



Toastmasters International

Become the Speaker & Leader You Want to Be

Voices of Change Toastmasters



"Grow As We Help Others Grow"

TOASTMASTERS INTERNATIONAL

Voices of Change

Wednesday * noon-1pm * SMT 3205 * 700 5th Avenue * Seattle, Washington



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Hello!

On behalf of the members and officers, I would like to personally welcome you to the Voices of Change Toastmasters.

We are pleased and confident that you will find, as we have, your membership and participation to be rewarding both professionally and personally.

Through Voices of Change, I simply believe that by speaking, we bring our voices as one collective power to continue to raise a great consciousness on race and social justice.

Enclosed you will find information that will familiarize you with our club. Our meetings are held weekly on Wednesdays from 12:00 p.m. to 1:00 p.m. in SMT 3205-18 conference room.

When you arrive at our meeting, the officers and I will be there to personally welcome you.

Welcome again! Your membership and upcoming participation in the Voices of Change Toastmasters is greatly appreciated. If you have any questions or concerns, please don't hesitate to contact me or any of the officers listed below. We look forward to seeing you on at Voices of Change Toastmasters!

Sincerely,

Eddie Ferrer

President

Voices of Change Toastmasters

"Grow as We Help Others Grow"

Voices of Change Current Officers

Office	Name	Work #	E-Mail
President	Eddie Ferrer	684-4534	Eddie.Ferrer@Seattle.gov
VP-Education (Co)	Suzette Espinoza-Cruz	386-1020	Suzette.Espinoza-Cruz@Seattle.gov
VP-Education (Co)	Bruce Flory	684-5859	Bruce.Flory@Seattle.gov
VP-Membership	Brenda Sevilla-Miranda	684-0567	Brenda.Sevilla@Seattle.gov
VP-Public Relations	Marta Idowu	684-4540	Marta.Idowu@Seattle.gov
Secretary/Treasurer	Patty Breidenbach	615-1489	Patty.Breidenbach@Seattle.gov
Sgt. At Arms	Ray Ceaser	733-9878	Ray.Ceaser@Seattle.gov

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Mission

Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind.

It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

Vision

Toastmasters International empowers people to achieve their full potential and realize their dreams.

Through our member clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change.

Values

Toastmasters International's core values are integrity, dedication to excellence, service to the member, and respect for the individual. These are values worthy of a great organization, and we believe we should incorporate them as anchor points in every decision we make. Our core values provide us with a means of not only guiding but also evaluating our operations, our planning, and our vision for the future.

Source: www.toastmasters.org

Voices of Change (VOC) Toastmasters Club strive to focus on **Race and Social Justice** topics to help dismantle institutionalized racism. **VOC**

Toastmasters Club is a safe & encouraging place to improve communication.

This club is supportive, non-judgmental and a place where we can practice and help improve one another's communication style. We are excited that you decided to take this journey with us....

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Why Voices of Change Toastmasters?

Voices of Change (VOC) Toastmasters is a unique effort as well as a great way to help encourage and learn from our individual and collective RSJ efforts! Voices of Change is different from all other toastmasters because the topics mainly focus on Race and Social Justice issues. At the VOC meetings, we find a “safe haven” as we share our unique voices and personal stories. We are joined by Core Team members, Affinity Group Members, Change Team members as well as individuals who support the RSJ efforts.

Attending the meeting is also an opportunity for us to learn from one another’s journey’s and experiences. It is truly a supportive group and a safe environment. This is a place where we can share our ideas and solutions and strengthen our collaborative efforts. Perhaps, through the power of our voices and learning from each other, together we can dismantle institutionalized racism and disparities within the workplace as well as in our communities.

What is the bottom line involvement include?

- Active & honest participation
- Attend all (or most) meetings as much as possible
- If you have a role that you are unable to fulfill, please help the group by finding a replacement or have someone take your role
- Help others grow – mutual nurturing
- Constructive feedback for on-going improvement

Brief History of VOC Inception

VOICES OF CHANGE (VOC) became a reality when a group of Core Team II members recognized the need for us to share our unique voices and experiences in regards to Race and Social Justice Initiative **as well as improve our communication skills**. The various planning discussion led to action and formation of VOC in the late fall of 2009. This has been a pioneer effort that will have a lasting result that will hopefully reach our greater diverse communities.

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What can Toastmasters International Do for You?

Your potential is limited only by your excuses.

Whether you work in a corporate environment or from home, whether you are a student or retiree, Toastmasters is the most efficient, enjoyable and affordable way of gaining communication and leadership skills.

Become a Better Speaker

Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. By learning to formulate and convey your ideas, you open a new world of possibilities. You will be more persuasive and confident when giving presentations and you will improve your one-on-one dealings with others.

Become a Leader

Leadership is the art of persuading others to do what you wish. To succeed, you need to communicate, and you need to work as a team. In Toastmasters, you'll do both. And you'll find out how to vary your approach to suit the needs of different people, be they the audience for a speech, the committee for a fundraiser or your coworkers and managers.

It Really Works!

Don't worry! Everyone in a Toastmasters club was once at the level you are now. The environment is friendly and supportive, and the self-paced program allows you to build confidence with each speaking assignment.

And you'll love the applause! Constructive evaluation is the heart of the Toastmasters program. Each time you give a speech, an evaluator will point out strengths and suggest improvements.

What Happens When I Join?

