Visit a club today!

Are you ready to practice public speaking, improve your communication and build leadership skills? Visit **toastmasters.org/Find** and find a club near you. Each club has a unique culture, so visit a few and find the one that fits you the best. When you find a match, speak with the vice president membership and ask for a membership application.



Local club information:

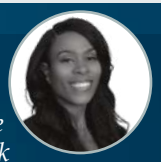
1st. and 3rd Tuesday @ noon
Meetings in person: CB&I office-14105 S Rt 59, Plainfield IL or online: bridgebuilderstm@gmail.com to request online meeting link.

What members are saying



"Toastmasters has changed my life for the better. It helped me find my voice. … a more confident me."

—Maria Martinez
Learning Facilitator - Center for Behavioral Excellence
Wipro



"The training has made me more focused and disciplined at work and improved my interactions with colleagues."

—Adrian Jefferson Chofor
Marketing operations Consultant
Kaiser Permanente

All About Toastmasters

Creating communication excellence since 1924



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Toastmasters International is a nonprofit educational organization that offers a proven education program that helps improve communication and build leadership skills through a worldwide network of clubs. The organization's membership exceeds 270,000 in more than 14,000 clubs in 150 countries. Since 1924, Toastmasters International has helped people of all backgrounds build confidence as speakers and leaders.

What's in it for you?

Improved communication

Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. Whether you are a mature manager, student, young professional, career advancer or looking to make an impact in your community, Toastmasters is the most efficient, supportive, enjoyable and affordable way of gaining great communication skills. You'll improve your interpersonal communication and be more persuasive and confident when giving speeches.

Build leadership skills

While some are born confident, charismatic leaders, others must work to develop their leadership skills. Through Toastmasters, you'll gain the practice to become the leader and speaker you want to be. You will also sharpen your management skills, become a better negotiator, gain trust and inspire your team. Learn to be decisive!



Build a Better You!

With Toastmasters, you will:

- Improve public speaking skills
- Build leadership skills
- Practice writing speeches and presenting in a group setting
- Gain a competitive advantage in the workplace
- Networking opportunities in a small and supportive environment
- Build self-confidence and self-awareness
- Allows for unlimited personal growth
- Ability to maximize your potential

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 approximately 20 people who meet once a week for about 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 the Pathways learning experience—Toastmasters' education 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.
- **Pathways Learning Experience**
  Pathways is Toastmasters' exciting, interactive and flexible education program. With 6 paths to choose from, you have the option to pick which skills you want to focus on.

For more information, visit
toastmasters.org/About