PUBLIC SPEAKING

Bobby McBride
Rotary Club of Whitby Sunrise
Durham Region Toastmasters

Rotary
Club of Whitby Sunrise

TOASTMASTERS INTERNATIONAL

100 YEARS

AGENDA

Public Speaking

Toastmasters

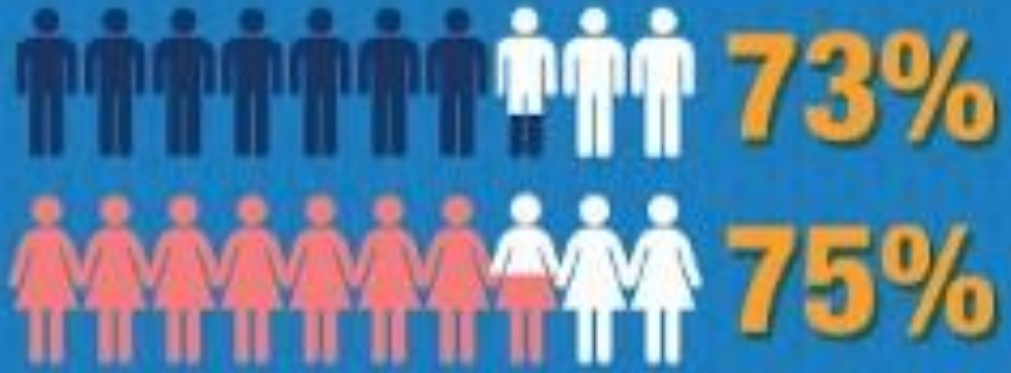
Speaking Tips

Table Topics

FEAR OF PUBLIC SPEAKING

ALSO KNOWN AS GLOSSOPHOBIA

74% OF PEOPLE SUFFER FROM **SPEECH ANXIETY**



BENEFITS OF PUBLIC SPEAKING

- Professional advancement and personal development
  - Communication skills
  - Influence and persuasion
  - Confidence
  - Opportunities
  - Networking
  - Getting comfortable with being uncomfortable