With more than 250,000 members in more than 12,500 clubs in 106 countries, you're sure to find a meeting near you. Most groups meet weekly or biweekly for one to two hours. The meetings are organized so that everyone will have a chance to speak, should they want to. You schedule your own speaking assignments a few weeks in advance, so you'll have plenty of time to prepare.

You'll be assigned a mentor to help you settle in and get through your first speaking roles. Speaking assignments vary and your first will be an "ice breaker" – a four- to six-minute speech to introduce yourself to the group. As you grow in confidence, your assignments will grow with you.

Whenever you stand up and speak, you receive encouraging, helpful feedback on how it went and how you can improve next time. This proven method will help you build your confidence and skills quickly and affordably.

Source: www.toastmasters.org

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Why join Voices of Change?

- Voices of Change is a unique and safe environment to improve communication skills
- It's proven to be highly successful nationally and internationally
- It's a great way to learn as well as network
- Nurturing environment that's a win-win opportunity for individuals, colleagues as well as work place value
- Fosters learning and gaining confidence
- Opportunity to improve quality of life for self and others in your community
- Immersion for self-improvement
- Leadership in action
- Low cost & potentially high impact through commitment and action
- A safe haven to practice and be supported
- Offers constructive evaluation
- Learn and improve upon prepared and impromptu speeches

Workplace benefits

- Opportunity to improve community presentation skills
- Hone leadership skills and practice in the workplace
- Effectively develop and present ideas and organization skills
- Work more effectively with co-workers
- Collaborative effort to dismantle institutionalized racism
- Learn and share best practices
- Understand & embrace diversity

Toastmasters can enhance your following skills

- Leadership
- Public Speaking
- Conducting Effective Meetings
- Refined Listening
- Constructive Evaluation
- Creative Thinking

10 Tips for Successful Public Speaking...

1. Practice, Practice, Practice (VOC is a great place to do it)
2. Speak from personal experience
3. Voice Intonation & Vocal variety
4. Body Language (helps to strengthen your message)
5. Speak with honesty, integrity & dignity
6. Open to learning
7. Practice with your mentor prior to delivering your speech
8. Constructive Feedback
9. Have goals & celebrate as you achieve them
10. Have Fun & Enjoy!

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A Toastmaster's Promise

As a member of Toastmasters International and Voices of Change, I promise...

- To attend club meetings regularly
- To prepare all of my speech and leadership projects to the best of my ability, basing them on projects in the *Competent Communication*, *Advanced Communication* or *Competent Leadership* manuals
- To prepare for and fulfill meeting assignments
- To provide fellow members with helpful, constructive evaluations
- To help the club maintain the positive, friendly environment necessary for all members to learn and grow
- To serve my club as an officer when called upon to do so
- To treat my fellow club members and our guests with respect and courtesy
- To bring guests to club meetings so they can see the benefits Toastmasters membership offers
- To adhere to the guidelines and rules for all Toastmasters educational and recognition programs
- To maintain honest and highly ethical standards during the conduct of all Toastmasters activities

Source: www.toastmasters.org

Resources

Toastrasters International

<http://www.toastmasters.org/>

District 2 – Western Washington

<http://d2tm.org/>

Testimonials from former Toastmasters members:

http://www.toastmasters.org/101_flier.aspx

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VOC Testimonials

“I tell anyone who will listen about the way this club operates splendidly on so many levels. Of course, I’m inspired by the shared leadership, self directed personal growth and compelling public speaking that is modeled there. What makes this particular club very exciting is that the participants come together with others in shared purpose to improve their speaking skills related to promoting racial social justice. This model together with this purpose will help make change for the better a reality in the City of Seattle.”

Darlene Flynn

“I’d heard of Toastmasters for a long time and, I’d often thought that I should join... When the Voices of Change Toastmasters started up, I attended a couple of meetings and found it very different. First of all, it wasn’t tedious. People were getting involved, not just for self-improvement, but to become more effective voices in the work to eliminate institutional racism. This brings purpose and passion to the meetings and I find myself of the edge of my seat, listening to speeches and participating in the table topic discussions....as we overcome our fears and work on improving our skills together.”

Bruce Flory

“... I felt like my small amount of experience with VOC is already paying off.”

Patty Breidenbach

“Find here the voices of hope, justice and compassion. Find here ordinary citizens whose voices are never neutral... Indeed, we are the Voices of Change.”

Eddie Ferrer

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Quotes to keep in mind as we share this journey together...

“Never doubt that a small group of committed citizens can change the world; indeed, it’s the only thing that ever does.”
~Margaret Mead

“The ultimate measure of a man is not where he stands in the moments of comfort and convenience, but where he stands in time of challenge and controversy.”
~Martin Luther King, Jr.

“Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness that most frightens
us...”
~Marianne Williamson

“Neutrality helps the oppressor, never the victim.
Silence encourages the tormentor, never the tormented.” ~ Elie Wiesel

“You don't have to be great to start, but you have to start to be great.” ~ Zig Ziglar

“ ...Any definition of a culture of peace must address the problem of achieving justice for communities and individuals who do not have the means to compete or cope without structured assistance and compassionate help.”
-- Mahnaz Afkhami

“Take into account that great achievement and great love involve great risk.”
-Dalai Lama

“Don’t wait for leaders. Do it alone. Person to person.”
-Mother Teresa

“You must be the change you wish to see in the world.”
Mahatma Gandhi

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