

1.



I used to get tongue-tied and always forget what I want to say, and my voice was never heard.

Now with Toastmasters, I have learnt all these skills and more, why not join me.

Learn how to get your message across

Learn how to be concise

Learn how to communicate better

Find the voice in you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#d91toastmasters #Communication #PersonalDevelopment

2.



I used to hate working in teams as I was never able to communicate effectively.

I learnt the value of unity and working together, how differing perspectives and feedback can improve my work, and my efficiency. It provided me with lots of great learning opportunities.

I learnt the value of teamwork and how to find my voice by being part of Toastmasters.

Find the team worker in you. Come along to a Toastmasters meeting near you.

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#d91toastmasters #Communication #Personal Development

3.



Old dog new tricks.

With many years of experience, I thought I knew how to work collaboratively.

But taking a leadership role in Toastmasters has taught me the value of how great teams can deliver more.

It has also taught me a whole new range of leadership skills that I didn't think possible.

Find the leader in you. Come along to a Toastmasters meeting near you.

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#toastmasters #d91toastmasters #JobSkills, #Communication

4.



I always used to get tongue-tied at interviews, and I needed to improve my interview skills and learn how to think on my feet.

With Toastmasters, I overcame my nerves and can now deliver an elevator pitch about myself.

And I've now secured my first job from university.

For more information please Direct Message us on Facebook or visit our club website at

Find the confidence in you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #JobSkills, #Communication

5.



I always used to get tongue-tied at interviews, and I needed to learn how to think on my feet and improve my interview technique.

With Toastmasters, I overcame my nerves and learnt how to smash my interviews.

And now I've nailed it and got the job I wanted.

Find the real you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication, #PersonalDevelopment

6.



I used to struggle to think on my feet at and was nervous at interviews.

With Toastmasters, I learnt how not to be tongue-tied and to improve my interview skills.

I found the confidence to get the job I wanted.

Find the confidence in you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #InterviewSkills

7.



I was always confident in presenting to smaller groups at work. But I needed to learn how to deliver to a much larger audience at a conference.

Toastmasters taught me how to make eye contact with everyone in the room and project my voice.

I'm now the first-person people call to give a keynote speech.

Find the speaker in you. Come along to a Toastmasters meeting near you.

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#toastmasters #d91toastmasters #Communication, #PublicSpeaking

8.



I was always nervous at presenting even to small groups. I never had the confidence to deliver a presentation at work, and it was holding me back.

Toastmasters taught me how to write a presentation, how to deliver it, and how to engage with the audience.

I'm now the first person to offer to present at work.

Find the presenter in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #PresentationSkills #PersonalDevelopment

9.



Even though I went to university, I wanted to learn how to communicate better with my manager.

After joining Toastmasters, I learnt to get my point of view across and how to receive and give feedback to my manager.

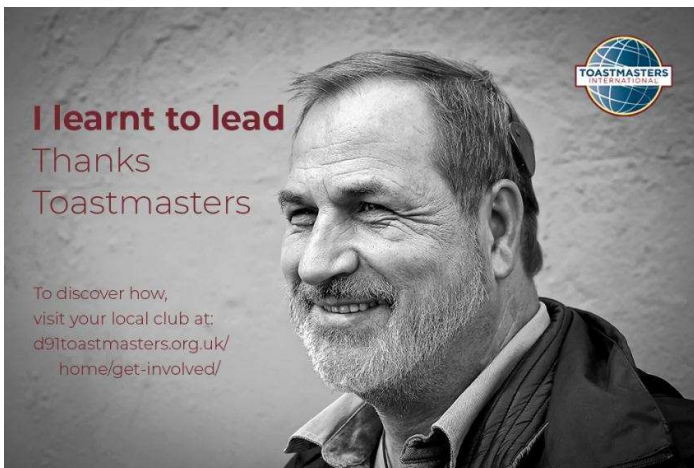
It has given me a stronger relationship with my manager.

Find the communicator in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #JobSkills, #Communication

10.



I failed to get a promotion three times.