SANDSTONE CARE

4 Ways Exposure Therapy is Helpful

Habituation

A person's fears decrease over time

Self-Efficacy

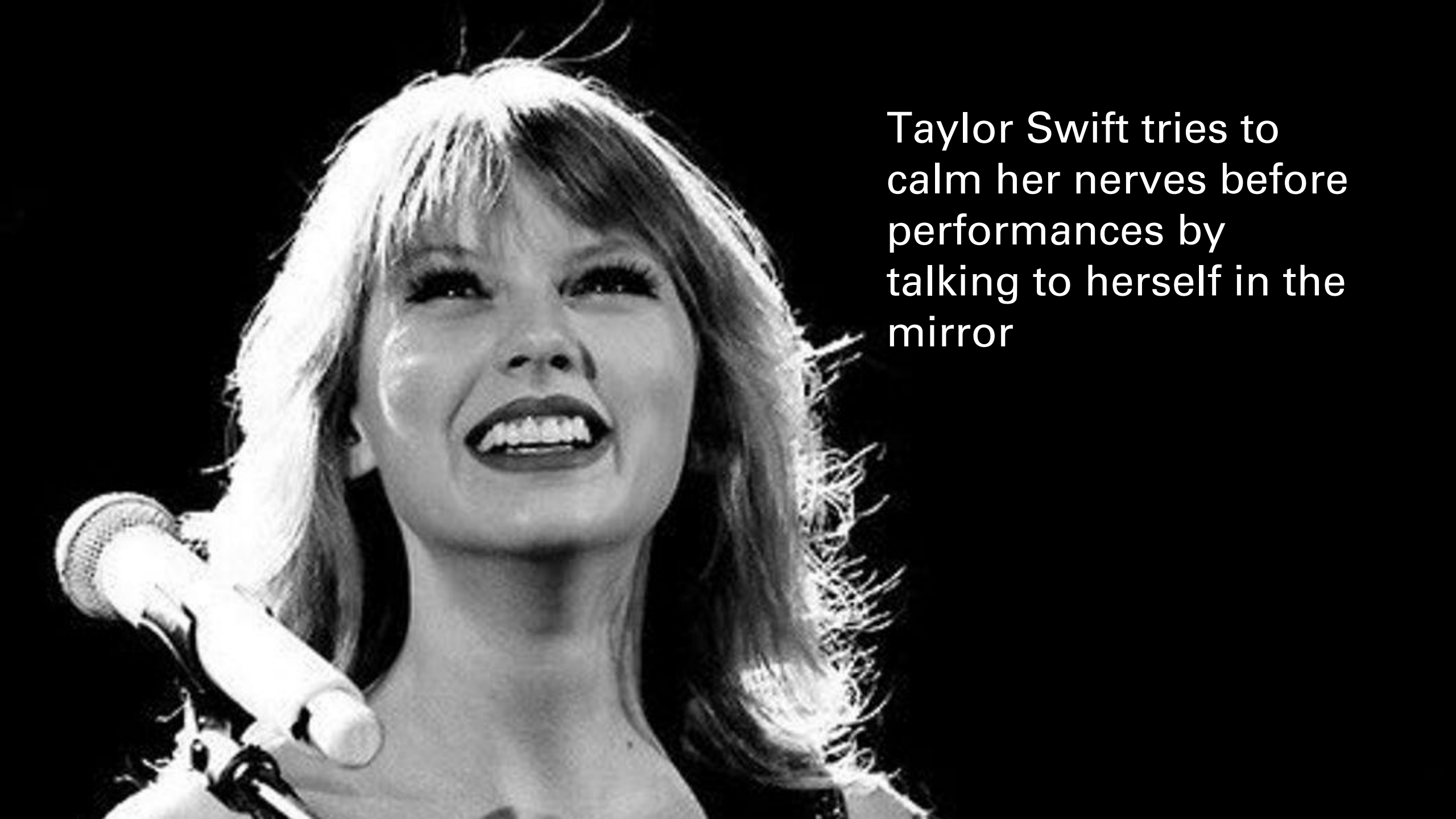
Show a person's capabilty of conquering fears

