



**Toastmasters**

**Thank You!**

Appreciate the chance to speak today

**How has it affected my life?**

Mental Health

An active mind is a healthy mind

Recent article on speech pathology

Has become my job!

**Introduction**

Who I am

Who asked me to be here

Keith Lee

Former Student

Why I am happy to be here

Toastmasters is a great organization

Was a Toastmaster in THE LAST RETORT -- Whistler

**What should I talk about?**

My company?

My current interests?

Current Affairs?

Health!

Keith asked me to share experiences

My Experiences in Toastmasters

**What did I Gain/What I think others can gain**

Better speaking ability

The evaluations help!  
Saw good practices demonstrated

Appreciation for others speaking styles

Comical  
Serious  
Factual  
Imaginative

Watched people develop

From Shy to Competent  
From good to great

Standard Reasons

Constructive Feedback  
Social Environment  
Like-minded People

Professional Speaking Opportunities

Competition  
Speaking Organizations  
A career as a speaker

Developing Skills

Wanted to meet motivated people

Wanted to improve my career prospects

Enjoyed Public Speaking -- wanted to practice

Personal Reasons

**Why did I join Toastmasters?**

**The Fear of Speaking**

Speaking is dangerous to your health!

Only second to the fear of death!

What SHOULD we be afraid of?  
NOT speaking

NOT having ideas

NOT demonstrating confidence

NOT helping others

**Speaking is the Key to Communication**

Speaking allows us to share ideas

Teach

Inform

Guide

Speaking allows us to understand ideas

Speaking makes us better listeners