But taking a leadership role in Toastmasters taught me the difference between managing a team and leading a team.

And now I have the promotion I wanted.

Find the leader in you. Come along to a Toastmasters meeting near you.

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#toastmasters #d91toastmasters #LeadershipSkills #PersonalDevelopment

11.



I was so excited to be asked to be the best man. Until I realised, I had to give a speech.

The fear crept over me. I had a sense of dread and nervousness.

Toastmasters gave me the confidence to stand up in front of an audience and to speak. They were so encouraging and kind, and all the members gave me support and advice on overcoming my feelings of fear.

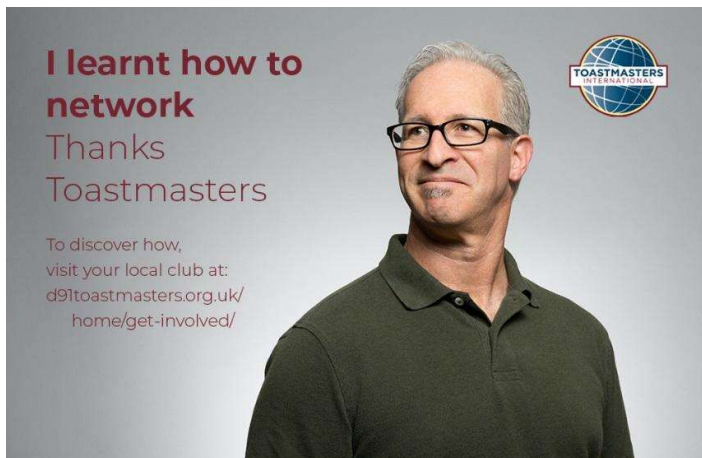
I was soon delivering speeches without notes, and I was given praise for the best wedding speech.

Find the best in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #PublicSpeaking, #PersonalDevelopment

12.



I didn't know where to start with networking when launching my new business.

I was unsure of how to start a conversation with people I had never met before.

Toastmasters helped me to think on my feet and deliver an impromptu speech. It helped my business to grow by teaching me how to connect and engage with people.

Find the networker in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Networking

13.



I had just been promoted at work, and I wanted to learn how to communicate better.

After joining Toastmasters, I learnt how to engage and motivate my team and how to receive and give feedback to them.

It has given me a stronger relationship with my team.

Find the manager in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #Communication, #PersonalDevelopment

14.



In 2019 we never thought running online meetings would be such a vital skill.

Circumstances change, and I suddenly found that I had to run online meetings for the first time.

Toastmasters gave me the time and space to practice how to run an online meeting; each week I get the opportunity to practice being on camera.

Now I help my friends, family and colleagues get online.

Find the facilitator in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #OnlineCommunications #LeadershipDevelopment

15.



I felt undervalued, and lacked confidence and communication skills, to approach my boss.

Toastmasters gave me the negotiating skills and confidence to know my worth.

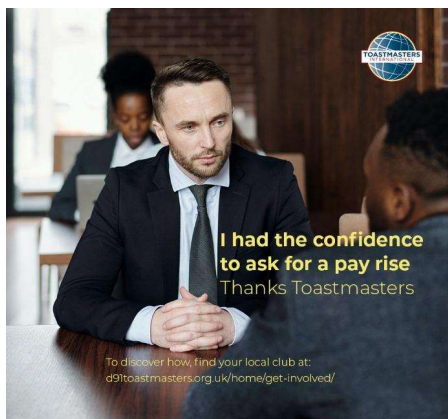
I was able to evaluate my role within the company and get the pay rise I wanted.

Find the negotiator in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Personal Development

16.



I was nervous, sitting down with my boss to go through my appraisal.

I wanted to demonstrate my value to the business and to ask for a pay rise based on my performance.

Toastmasters gave me the negotiating skills and confidence to know my worth.

