How did Fred eliminate his use of "ahs" and "ums" when speaking?



He conquered them through practice and feedback at Toastmasters.



## What Can Toastmasters Do For You?

- Improve Communication
- Expand Impromptu Skills
- Develop Self Confidence
- Hear Great Speeches
- Enhance Organizational Skills
- Gain Constructive Feedback

- Learn Speaking Skills
- Master Listening Skills
- Further Leadership Skills
- Compete In Fun Contests
- Pick Up Evaluation Skills
- Meet New Friends

#### All in a fun, friendly, and safe environment

Meets Wednesdays from 11:30 - 12:30 Building 60 Conference Room 64 (sometimes 17) (Note: Location subject to change, please call ahead to confirm or check with the security desk in the building 60 lobby)

See or call Bob Pickett (x51932) for more information

# Where did Rex hone his listening skills?



*He improved his listening skills at Toastmasters!.* 



What Can Toastmasters Do For You?

- Improve Communication
- Expand Impromptu Skills
- Develop Self Confidence
- Hear Great Speeches
- Enhance Organizational Skills
- Gain Constructive Feedback

- Learn Speaking Skills
- Master Listening Skills
- Further Leadership Skills
- Compete In Fun Contests
- Pick Up Evaluation Skills
- Meet New Friends

#### All in a fun, friendly, and safe environment

Meets Wednesdays from 11:30 - 12:30 Building 60 Conference Room 64 (sometimes 17) (Note: Location subject to change, please call ahead to confirm or check with the security desk in the building 60 lobby)

See or call Bob Pickett (x51932) for more information

How did Mary improve her constructive feedback skills?

۵



She improved them through practice at Toastmasters!



### What Can Toastmasters Do For You?

- Improve Communication
- Expand Impromptu Skills
- Develop Self Confidence
- Hear Great Speeches
- Enhance Organizational Skills
- Gain Constructive Feedback

- Learn Speaking Skills
- Master Listening Skills
- Further Leadership Skills
- Compete In Fun Contests
- Pick Up Evaluation Skills
- Meet New Friends

#### All in a fun, friendly, and safe environment

Meets Wednesdays from 11:30 - 12:30 Building 60 Conference Room 14 (sometimes 51) (Note: Location subject to change, please call ahead to confirm or check with the security desk in the building 60 lobby)

See or call Bob Pickett (x51932) for more information





### What Can Toastmasters Do For You?

- Improve Communication
- Expand Impromptu Skills
- Develop Self Confidence
- Hear Great Speeches
- Enhance Organizational Skills
- Gain Constructive Feedback
- Learn Speaking Skills
- Master Listening Skills
- Further Leadership Skills
- Compete In Fun Contests
- Pick Up Evaluation Skills
- Meet New Friends

### All in a fun, friendly, and safe environment

Meets Wednesdays from 11:30 - 12:30 Building 60 Conference Room 14 (Note: Location subject to change, please call ahead to confirm or check with the security desk in the building 60 lobby)

See or call Bob Pickett (x51932) for more information

Where did Wayne fish for constructive evaluation of his presentation skills?



He fished for them at Toastmasters!



### What Can Toastmasters Do For You?

- Improve Communication
- Expand Impromptu Skills
- Develop Self Confidence
- Hear Great Speeches
- Enhance Organizational Skills
- Gain Constructive Feedback

- Learn Speaking Skills
- Master Listening Skills
- Further Leadership Skills
- Compete In Fun Contests
- Pick Up Evaluation Skills
- Meet New Friends

#### All in a fun, friendly, and safe environment

Meets Wednesdays from 11:30 - 12:30 Building 60 Conference Room 14 (Note: Location subject to change, please call ahead to confirm or check with the security desk in the building 60 lobby)

See or call Bob Pickett (x51932) for more information

See our web site at http://www.geocities.com/dynamicspeaker/

Where did Chang improve her English as a 2<sup>nd</sup> language skills?

۵



She improved them at Toastmasters!



## What Can Toastmasters Do For You?

- Improve Communication
- Expand Impromptu Skills
- Develop Self Confidence
- Hear Great Speeches
- Enhance Organizational Skills
- Gain Constructive Feedback
- Learn Speaking Skills
- Master Listening Skills
- Further Leadership Skills
- Compete In Fun Contests
- Pick Up Evaluation Skills
- Meet New Friends

#### All in a fun, friendly, and safe environment

Meets Wednesdays from 11:30 - 12:30 Building 60 Conference Room 14 (Note: Location subject to change, please call ahead to confirm or check with the security desk in the building 60 lobby)

See or call Bob Pickett (x51932) for more information

See our web site at http://www.geocities.com/dynamicspeaker/

To a three stand is some set of and such sidilar disc DAE OVOTEMO

Dynamic Speakers Toastmasters is supported and subsidized by BAE SYSTEMS														
Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14 Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14 Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14 Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14 Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14 Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14 Dynamic Speakers Toastmasters	Wed 11:30	Bldg 60 CR 14