

COMMUNICATE

July/August 2002

Committed Communicators Toastmasters Newsletter
District 63, Division E, Area 50, Club #2871

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Companies Benefit from Toastmasters

While a company's success depends on many factors, one key factor is communication. Employees face an endless exchange of ideas, messages and information as they deal with one another and with customers day to day. How well they communicate can determine whether a company quickly grows into an industry leader or joins thousands of other businesses mired in mediocrity. Toastmasters provides the tools that enable employees to become effective communicators and leaders all at a very low cost. Toastmasters training helps employees:

- Give better sales presentations
- Hone their management skills
- Work better with fellow employees
- Effectively develop and present ideas
- Offer recommendations

- Accept criticism more objectively

Toastmasters produces results. Around the world more than three million men and women of all ages and occupations have benefited from Toastmasters training, and more than one thousand corporations, community groups, universities, associations and government agencies now use Toastmasters training.

~Adapted from Toastmasters International Materials

Tips for Success

Feeling some nervousness before giving a speech is natural and healthy. It shows you care about doing well. But too much nervousness can be detrimental. Toastmasters International recommends the following tips for controlling your nervousness and making effective, memorable presentations:

1. Know the room
2. Know the audience
3. Know your material
4. Relax
5. Visualize yourself giving your speech
6. Realize that people want you to succeed
7. Don't apologize
8. Concentrate on the message – not the medium
9. Turn nervousness into positive energy

10. Gain experience

Remember, Toastmasters is the best way to improve your communication skills. By losing your fears of public speaking and learning new skills, you will be more successful in whatever path you've chosen in life.

~Adapted from Toastmasters International Materials





Notable Quotable

“Good communication is as stimulating as black coffee, and just as hard to sleep after.”

~Anne Morrow Lindbergh



Congratulations!

Jackie Schell

Competent Leader Award

Tim Quinn

New Member

Vince Foster

New Member



Happy Birthday. . .

Gary Stewart – July 5

Tim Quinn – July 6

James Wynn – August 5

Club Officers

President – Daniel Green

VP Education – Sharon Tate

VP Membership – James Wynn

VP Public Relations – Jackie Schell

Secretary – Rhonda Harris

Treasurer – Gary Stewart

Sgt at Arms – Daniel Green



Did You Know?

The following people are some of the “celebrity” Toastmasters:

- Tim Allen** Actor, star of television series, “Home Improvement”
- Debbie Fields Rose** Founder, Mrs. Fields Cookies
- Phillip Cosby** Quality expert and leader of the quality movement
- Nancy Brinker** Founder of the Susan G. Komen Breast Cancer Foundation
- James Lovell** Former U.S. astronaut; missions included Apollo 13
- Billie Jean King** Tennis pro and former Wimbledon champion
- Tracy Wilson** CBS commentator, Canadian Bronze Medalist in Ice Dancing
- James Brady** Two-term press secretary for U.S. President Ronald Reagan and author of the Brady Bill

Meeting Our Club Goals

	Goal	Status
1	Two CTMs	
2	Two more CTMs	
3	One ATM (B, S or G)	
4	One more ATM (B, S or G)	
5	One CL, AL or DTM	GOAL MET!
6	One more CL, AL or DTM	
7	Four new members	2 new members!
8	Four more new members	
9	Min. four officers trained each of the 2 training periods	
10	Membership report and officer list submitted on time	GOAL MET!

Recognition

Achieve 5 of 10 goals = Distinguished Club

Achieve 7 of 10 goals = Select Distinguished Club

Achieve 9 of 10 goals = President’s Distinguished Club

Mark Your Calendar

Upcoming Events

July 20 – Toastmasters Leadership Institute

Aug 21-24 – Toastmasters Int’l Convention in San Antonio, TX

Upcoming Meeting Themes

July 25 – The first car you ever owned

August 8 – Your best friend in high school & do you keep in touch

August 22 – The worst outfit your parent(s) ever made you wear

Meetings are held on the 2nd & 4th Thursday at 7:00 a.m. at the Freedom Center 4th Floor Training Room (located at 8th & Union, downtown Nashville)