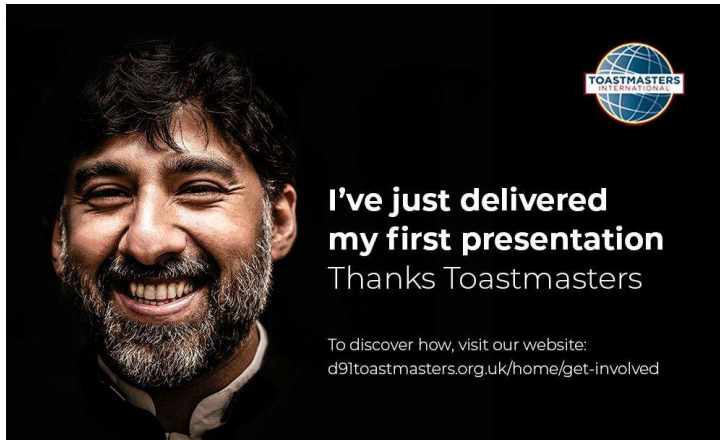
I was able to evaluate my role within the company and get the pay rise I wanted.

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#toastmasters #d91toastmasters #JobSkills #Communication

17.



Dry mouth, clammy hands, nausea those are the feeling I felt when I had to deliver my first presentation.

I didn't feel comfortable in front of an audience, and I did not particularly like hearing myself speak.

Toastmasters gave me the confidence to be myself on stage; it gave me the skills to project my personality.

Find the personality in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #Communication #PersonalDevelopment

18.



I've just done something I thought I would never do. I feel ecstatic after delivering my first presentation

Before joining Toastmasters, I never felt comfortable in front of an audience. I would feel nausea and have clammy hands.

Toastmasters gave me the confidence to be myself on stage; it gave me the skills to project my personality.

Find the personality in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #JobSkills #Communication

19.



I've just gained a promotion at work, and it's all down to the leadership skills I've learnt.

Being part of Toastmasters has taught me the difference between leading my team and managing my team.

Without these skills, I would not have the confidence to seek a promotion. I can't believe how much I've grown.

Find the leader in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #PromotionSkills #PersonalDevelopment

20.



I have learnt to trust my instincts and to believe in myself.

Before Toastmasters, I was always shy about giving my point of view. I thought people would laugh at me.

Now I'm having the last laugh as I'm confident, self-assured, and able to communicate with people from all walks of life.

Find the confidence in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Personal Development

21.



Learn to be a writer, editor, free-thinker, inventor. Or anything else you want to achieve.

Find the value in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Personal Development

22.



I used to get tongue-tied and always stumble over my words.

Now with Toastmasters, I have learnt to find my voice and have the self-confidence to be myself.

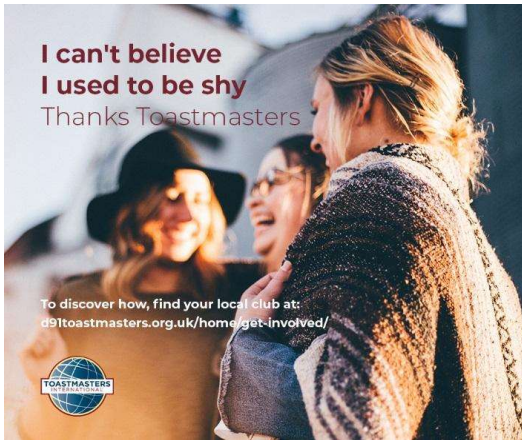
I've learnt how to communicate better and get my message across in a concise way.

Find the confidence in you. Come along to a Toastmasters meeting near you.

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#toastmasters #d91toastmasters #Communication #PersonalDevelopment

23.



I used to be nervous about meeting new people. I would sit quietly in the corner and hope no-one would ask me a question.

Toastmasters helped me to grow in confidence to meet new people and how to talk with strangers.

Through Toastmasters, I learnt about impromptu speaking, which made me more confident to make new friends and expand my networking circle.

Find the confidence in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #confidence #PersonalDevelopment

24.



Before Toastmasters, I would struggle for my words to have meaning and impact.

I knew what I wanted to say but not how to say it.