Extinction

Weaken learned associations btw fears & bad outcomes

Emotional Processing

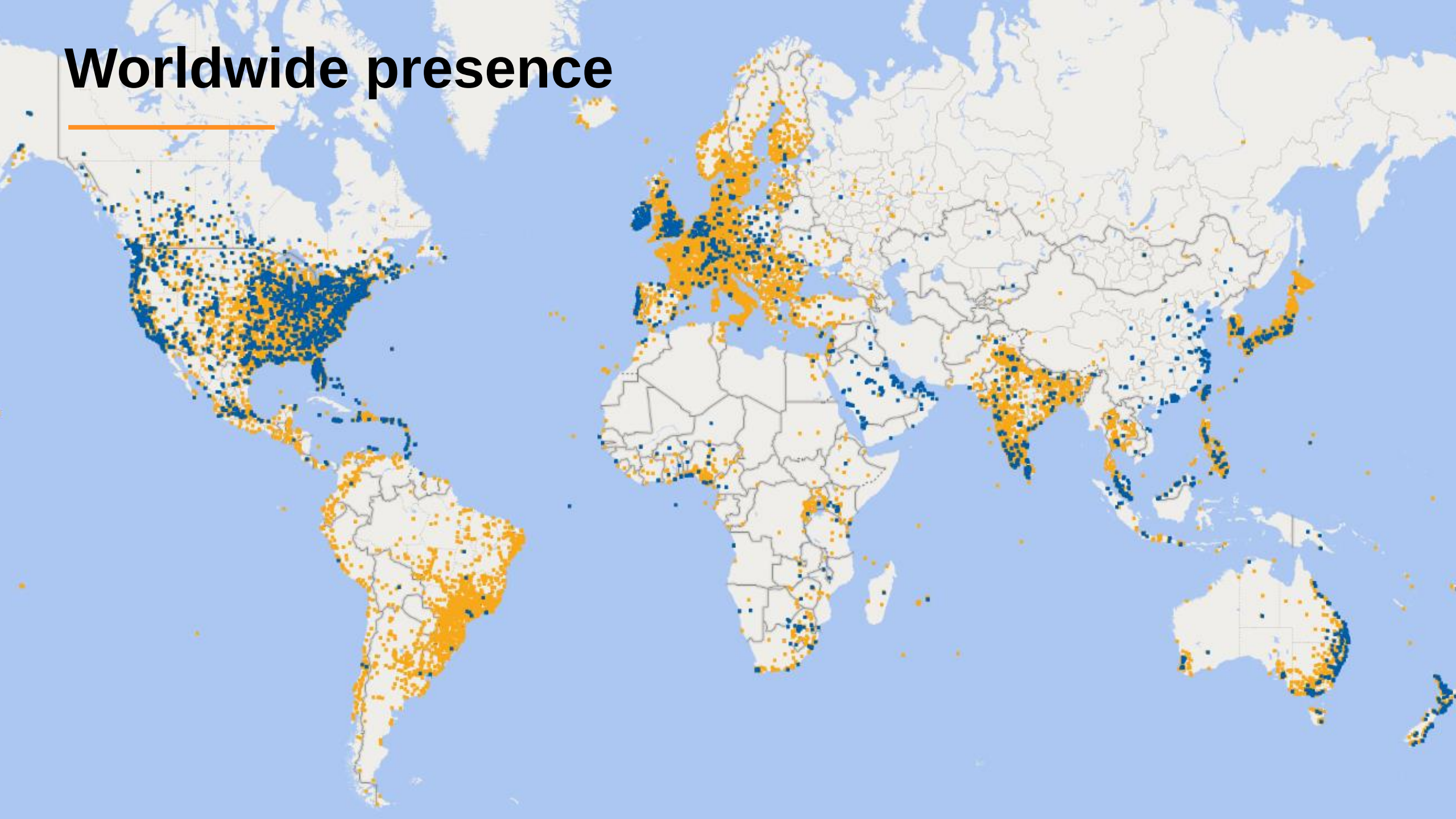
Learn to attach new beliefs to fears



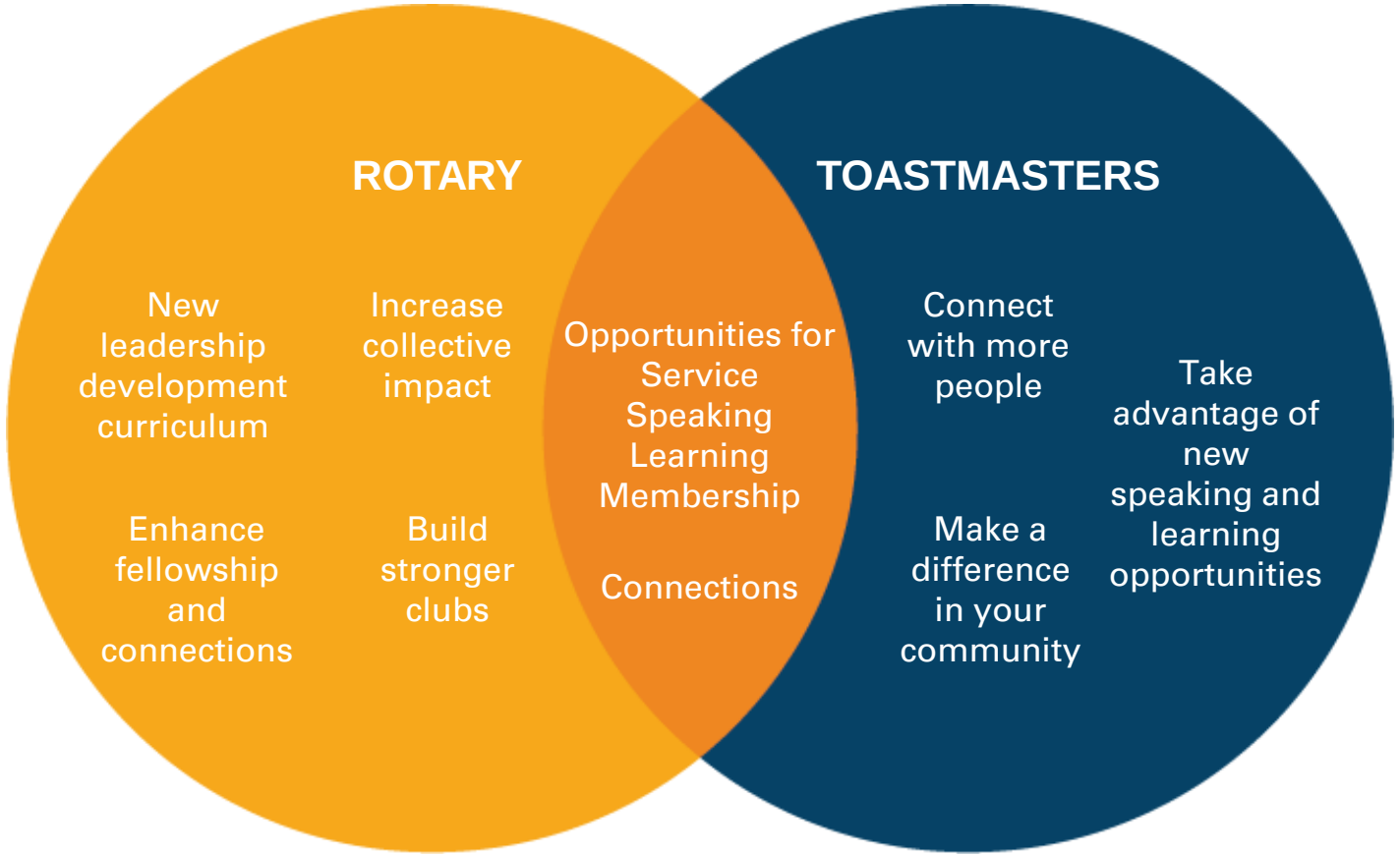
Taylor Swift tries to calm her nerves before performances by talking to herself in the mirror

ROTARY AND TOASTMASTERS ALLIANCE

Worldwide presence



BENEFITS


ROTARY
TOASTMASTERS
New leadership development curriculum
Increase collective impact
Opportunities for Service Speaking Learning Membership
Connect with more people
Take advantage of new speaking and learning opportunities
