



Downtown Toastmasters of Buffalo

Giving Voice To Your Potential In Western New York

To Our Guest:

Founded on May 1, 1984, Downtown Toastmasters of Buffalo is the premier chapter of Toastmasters International in Western New York. Toastmasters International is over 85 years old and has chapters in over 116 countries. The organization's purpose is to provide a positive learning environment to develop public speaking and leadership skills, which in turn fosters self-confidence, assertiveness, and professional growth. Toastmasters is ideal for individuals who give presentations and reports, conduct training sessions and meetings, or just want to improve their speaking ability. Club members also participate in local and regional speaking contests hosted by Toastmasters.

Our chapter meets every Friday from 7:30 am to 8:30 am on the campus of Buffalo State University in Room 110 of Caudell Hall. Free parking is available in the lot shared by Caudell Hall and the Speech Pathology Lab. Enter through the door nearest the parking lot, next to the Caudell Hall loading bay. Room 110 is down the hallway to your left, past the Russell J. Salvatore Demonstration Kitchen and culinary theatre.

Downtown Toastmasters has over twenty-five active members. On any given Friday, the agenda includes up to three speeches ranging from beginner to advanced levels. Working through Pathways, Toastmaster's educational curriculum, our Toastmasters prepare, practice, and deliver speeches to a supportive audience. Members choose their speech content and move through speech projects at their own pace, although specific guidelines and goals are required for each project. Speakers receive both a formal and informal evaluation, providing feedback on how well they met speech objectives. Members are assisted by a mentor to prepare their first speeches.

Our members are gregarious and friendly—we love our lively, stimulating meetings to begin the weekend. A favorite part of our meetings is Table Topics, a session during which members and guests have the opportunity to practice their impromptu speaking skills by answering a question posed by the Table Topics master.

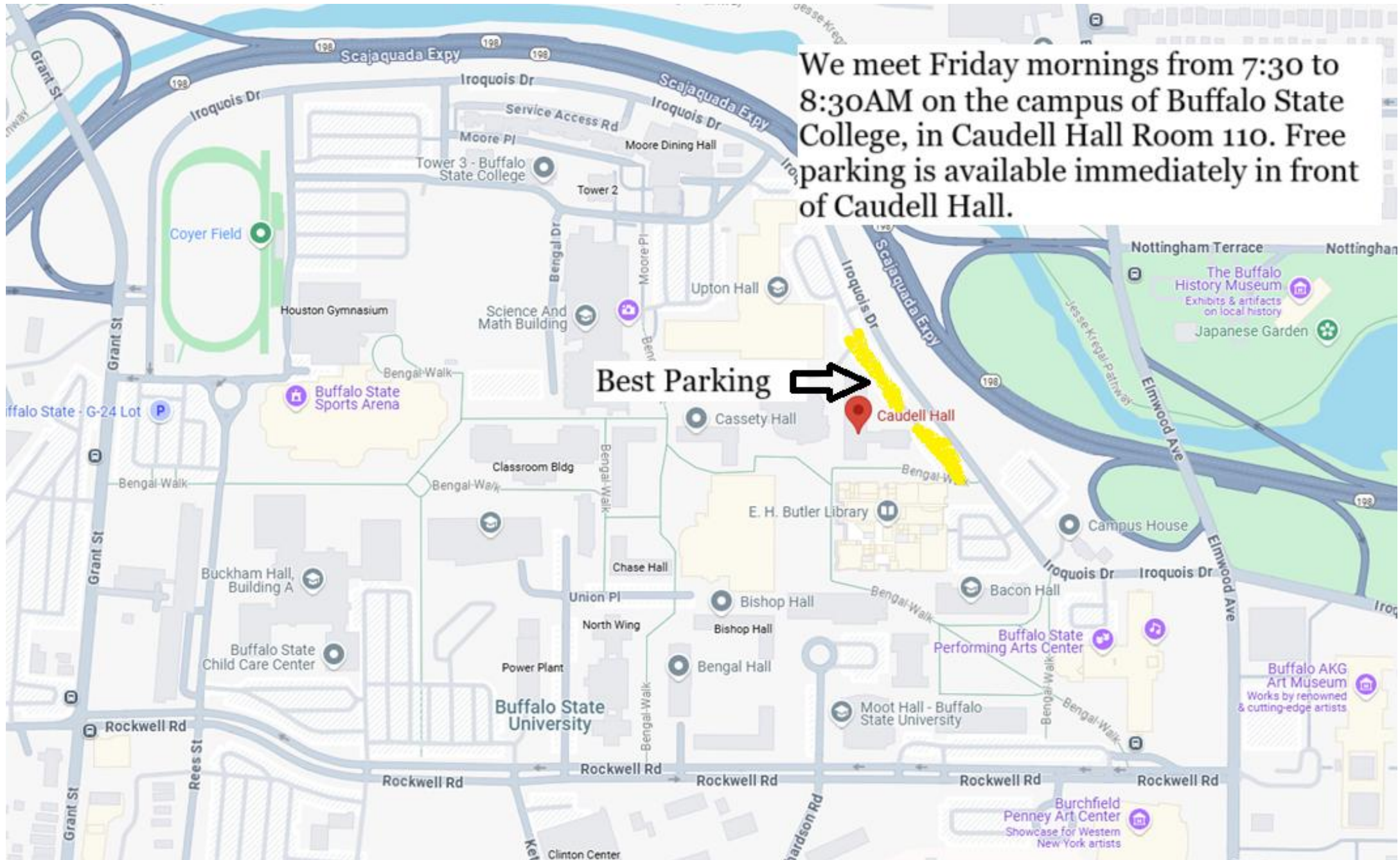
We invite you to become a member of our Club. You will find that our membership is diverse, professional, and eager to grow as speakers and leaders. Guests may visit several times before deciding to join Downtown Toastmasters. There is no obligation to join; however, only members are allowed to give speeches, take on meeting roles, and enroll in Pathways

