



A new remedy against **stress** and **butterflies** in your stomach when speaking in public:



Toastmasters International Geneva extends a cordial invitation to you for improving your communication ability and speaking skills in the friendly atmosphere of an international club in Geneva which has a recognized track record for excellence in personal development.

If you feel uncomfortable when:

- standing in front of an audience
- interacting with other people
- making personal contacts
- expressing yourself in English
- answering questions
- using body language
- giving personal assessments
- writing down a synopsis
- organizing your main points
- assuming a leadership role



Then you may benefit from:

- an international club atmosphere
- a friendly social environment
- a comprehensive speech manual
- giving a speech when feeling ready
- point by point speech evaluation
- constructive critique
- advice on body language
- advice on voice modulation
- advice on appearance
- a chance to evaluate others

Toastmasters International is a **non-profit educational organisation** with more than 8 000 clubs and 200 000 members world wide. It provides a mutually supportive and positive learning environment in which every member has the opportunity to develop **communication** and **leadership** skills.

In Geneva we meet every **first and third Wednesday of the month**, except in August, at **19.00 for 19.15 hours** and meetings last about 2 hours.

The venue is **Hotel Royal Manotel, Rue de Lausanne 43**, near the Cornavin railway station.

Toastmasters International meetings are interesting and entertaining because they always bring together people of different nationalities and cultural backgrounds. You are welcome to attend two club meetings as a guest before deciding whether to become a member. There is a **one time club entry fee of 28 Swiss Francs**, and **half-annual member dues of 57 Swiss Francs**. In addition, there is a fee of **20 Swiss Francs** at every club meeting for covering a buffet dinner with soft drinks.



You may contact us by e-mail at toastmasters.geneva@bigfoot.com

Visit Toastmasters on the Internet at www.swisscities.com/toast/geneva and www.toastmasters.org

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