Enhance fellowship and connections
Build stronger clubs
Connections
Make a difference in your community

TOASTMASTERS

- Educational non-profit organization founded in 1924
- Teaches public speaking skills through a worldwide network of clubs that meet online and in person

TOASTMASTERS MEETINGS

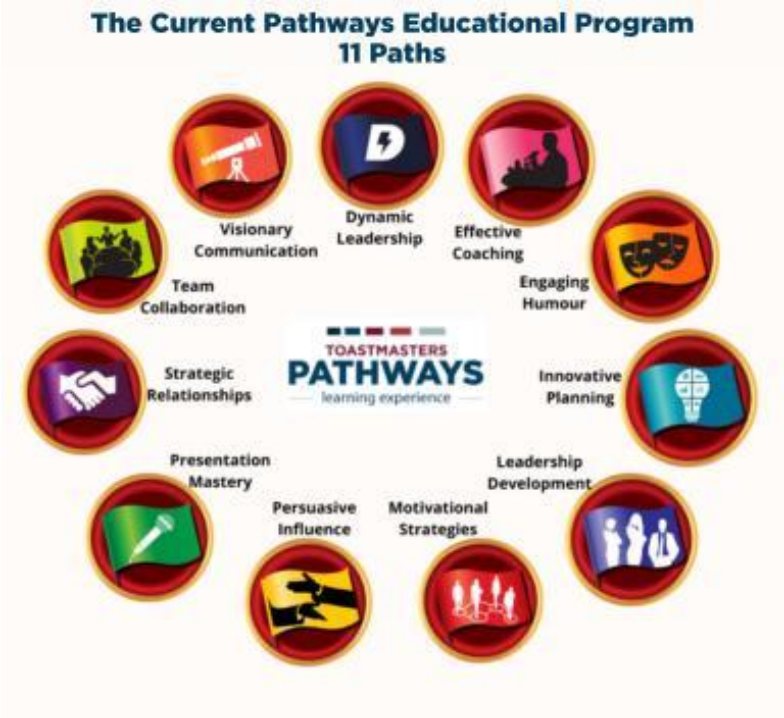
1. Introduction
   - Head table roles
2. Speaking
   - Prepared speeches (Pathways Projects)
   - Impromptu speeches (Table Topics)
3. Evaluation
   - Speech evaluations
   - Head table reports
   - Meeting evaluation

