



CAN YOU STAND UP  
SPEAK UP  
SHUT UP  
AT THE RIGHT TIME?

*Don't worry*

Visit a Toastmasters Club

- GAIN:**
- *Effective Self Expression*
  - *Confidence in Speaking*
  - *Improved Career Prospects*
  - *Leadership Training*

**TOASTMASTERS CAN HELP**

Visit your local Toastmasters Club and begin improving your communication skills today.

For more information contact:

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