

*Don't
stay alone
in
your
comfort
zone!*



*Let Toastmasters help you
break out of your shell!*

Having to make a presentation to your co-workers. Getting called on to answer a question in a meeting. Being stopped by your boss in the hallway.

All of these situations can cause high amounts of anxiety, especially if you're not comfortable thinking and speaking on your feet.

Visit our next meeting and learn how membership in Toastmasters can help you stretch your wings!

