

TIPS FOR PUBLIC SPEAKING

- 1. Know your material**
- 2. Practice. Practice. Practice!**
- 3. Know the audience**
- 4. Adapt to your surroundings**
- 5. Connect**
- 6. Opening - middle - closing**
- 7. Realize that people want you to succeed**
- 8. Don't apologize**
- 9. Get feedback**
- 10. Gain experience**

One of the best ways to improve public speaking skills is to practice. The best place to practice is at a Toastmasters meeting. There are several options in the Red Deer area: For morning people there is Sunrise Toastmasters, for evening folks there is Kitowin Toastmasters. (More info Below). There are also clubs in Sylvan Lake, Innisfail and Stettler.

The web site for Toastmasters International is:

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

Sunrise Toastmasters meet every Tuesday of the year (except following long weekends) at 7:00 a.m. Meetings are over at 8:15 sharp so attendees can get to work. 40 Holmes Street - one block west of the north Canadian Tire.

Kitowin Toastmasters would meet on the first and third Wednesdays of each month at Sunnybrook United Church at 7:30 p.m. In addition they have a dinner meeting at ABC Country restaurant on the fourth Thursday. Dinner is optional and starts at 6:15, the regular meeting is at 7:30.