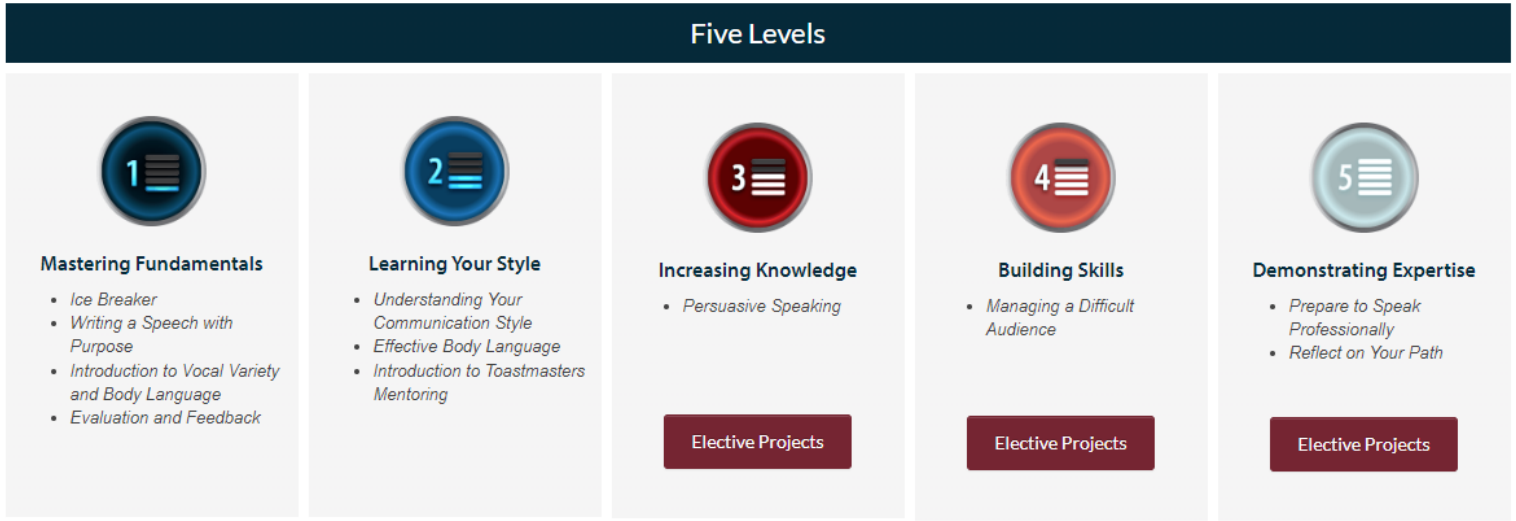
HEAD TABLE ROLES

1. Toastmaster
2. Timer
3. Grammarian
4. Table Topics Master
5. General Evaluator

PATHWAYS

- Interactive and flexible education program
- Created to help you strengthen your communication and leadership skills
- Build more than 300 unique skillset competencies
- 11 specialized learning paths
- Online content, affording you to learn anytime, anywhere





DURHAM REGION TOASTMASTERS

WHERE LEADERS ARE MADE

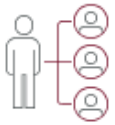
- Meet every Tuesday at 12pm on Zoom
- Meetings are 1 hour long
- Guests are welcome, can attend any meeting
- USD$60 every 6 months
- USD$20 new member fee

