

# FIND YOUR VOICE

In a fun, friendly environment, where it's safe to experiment, to fail, to learn and to GROW.

## Why Choose Toastmasters?

- ✓ Conquer your fear of speaking in public.
- ✓ Learn to run a time-efficient meeting with confidence.
- ✓ Find YOUR unique voice.
- ✓ Polish your leadership skills.
- ✓ Practice thinking on your feet.
- ✓ Improve interviewing skills.
- ✓ Expand your network.

*When failure is not an option...  
innovation and growth is not an option.*

**We meet every  
1st, 3rd & 5th Sat.  
10:15am - 11:45am**

**map**

**address**



[www.urlhere.com](http://www.urlhere.com)

# 18 TIPS TO REMEMBER

1. The audience wants you to succeed
2. Focus on the audience - It's not about you, it's about them.
3. Engage with the audience, use eye contact, not just gazing.
4. Be relate-able, real and authentic.
5. Tell powerful stories, and don't give away the ending
6. Breath. Pause. Slow down. Then pause some more.
7. Don't walk on a statement that needs to land, "stand and land".
8. Make it personal and don't be afraid of funny
9. Vulnerability is the cornerstone of confidence and the birthplace of innovation
10. Passion trumps style. Find your voice and let it shine.
11. It's Not What You Say, It's How You Say It - Focus on your nonverbal just as much as your verbal
12. There's power in quiet. Embrace the pause.
13. Let your hands do the talking. - Studies show a correlation between quantity of hand gestures and a successful TED talk
15. Scripts kill charisma - memorized lines sound robotic - speak AS IF it isn't memorized
16. You have 7 Seconds to make an impression
17. Use slides that are visually engaging, not just bullets
18. Something here

## Speech Types

1. Idea Speech - speech with a message or big idea
2. Curriculum - training in a particular subject
- 3.

## Speech Frameworks

1. Problem / Solution
2. Numerical (8 keys, 10 rules, 7 habits of..., 6 secrets of...)
3. Chronological or Sequential (Steps to take in order)
4. Compare & Contrast (good to great)
5. The 3 Act Structure (situation, conflict, resolution)