



**Veterans,  
Transitioning**

**Wounded Warriors,  
Military, Caregivers**

**and Friends**

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

Toastmasters allows you to engage with people who share similar interests to you in a supportive and comfortable setting. Here's just a few of the many benefits you'll see as a Toastmaster.



Improve your public speaking skills



Build leadership skills



Gain self-confidence and self-awareness



Work on networking in a small and supportive environment



Practice writing speeches and presenting in a group setting



Receive regular and constructive feedback from peers with similar interests as you



Gain a competitive advantage in the workplace



Access to the Pathways learning experience, which is an education program that allows you to leverage over 300 practical workplace skills, including:



Enjoy unlimited personal growth

- » Interview preparation
- » Online meeting management
- » Leadership development
- » Project management
- » Conflict resolution



Maximize your potential

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. If you're interested in hearing more about Toastmasters, please contact us at [tmspeakerleaderdtm20@gmail.com](mailto:tmspeakerleaderdtm20@gmail.com).

**Join us for a Demonstration Meeting**

**Saturday August 10, 2019 1130 a.m.**

**Steven A. Cohen Military Family Clinic Conference Room 2<sup>nd</sup> Flr**

**1420 Spring St. #300, Silver Spring MD 20910**

*There will be Light Refreshments*