Improve your public speaking skills

Build leadership skills

Maximize your potential

Enjoy unlimited personal growth


Work on networking in a small and supportive environment

Practice writing speeches and presenting in a group setting

Gain a competitive advantage in the workplace

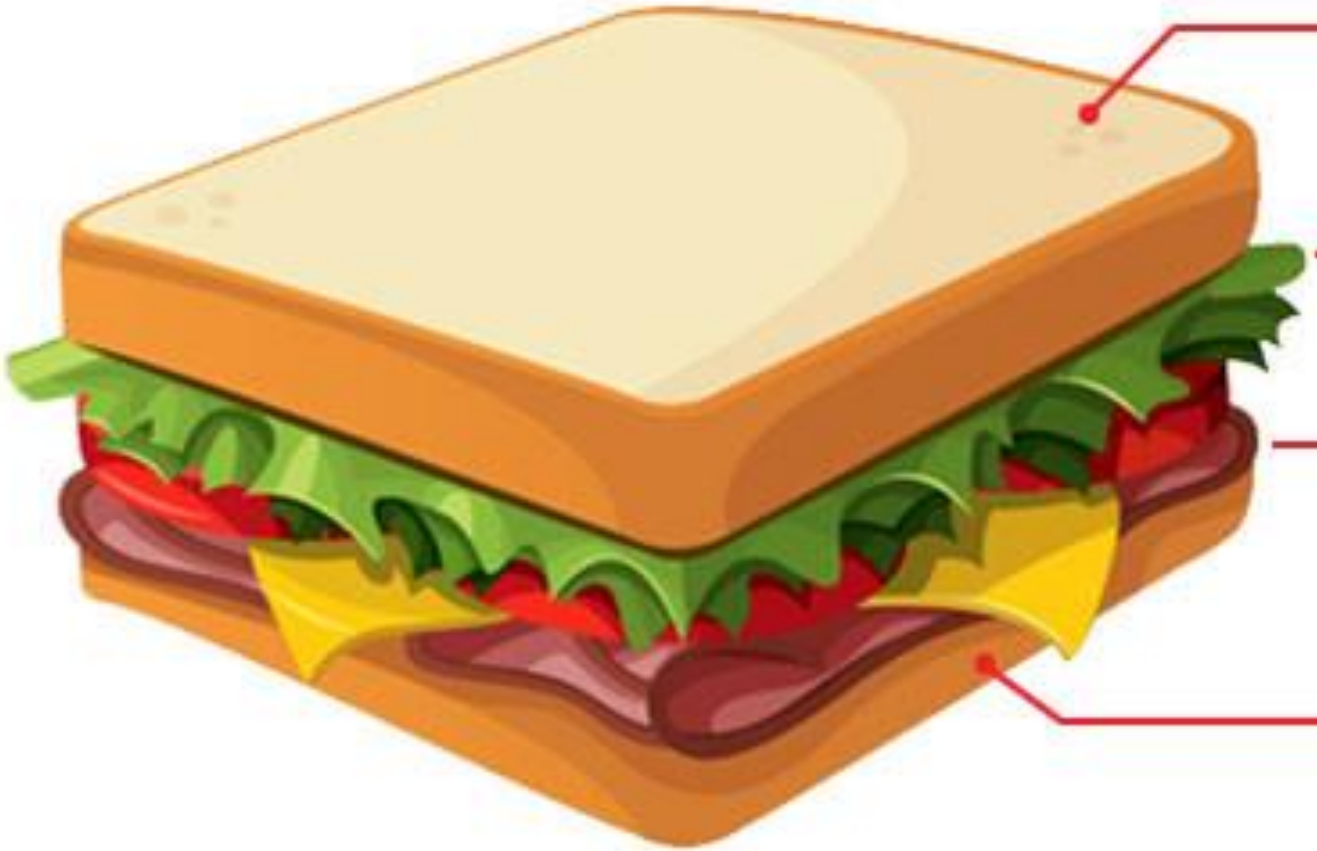
Build self-confidence and self-awareness

