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Conquer Public Speaking

Toastmasters is a local option

Whether you're speaking in the classroom, recording lectures to be delivered online, or answering the phones for your department, the way you comport yourself matters. Make your first impression last.

If you have the opportunity to take a class, there are courses offered by the Communications department with a group, public, or interpersonal relationship focus. If you are interested in services for your students, look to the Speaking Center.¹ They assist students in preparing public presentations and have several PDFs linked from their site including "Asking and Answering Questions" and "Suggestions for Overcoming Fear in Public Speaking."

If you don't have time to take a semester-based class, or if you need help immediately for an upcoming presentation, reach out to a local Toastmaster club.

COMMUNICATION AND LEADERSHIP

Toastmasters learn communication and leadership skills. Local club members recommend you attend and learn more about a Toastmaster group in your area to increase your self-confidence and to become a better speaker, listener, and leader. Working with a local club helps you communicate more effectively.

EXAMPLES

- At work: your involvement in Toastmasters will improve your ability to think and speak on your feet. It helps you organize materials for your presentations. Speak concisely, stay on topic, make your point. It makes a difference at work and in life.
- Toastmasters in the classroom: an English teacher in China explains that joining Toastmasters made him a better teacher. Use your favorite search engine to find "Implementing the Toastmaster Tradition in the L2 Classroom." Read this paper to learn one instructor's success in China using Toastmasters to improve speaking skills.

MOST CLUBS ARE OPEN TO ALL

Unless a club is designated for an organization, anyone may participate. Toastmasters is an inexpensive way to prepare yourself for success.

There are over 30 clubs in Alaska. Long-standing members, who are proven speakers and listeners serve as mentors to new members and evaluators for most speeches. Toastmasters International² is a powerful organization that can help you succeed.

Search by zip code to find a local club.³ If you have an immediate need, call the club representative and ask to practice your presentation at the next meeting. Many clubs are happy to accommodate these requests. Alternately, if you know you want to work towards long-term improvements, set aside an hour a week for a club meeting for two or three months. Attend several different club meetings.

View the Toastmasters International (TI) website to learn:

"A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a no-pressure atmosphere. A typical group has 20 to 40 members who meet weekly, biweekly or monthly. A typical meeting lasts 60-90 minutes."

"There is no instructor in a Toastmasters meeting. Instead, members evaluate one another's presentations. This feedback process is a key part of the program's success. Meeting participants also give impromptu talks on assigned topics, conduct meetings and develop skills related to timekeeping, grammar and parliamentary procedure."

LEARN MORE

¹ <http://www.uaf.edu/comm>

² <http://www.toastmasters.org/>

³ <http://reports.toastmasters.org/findaclub>