Toastmasters gave me the help I needed to craft my words and to get my message across with impact.

Find the speechwriter in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #Communication #BusinessSkills

25.



Being a leader is not natural to me, I wanted to learn how to motivate and engage a team.

Toastmasters gave me the leadership skills to empower my team, and understand a great team is all about working with people with different ideas and approaches to you.

I learnt team meant, together everyone achieves more.

Find the leader in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #LeadershipDevelopment

26.



I learnt team meant, together everyone achieves more.

Being part of a team and learning how to work collaboratively with my colleagues is such a valuable skill.

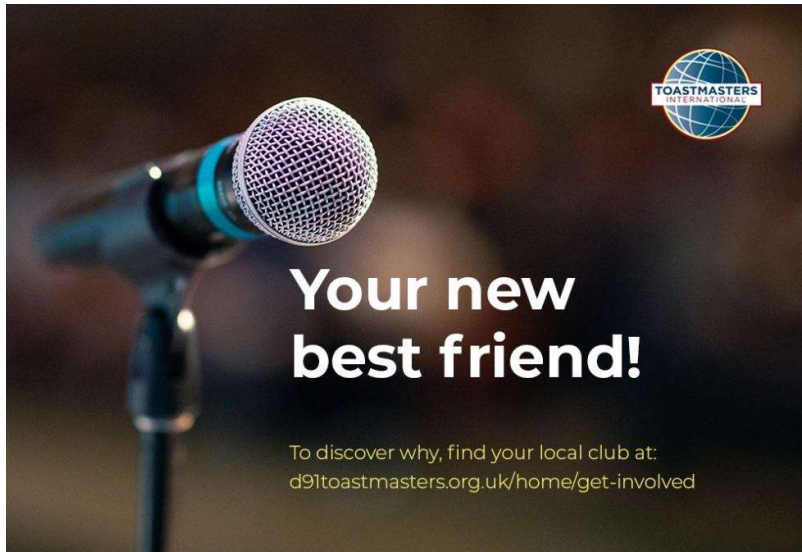
Toastmasters taught me how working together and sharing ideas enables you to grow as an individual and a team.

Find the team player in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #JobSkills #Communication

27.



Do you suffer from Glossophobia

You know the feeling, clammy hands, dry throat, cold sweats and your heart races?

A familiar feeling?

This is the feeling experienced by many when they see a microphone or stage, it's their worst enemy.

75% of us have a fear of public speaking and presenting.

Toastmasters is a safe, friendly environment where you can practice your speaking, presentation, and interview skills and grow in confidence.

It provides real-life skills to all members to speak with confidence, whether it's at work, during an interview, running a meeting. Whatever your challenge Toastmasters will help make the microphone your new best friend.

Overcome your Glossophobia by visiting your local Toastmasters

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #PublicSpeaking



As a freelancer, I was always nervous pitching for work.

I knew I could offer value to clients and help solve their problems.

But I could never articulate my skills and services.

Toastmasters gave me the confidence to know my worth and taught me how to pitch.

Find the pitcher in you



I didn't know where to start with networking when looking for a new position.

I was unsure of how to start a conversation with recruiters and HR managers.

Toastmasters helped me think on my feet, and deliver an impromptu evaluator pitch about my skills, it taught me how to grow by teaching me how to connect and engage with people.

Find the networker in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Networking



I was so proud to be asked by my manager to give a company presentation. Until I realised it was to the whole company.

The fear crept over me. I had a sense of dread and nervousness.

Toastmasters gave me the confidence to stand up in front of an audience.

They were so encouraging and kind, and all the members gave me support and advice on overcoming my stage fright.

I was soon delivering speeches to all business areas and are so proud of my achievements.

Find the presenter in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #PublicSpeaking, #PersonalDevelopment

31



I always used to get tongue-tied at interviews, and I needed to learn how to think on my feet and improve my interview technique.

With Toastmasters, I overcame my nerves and learnt how to smash my interviews.

