

What is Toastmasters?

Toastmasters International is the world's largest self-paced, self-motivated program devoted to the improvement of personal and professional communication and leadership skills. Since 1924 over one million people have benefited from active participation. Today, there are 10,000 clubs worldwide with 219,000 members in more than 90 countries.

There are many clubs in the Grand Rapids area. On the back of this brochure, you will find a list of clubs, along with the Area Governor's contact information. You may contact anyone of them or the Division Governor for more information.

Membership Dues

Members pay dues of \$27 every six months plus a one-time \$20 new member fee. Members receive the Communication Manual, and the Competent Leadership manual covering public speaking fundamentals, a monthly magazine, "The Toastmaster", and other materials on communication and leadership.

Benefits of Toastmasters

Take the opportunity to develop your public speaking skills. Most people would rank their fear of public speaking above any other fears. Confronting and overcoming this fear can help lead you to a new and surprising confidence, in all aspects of life. Other communication skills are also cultivated and refined in each club, such as impromptu speaking. Opportunities exist for developing your leadership skills, and learn time management. Many members continue to come after completing the basic manual as they find a steady growth in themselves.

The club's atmosphere is a learning laboratory, supportive and encouraging. We want to make your learning and growth experience enjoyable and as stress free as possible.

Join fellow Toastmasters today for an outstanding, low cost **training and development opportunity for every individual interested in self improvement.**

A Toastmaster's Meeting

Toastmaster's meetings contain these major Components:

1. Toastmaster: Welcome, 90 second communication workshop, and introduction of people performing the various other roles.
2. Table Topics: One to two minute impromptu speeches for all members, guests may participate, but are not required to do so.
3. Prepared Speeches: Speeches developed using instructions in the speech manuals. One to two speeches are presented at each meeting
4. Evaluation: Constructive feedback for the prepared speeches. Each speech is recognized for it's strengths along with positive suggestions for improvement
5. A Quote, Educational Point, Humorous, Inspirational minute, a short club business meeting and final remarks.

Division Governor

Margaret R. Sieh

msieh@iserv.net

616-459-3502

Area 1

Grand Rapids Singles—GR

West Michigan Advanced—GR

GVSU—Allendale

GVSU—McNair

Lunch Bunch—GR

Area 2

Harvey Moore

Harvey.Moore@Zondervan.org

Foremost—Caledonia

Gordon Food Service—GR

Speaking in Context -Kentwood

Steelcase—GR

Words of Hope—GR

Mutual Toasters—Hastings

Area 12

Gail Anderson

Lionswelp@aol.com

Cascade Engineering—Cascade

Grand Rapids Club—East GR

North Kent Community—Rockford

Amway Soap Box—Ada

Amway Talking Toasters—Ada

In Utter Words—East GR

Area 14

Tom Beatty

TBEATTY@mhc.net

Cherry Capaital—Traverse City

Cadillac—Cadillac

Tip-a-Da-Mit—Petosky

Area 18

Kelly Berendsen

Kelly.Berendsen@kentcounty.org

BDO—GR

Butter N' Toast—GR

Talk of Padnos—GR

GVSU—Downtown GR

Toast of the Town—GR

Area 19

Charles Rose

chuck@abzunlimited.com

Breakfast—Muskegon

Executive—Muskegon

Lakeshore—Spring Lake

Tri-City—Spring Lake

White Lake—Montegue

Toastmasters International Website

www.toastmasters.org

District 62 Website:

www.62toast.com

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BUSINESS NEIGHBORS
AND
LEARN TO
BE A
BETTER
SPEAKER!**



District 62

Toastmasters

Northwestern Division

Margaret Sieh

Division Governor