

## **Toastmasters Training**

Toastmasters is an organization created to help people develop/improve their speaking skills. Angelette contacted a local group and arranged for some training for those of us who were interested. Starting on March 11<sup>th</sup> we had six one hour sessions once a week. There were six of us in the class and at least two seasoned toastmasters leading the training each week. Some of us wanted to improve on our skills and others just needed to get started and feel confident enough to try public speaking.

We were give a manual with all kinds of good tips. The experienced toastmasters gave us a brief overview of various techniques each week. Each of the students was expected to do two prepared topics and two of something called Table Topics.

Prepared topics were to be five to seven minutes long. They were topics of our choice. For some of us the first was sort telling a little about ourselves. Of course they encouraged and we responded favorably to talking about gardening for our second topic.

Table Topics were extemporaneous presentations. They were no more than two minutes long with less than 30 seconds to gather your thoughts. The subject to speak about was provided by the toastmasters. For example, a couple of the topics presented were to name your favorite two plants, and what two garden tools would you would recommend to someone with a limited budget.

After each presentation there was an evaluation period with input from both the toastmaster and our peer group. Everyone was extremely positive and pointed out all the good things about each presentation. The toastmasters also provided extra tips about how to make the presentations even better.

All in all it was a very enjoyable experience and I would recommend that if you ever have an opportunity to participate in such a session you jump at the chance.

## Typical Class Session



Two of our Toastmaster instructors were Jennifer Einolf in blue blouse and Nancy Priddy in black jacket with red top.

**Awarding of Certificates of Participation**



Angelette



BJ



David



Emily



Michelle



Susan