





## How will you grow?

- » Improve public speaking skills
- Practice writing speeches and presenting in a group setting
- » Build leadership skills
- » Gain a competitive advantage in the workplace
- » Networking opportunities in a small and supportive environment
- » Build self-confidence and self-awareness
- » Allows for unlimited personal growth
- » Ability to maximize your potential

Are you transitioning to a new phase in your career? Do you want to become a better communicator and leader?

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs.

Toastmasters will allow you to engage with people who share similar interests to you in a supportive and comfortable setting.

Join us for Toastmasters Events Wednesday September 25, 2019 6:30 p.m. Saturday October 26, 2019 11:30 a.m.



The Steven A. Cohen Military Family Clinic at Easterseals

Conference Room 2<sup>nd</sup> Floor 1420 Spring St. #300, Silver Spring MD 20910 *Childcare Available (please provide number)* 

Please RSVP NLT Sept 20<sup>th</sup> via https://www.signupgenius.com/go/8050849A8AB2F <u>A2FC1-toastmasters</u>