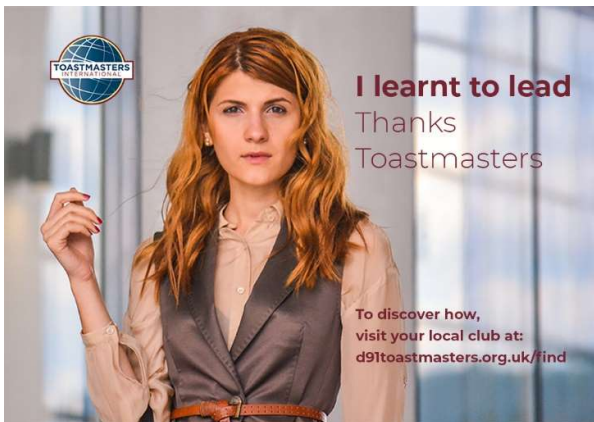
And now I've nailed it and got the job I wanted.

Find the real you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication, #PersonalDevelopment

32



I failed to get a promotion three times.

But taking a leadership role in Toastmasters taught me the difference between managing a team and leading a team.

And now I have the promotion I wanted.

Find the leader in you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #LeadershipSkills #PersonalDevelopment

33



I never had the confidence to believe in myself.

Now with Toastmasters, I have learnt to find inner confidence and start my own business.

I learnt to thrive and so did my business.

Find the inner you Come along to a Toastmasters meeting near you.

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#toastmasters #d91toastmasters #Communication #PersonalDevelopment



I wanted to learn how to work better with my colleagues.

Working collaboratively and engaging everyone is such a valuable skill.

Toastmasters taught me how to motivate and share ideas and had a real impact on our team performance.

I learnt Together Everyone Achieves More.

Find the team player in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #JobSkills #Communication



With many years of experience, I thought I knew how to work collaboratively.

But taking a leadership role in Toastmasters has taught me the value of how great teams can deliver more.

It has also taught me a whole new range of leadership skills that I didn't think possible.

Find the leader in you. Come along to a Toastmasters meeting near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #JobSkills, #Communication



I used to always get pushed around at work.

I found it hard to stand up for myself.

After joining Toastmasters. I gradually built my self-confidence.

Find your self-confidence in you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #JobSkills, #Communication



I always been quick-witted and wanted to do stand up

But I never had the confidence to believe I could do it.

With Toastmasters, I overcame my nerves and learnt how to be funny in front of an audience.

After some expert advice from seasoned Toastmasters and a bit of extra work.

I delivered my first stand-up set, and I went down a storm.

Find the comedian in you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #funny, #comedy



I used to be shy and sit quietly in the corner and hope no-one would notice me.

I was nervous about meeting new people or being in new situations.

Toastmasters helped me to grow in confidence and taught skills to overcome my shyness.

I've now expanded my circle of friends and have not looked back.

Find the friend in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #confidence #PersonalDevelopment



I've just gained a promotion at work, and it's all down to the leadership skills I've learnt.

Being part of Toastmasters has taught me the difference between leading my team and managing my team.

Without these skills, I would not have the confidence to seek a promotion. I can't believe how much I've grown.

Find the leader in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #PromotionSkills #PersonalDevelopment



Planning is not a natural skill for me. I've always been a disorganised person.

At Toastmasters, I learnt how to plan, by helping to organise one of their contests.

Which not only improved my communication skills but always my planning skills.

Find the planner in you. Come along to a Toastmasters club near you.

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#toastmasters #d91toastmasters #planning #PersonalDevelopment



I felt undervalued, and lacked confidence and communication skills, to approach my boss.

Toastmasters gave me the negotiating skills and confidence to know my worth.

I was able to evaluate my role within the company and get the pay rise I wanted.

Find the negotiator in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Personal Development



I always struggled to reach my targets, as I could never negotiate great deals.

Toastmasters taught me the art of good negotiation and I landed the biggest deals of my career.

Find the negotiator in you. Come along to a Toastmasters club near you.

d91toastmasters.org.uk/find

#toastmasters #d91toastmasters #Communication #Personal Development #Negotiation