

## What's In It For Me?

For most people public speaking is rated high on the list of their worst fears.

The primary reason for this is the fear of looking foolish or being humiliated in front of other people. This often manifests itself as an increase in heart rate, a dry mouth, a feeling of nausea and feeling faint.

Once the person starts talking their heart continues to beat rapidly, they may hear their voice tremble and their legs or whole body may start shaking. Does this sound familiar?

Ultimately however, your success in business, and often in life, is based on how effective you are as a communicator and a leader.

## How Can Toastmasters Help?

Toastmasters uses time tested, self paced programs that allow you to progress as rapidly or as gradually as your needs dictate.

Toastmasters provides a unique and supportive learning environment. Every member of a Toastmasters club has faced and overcome the fear of delivering their first speech.

## What Do I Do Next?

Your next step is to contact your local Toastmasters club and arrange to go along to a club meeting.

Newbury Speakers can be contacted through one of the members listed overleaf. Details and directions for club meetings can be found at:

[www.newburyspeakers.org](http://www.newburyspeakers.org)

## A Brief History of Toastmasters

**1924** – Ralph Smedley holds the first meeting of the Number One Toastmasters club in Santa Ana, California

**1928** - First *Manual for Toastmasters Clubs* published.

**1933** - First issue of *The Toastmaster* magazine published

**1936** – Southport becomes the first UK club to be given charter.

**1937** – Glasgow Toastmasters Club receives charter

**1938** - First inter-club speech contest held

**1946** – Scotland becomes first district (18) outside of the United States

**1969** - *Communication and Leadership Manual* introduced

**1972** – 25 clubs in United Kingdom form District 71

**1982** - October, worldwide membership reaches 100,000

**1993** – Number of clubs worldwide reaches 8,000

**2001** – UK clubs total 100 with 2,500 members

**2001** – Number of clubs worldwide reaches 8,600

**2001** – Worldwide membership reaches 180,000

**2004** – Number of clubs worldwide reaches 10,000

**2006** – *Competent Leadership* manual introduced

## Newbury Speakers Club

A member of  
Toastmasters International



## Mission of the club

**The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.**

## What Is Toastmasters?

Toastmasters is an international organisation which supports local clubs to help their members learn by speaking to groups and working in a supportive environment.

A typical Toastmasters club may be made up of 20 to 30 people who meet on a regular basis for a few hours.

Club meetings gives members the opportunity to:

- Give impromptu speeches
- Present prepared speeches
- Conduct meetings
- Receive constructive feedback

Through participation in the Toastmasters program, people from all backgrounds learn to effectively speak, conduct meetings, manage a department or business, lead, delegate and motivate

## Who Are Newbury Speakers?

Newbury Speakers is the local Toastmasters club for Newbury and the surrounding area.

They meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month at 7:30pm at Newbury Rugby Club.

## How Can I Contact Newbury Speakers?

Newbury Speakers can be contacted by telephone to one of the following club members:

- Philip Gladwell  
President  
Tel: 07812 606 828
- Elizabeth Hendry  
VP Membership  
Tel: 01672 288 156
- Elizabeth Nakyanzi  
VP Public Relations  
Tel: 07878 456 473

By email at:

[Info@newburyspeakers.org](mailto:Info@newburyspeakers.org)

Alternatively:

Newbury Speakers meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month at 7:30pm at Newbury Rugby Club.

Please feel free to pay us a visit.

Details and directions for Newbury Speakers club meetings can be found at:

[www.newburyspeakers.org](http://www.newburyspeakers.org)

## Toastmasters Educational Program

The Toastmasters educational program is divided into two tracks: a communication track and a leadership track.

Each track consists of a series of manuals, with each manual containing a series of projects which members work through.

The tracks are not mutually exclusive; you can participate in both tracks at the same time if you wish.

### Communication Track

Members working in this track learn and practice communication skills.

### Leadership Track

Members working in this track learn and practice leadership skills by serving in meeting and club roles.

## Speechcraft

Speechcraft is a program designed to help you or your staff learn public speaking skills during four, six or eight one to two hour sessions.

During each session attendees will learn and practice speaking and evaluation skills, and will have the opportunity to learn from experienced speakers.

Speechcraft is an ideal compliment to a company's personal development program, enabling attendees to learn and develop their communication skills in a safe and supportive environment.