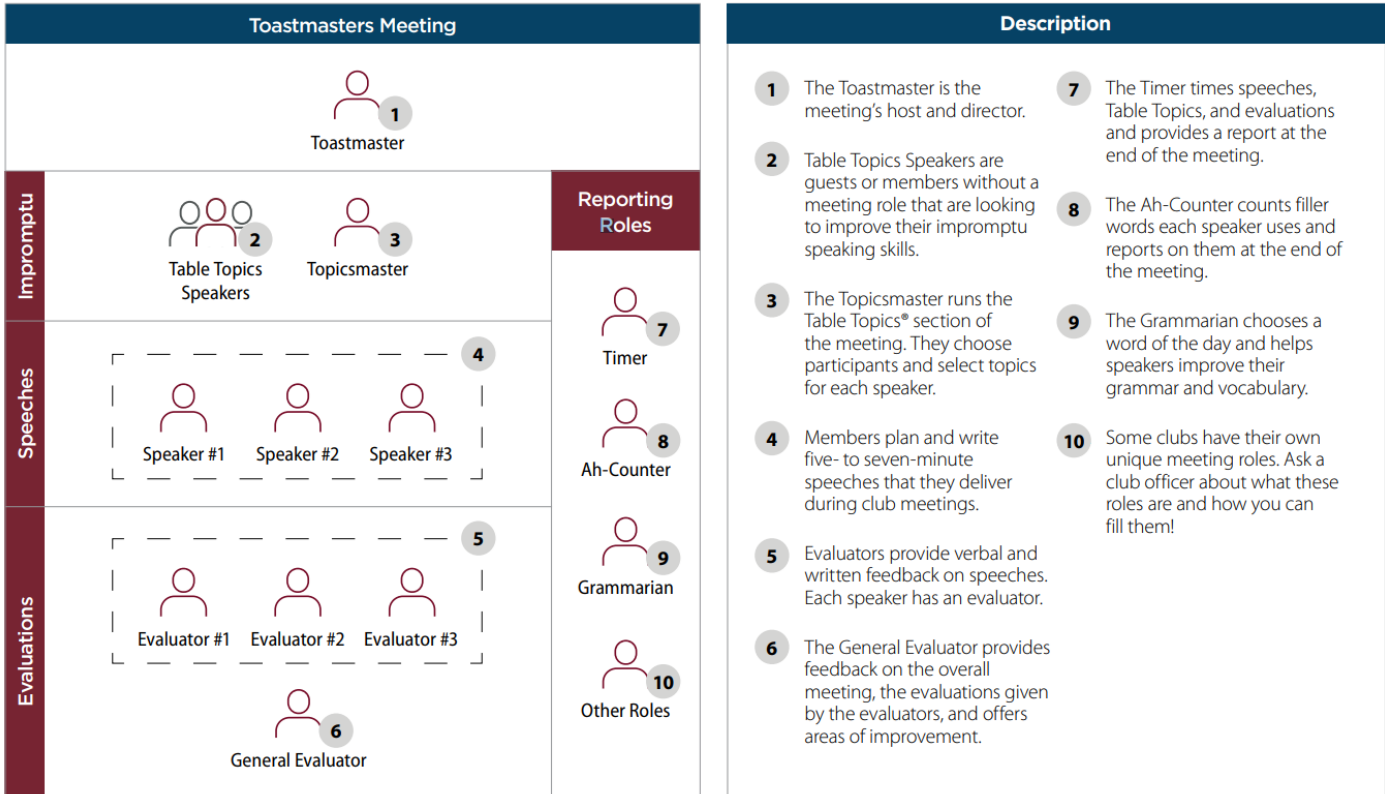
Interested in sponsoring the Toastmasters program in your company or starting a new club within your community? Visit <https://www.toastmasters.org/Start-a-Club> for more information.

Anatomy of a Toastmasters Meeting

Toastmasters’ meetings have a structure that gives members an opportunity to participate even when not on the agenda to give a prepared speech. By filling meeting roles, members have further opportunities to contribute and grown in speaking and leadership. Typical roles are summarised in the following schematic.



Anatomy of a Toastmasters Meeting



© 2020 Toastmasters International. All rights reserved. Toastmasters International, the Toastmasters International logo and all other Toastmasters International trademarks and copyrights are the sole property of Toastmasters International and may be used only by permission. Created by Angel Rios - San Juan Toastmasters. Item 472 Rev. 10/2020

Toastmasters Magazine

Ready to experience the ultimate source in public speaking and leadership?

The [Toastmaster magazine](#) has provided practical information and inspiring stories, with a range of in-depth articles and helpful tips written by industry experts and experienced members. You'll gain tools for improving your speeches, advice on growing your leadership skills, and deeper insight into your strengths. Plus, look forward to online exclusives every month!

Check out great articles like:

- **Job Interview Strategies That Make an Impression**, 4 tips to showcase your Toastmasters skills and land the offer letter, by Joel Schwartzberg <https://www.toastmasters.org/magazine/magazine-issues/2024/sep/job-interview-strategies>
- **From Social Anxiety to Confidence**, How Toastmasters helped me become a confident speaker, by Sofia Haarderup <https://www.toastmasters.org/magazine/magazine-issues/2024/aug/my-turn>
- **Leading Without Being the Leader**, 3 ways to guide and inspire teams, by Bill Brown, DTM <https://www.toastmasters.org/magazine/magazine-issues/2024/aug/toolbox>

8. Conclusion

Weak at the knees?



Before

Speak with Ease!



After joining
Toastmasters

Lucan Toastmasters is a friendly, vibrant club which offers a safe environment to develop public speaking and communication skills.

The opportunities that we offer as a club to help with:

- public speaking – impromptu speaking
- wedding/best man/groom speech
- presentation skills
- interview skills – leadership skills
- storytelling – entertainment
- personal growth – confidence
- fun and social times.



Interview
Preparation



Online Meeting
Management



Leadership
Development



Project
Management



Conflict
Resolution



Website



Facebook



Instagram



LinkedIn

Hang on to this pack for reference or share with a friend or bring them to the next meeting to feel the buzz!