

# How Confident Are You?

Do butterflies attack your stomach whenever you're asked to speak before a group? Can you confidently express your thoughts and ideas?

Whether you're speaking to an audience of one or one thousand, Toastmasters can help you do it clearly and confidently. At home or on the job, Toastmasters will give you the confidence you need to get ahead.

Visit a meeting and see what Toastmasters training can do for you!