If you have any questions, please visit with our Club's officers after the meeting. To assist your consideration of our dynamic and successful Toastmasters Club, we will provide information about meetings, Toastmasters International, and membership.

Thanks for visiting,

Vice President of Membership
Downtown Toastmasters of Buffalo

We meet Friday mornings from 7:30 to 8:30AM on the campus of Buffalo State College, in Caudell Hall Room 110. Free parking is available immediately in front of Caudell Hall.



About Toastmasters International

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Rancho Santa Margarita, California, the organization's membership exceeds 345,000 in more than 15,900 clubs in 142 countries. Since 1924, Toastmasters International has helped people of all backgrounds build confidence as speakers and leaders.



Better Speakers and Leaders

Toastmasters is the best way for anyone—whether a working professional, student, stay-at-home parent or retiree—to improve his or her communication and leadership skills. Members overcome the fear of public speaking and learn skills that aid them in becoming more successful. Toastmasters creates better listeners and stronger team members and leaders who can comfortably give and receive constructive evaluations.

Joining Toastmasters

Joining a Toastmasters club is easy. A listing of clubs by geographic area can be located on the Toastmasters website at www.toastmasters.org/find. Visitors to the website can select the most convenient club, attend a meeting and apply for membership. (Applicants must be 18 or older.) New clubs can be started with permission and assistance from Toastmasters International.

Linda Lingle

Former Governor of Hawaii

"Toastmasters is the best and least expensive personal improvement class you can go to. Anybody who begins and sticks with it for any length of time ends up a better speaker. As a result, they build confidence and are able to do their jobs better."



TOASTMASTERS INTERNATIONAL

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All About TOASTMASTERS



WHERE LEADERS
ARE MADE

How Toastmasters Works

At Toastmasters, members learn by speaking to groups and working with others in a supportive environment. A typical Toastmasters club is made up of 20 to 30 people who meet once a week for approximately an hour. Each meeting gives members several opportunities:

► Conduct meetings

Members learn how to plan and conduct meetings.

► Give impromptu speeches

Members present one- to two-minute, impromptu speeches about assigned topics.

► Present prepared speeches

Members present speeches based on projects from Toastmasters' communication and leadership program. Projects cover topics such as speech organization, vocal variety, language, gestures and persuasion.

► Offer constructive evaluation

Every speaker is assigned an evaluator who points out speech strengths and offers suggestions for improvement.

Toastmasters Tools

Upon joining a Toastmasters club, each new member receives resources about how to become a better speaker and a more confident leader. Members also have access to a wide variety of educational resources. In addition, they receive the award-winning *Toastmaster*, a monthly magazine that offers the latest insights about speaking and leadership techniques.

**With
Toastmasters,
the potential
is unlimited.**

Toastmasters and Leadership

Leadership takes practice. In Toastmasters, members learn leadership skills by organizing and conducting meetings and completing projects. The projects address skills such as listening, planning, motivating, and team building and give members the opportunity to practice them. Just as Toastmasters members improve communication by speaking, they learn leadership skills by leading.

Company Benefits

A company's success depends on communication. Employees interact with their colleagues and customers to exchange ideas, messages and information. How well they communicate and share their ideas can determine whether a company grows into an industry leader or is mired in mediocrity. At a very reasonable cost,

Toastmasters teaches employees to become better presenters and leaders:

- Give better sales presentations
- Hone their management skills
- Work better with fellow employees
- Develop and present ideas more effectively
- Offer constructive criticism
- Accept feedback more objectively

Toastmasters produces results. Around the world more than four million men and women of all ages and occupations have benefited from Toastmasters. Thousands of corporations, community groups, universities, associations and government agencies currently use the Toastmasters program.

Community Benefits

Toastmasters helps many members in their community-service activities. Using the skills developed in Toastmasters, members have become more active in business, church, service and charity organizations. Toastmasters are able to organize activities, conduct meetings and speak in public as their organizations' representatives. Some even become active in local, state or national government.