PUBLIC SPEAKING TIPS

PREPARE

ENGLISH TODAY
YOUR TRUSTED LEARNING PARTNER

Sandwich Formula

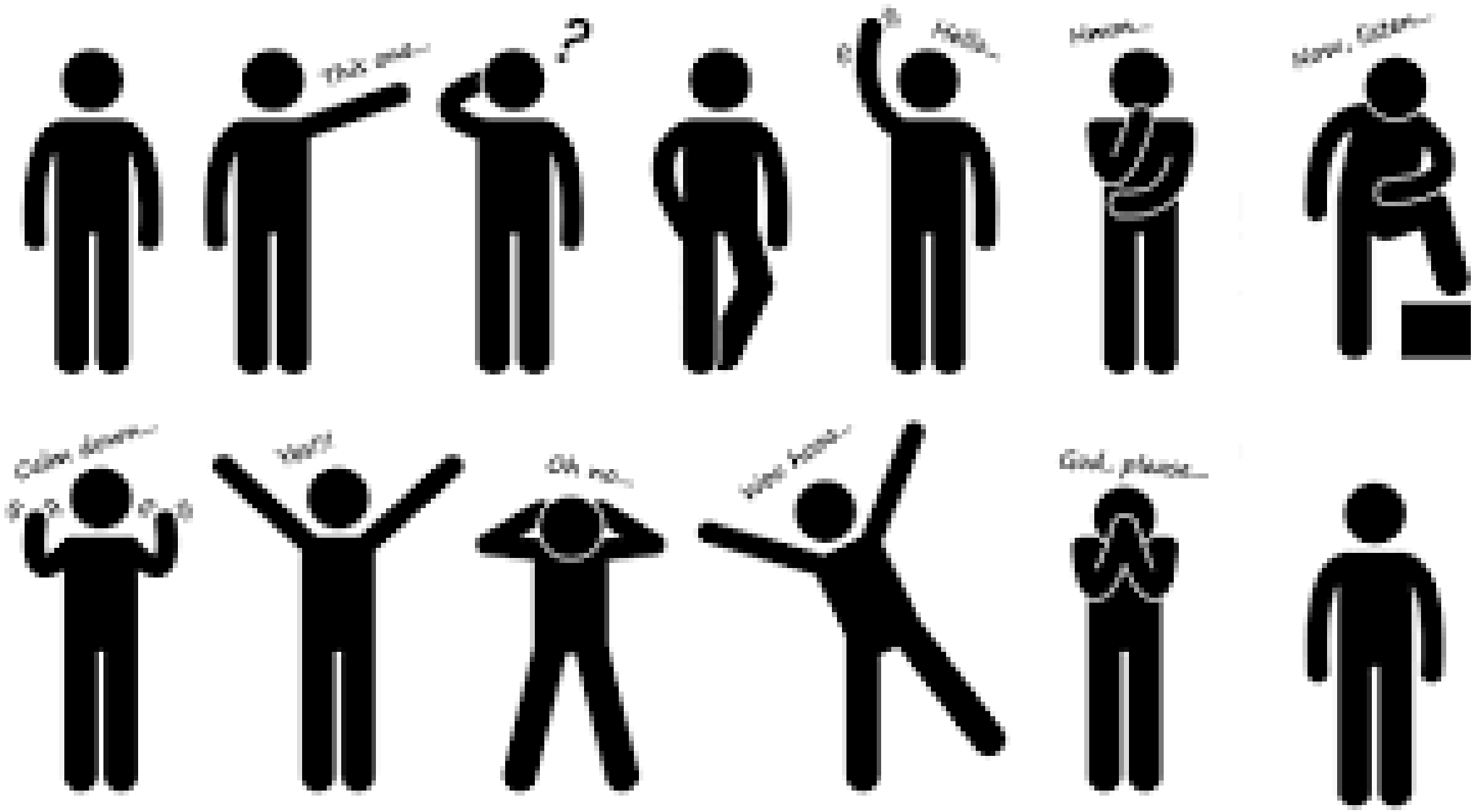


Main Statement

Supporting Information

Information A
Information B
Information C

Summary Statement



EYE CONTACT

VISUAL
COMMUNICATION

PERSONAL STORIES

Practice
Practice
Practice

Table
TOPICS

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