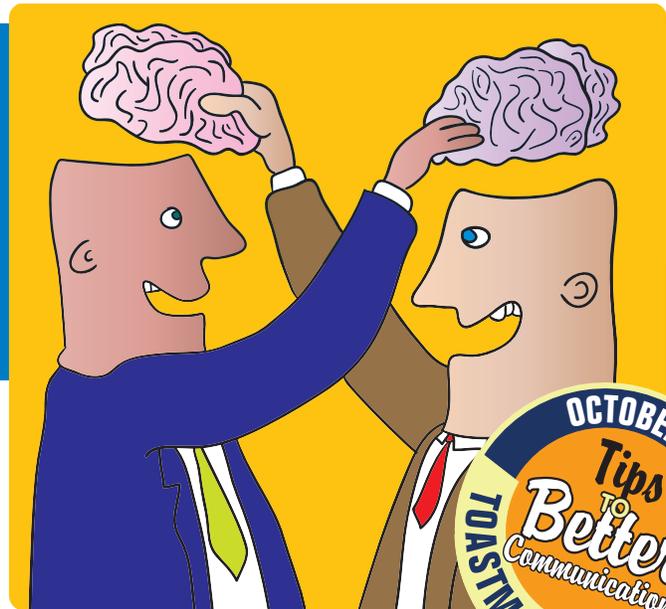


<sup>second</sup>  
What's the smartest thing to do when you *think* you aren't a very good speaker?

**Get Feedback.** Because others most likely think otherwise! Don't let your own belief get in your way. Get out of your head!



## Here are some tips for effective feedback – provided by your Oakville area Toastmasters clubs

One of the strengths of the Toastmasters International Communication Program is its focus on learning how to give feedback to others. Here are a couple of guidelines for giving effective feedback.

- **Focus on the positive:** Point out the positives, even if the “only positive” was the person got up and spoke - *because to some that can be everything*. By hearing what worked the speaker feels encouraged to try again.
- **Keep the improvements to a minimum:** Most often even a seasoned speaker can improve something. For most of us, if there are a lot of areas that need attention, point out one or two only, with a suggestion on how to improve. People can only focus on so many things, and being given too many will only frustrate and prevent the person from trying again. Usually, when a person improves in one area it can positively effect other areas as well, including the motivation to continue.

*...oh yes, what's the smartest thing to do to becoming a better speaker? Join Toastmasters, of course!*

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Find out how to improve your communication skills by visiting a Toastmasters Club.

TrafalgarToastmasters.org  
GlenAbbeytm.freeiz.com  
FirstOakvilleToastmasters.org



You are invited to attend up to **3 meetings FREE** as our guest.  
**Join ANYTIME** during the year.

**Toastmasters.org**



Toastmasters International is a non-profit organization comprised of over 13,000 clubs in 116 countries. October has been proclaimed “Toastmasters Month” in Oakville by Mayor Rob Burton.

Where leaders are made