



Stockholm International Toastmasters

At Toastmasters you will....

- Practice speaking, listening, and leadership techniques.
- Become a more confident public speaker.
- Learn by doing in a friendly and encouraging environment.
- Meet supportive people interested in bettering themselves and each other.

What is Toastmasters?

Toastmasters is a non-profit international educational organization with some 250,000 members in 12,500 clubs in 106 countries. Each club has 20 to 40 members. At the Stockholm International club, meetings are conducted in English. In Stockholm there is also a Swedish-speaking club, as well as corporate clubs at PricewaterhouseCoopers and Ericsson Telefonplan. There are 14 Toastmasters clubs in Sweden.

The mission of Toastmasters International as well as the Stockholm International club is to provide a mutually supportive and positive learning environment for each member and give the opportunity to develop communication and leadership skills.

What happens at a meeting?

The program for each meeting consists of the following principal parts:

1. Presentation of meeting roles
2. Table Topics (impromptu speeches)
3. Prepared speeches
4. Evaluations (on different levels)

All roles of the program are filled by members of the club. A Toastmaster of the Evening leads us through the program. The evening's Word Master challenges speakers to expand their vocabulary. All meeting activities are timed by the Timer, and the Ah Counter and Grammarian assists speakers by noting unnecessary words and grammatical mistakes. A General Evaluator of the evening gives feedback on other aspects of the meeting than the speeches. The other roles are described below.

What are Table Topics?

Table Topics are unprepared speeches. They are entertaining but can also be terrifying! Members and guests (if you are willing to) present a two-minute impromptu speech on an unknown topic. A Table Topic Master prepares a few questions and calls on meeting participants to stand up and speak on the topic. Topics might be current events, e.g. "How would you reduce the national deficit?", or philosophy: "If you had no shoes and met a man with no feet, what would you do?", or humorous: "What was your most embarrassing experience in a foreign country?"

Table Topics build key professional and social skills, including thinking on your feet, speaking clearly, keeping to the point and ending on time.

What are prepared speech and leadership projects?

When you join Toastmasters you receive the basic Competent Communication Manual with ten speech projects and the basic Competent Leadership Manual with ten leadership projects. Each project calls on you to prepare a speech or to serve in a leadership role, enabling you to learn and practice specific speaking and leadership techniques and principles. Each project has specific objectives and your performance will be evaluated based on these objectives. If you are expected to speak at a meeting, you need to review the project description a week or so before and prepare a speech on your chosen topic consistent with your personal goals. At the meeting, your evaluator makes written comments in your manual while you speak and also presents an oral commentary after your speech. The purpose of the evaluation is to highlight your strengths as well as suggest some points for improvement.

How do I attend a meeting as a guest?

You are always welcome as a guest at Toastmasters meetings. We encourage voluntary participation and feedback. Please come as often as you wish until you have decided if Toastmasters can be of any help meeting your personal and professional development objectives.

As a guest you are invited to participate in the Table Topic session to deliver unprepared speeches. You are also welcome to deliver your first speech – The Icebreaker – which counts as the first project in the Competent Communication Manual.

The first visit as a guest is for free and after that you pay SEK 60 towards the conference room rental at each meeting, as does each club member.

We meet every other week at the Internationella Engelska Gymnasiet on Allhelgonagatan 4, (subway stop Skanstull), Stockholm. Please see contact details on the last page.

How much does it cost and what do I get?

As a member you are able to take full advantage of the Toastmasters educational program. After you pay the SEK 250 new member registration fee you will receive the Competent Communication Manual and the Competent Leadership Manual, consisting of ten projects each. In addition, you receive three booklets: Your Speaking Voice, Effective Speech Evaluation and Gestures: Your Body Speaks.

The SEK 750 annual fee includes a printed magazine, The Toastmaster, which is issued ten times per year. At every meeting an additional SEK 60 is paid by each person towards the conference room rental.

Where can I get further information?

The best way to get a feel for Toastmasters is to attend as a guest and see Toastmasters in action. We meet every second Wednesday evening on even week-numbers. We have plenty to share with you on the different ways you can grow and develop, in order to receive experience, a growing self confidence and internationally recognized certificates.

Online

<http://www.toastmasters.se/stockholminternational/>

<http://www.toastmasters.org>

<http://www.toastmasters.se>

Contacts

General information: Markus Seppälä, President, 0709 29 39 36, kanaman@gmail.com

To attend a meeting as a guest: Kip Jansson, Vice President Membership, 0736 10 51 46, kip_jansson@telia.com

To become a member: John Cooke , Treasurer, 0733 91 91 61, john.cooke@advent.com

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