



CARDIFF TOASTMASTERS Information Pack



Welcome to Cardiff Toastmasters

This is an overview of how Cardiff Toastmasters works and how you can join. If you would like regular updates on upcoming meetings, join Cardiff Toastmasters on Facebook and Meetup:

<http://www.facebook.com/CardiffToastmasters>
www.meetup.com/Cardiff-Toastmasters

Cardiff Toastmasters is part of the global speaking and leadership development community known as Toastmasters International: <http://www.toastmasters.org/>

The local page for Cardiff Toastmasters can be found at <http://cardifftoastmasters.toastmasterclub.org>

Reasons to Join Cardiff Toastmasters

1. You can learn to overcome your fear of public speaking.
2. You can increase your confidence when presenting to an audience.
3. You can prepare for a specific event such as a wedding speech or work presentation.
4. You can develop effective communication and leadership skills.
5. It's a great way to meet new and interesting people.

At Cardiff Toastmasters, you can build your speaking confidence in a friendly and supportive environment, with absolutely no pressure, at a pace that you are comfortable with.

How to Join

Simply complete the Toastmasters application form online (click the Sign Up button at <https://www.facebook.com/CardiffToastmasters>) or the paper form at the end of this document and hand it or email it to our Treasurer, Kristian Clement (contact details below).

Fee's

Membership costs £8.50 per month (£51 for 6 months). Additionally, there is a one off joining fee of £25 which covers the cost of entering into the Toastmasters educational program. As a new member, you will be signed up until the nearest membership renewal date (end of March/end of September). The fee will therefore depend on which month you join:

| October/April | November/May | December/June | January/July | February/August | March/September |
|-----------------------|--------------------------|-----------------------|--------------------------|-----------------------|------------------------|
| £51 (6 months) | £42.50 (5 months) | £34 (4 months) | £25.50 (3 months) | £17 (2 months) | £8.50 (1 month) |

Account name: Cardiff Toastmasters
Account Number: 30784249
Sort code: 20-84-41

Feel free to contact our Treasurer, Kristian Clement (contact details below) if you have any questions regarding the forms or fee's.

When and Where?

We meet on the first and third Wednesday of the month from 6.45pm for a 7.00pm start. The meeting will end at 9.30pm. Our meetings are held at:

Quaker Meeting House, 43 Charles Street, Cardiff City Centre, CF10 2GB.

Club Meetings

Club meetings are carefully structured to provide opportunities for all members to gain experience in many different speaking roles, but also in the evaluation of speeches and other roles which are collectively called 'Leadership Roles' e.g. toastmaster, grammarian, time keeper, ah counter.

What Happens When I Join?

You will get access to Pathways on the Toastmasters International website (<https://www.toastmasters.org>). There you can select the Pathway you wish to work on, access all of the learning materials and track your progress.

What is Pathways?

Pathways is the educational program of Toastmasters. When you join Toastmasters, you can choose one of the ten provided Pathways, each tailored to develop specific competencies e.g. presentation skills, leadership, coaching. Projects within a Pathways often involve giving a speech or evaluation, or taking on particular leadership roles during the meeting. You can contact our VP of Education, Nadeem Khan (contact details below) if you have any questions regarding Pathways.

Evaluation

One of the great advantages of being part of a Toastmasters club is that almost everything we do is evaluated by a fellow club member, even the evaluations! These evaluations, which are given in a constructive and helpful way, enable us to improve our public speaking and leadership skills.

Mentoring

Both formal and informal mentoring is practiced in the club. When you join, you can be assigned a mentor who can walk you through the details of the club and explain how the Toastmasters system can be tailored to help you to achieve your personal public speaking goals. At any point during your membership, you can ask for additional mentoring to achieve specific goals by speaking with David Florentin (contact details below).

GDPR Compliance

Our club and Toastmasters International is keeping your personal data secure and uses it only for the purpose of running the club and organisation. To find out more about the GDPR compliance of our club, go to <https://docs.google.com/drawings/d/1aO9SJmCin0-9K2flE0FoUMdmrOrXWBiMHbH2hIGrcdk/edit?usp=sharing>

Other Clubs Nearby

As explained above, Cardiff Toastmasters is part of a large international organisation called Toastmasters International. In Wales, there are currently two other clubs, all being relatively close to Cardiff. These are:

1. [Valleys and Vale Speakers](#) (Pontyclun) - Meet 2nd and 4th Tuesday of the month, 7pm start.
2. [Voice of Wales](#) (Usk) - Meet 2nd and 4th Thursday of the month, 7:30pm start.
3. [Wye Knot Speakers](#) (Chepstow) - Meet every second Wednesday, 7:15pm start

You are welcome to visit these (or any other Toastmasters club) to experiment with giving speeches in a different environment and to a different audience.

More Information

If you require any further information, please do not hesitate to contact any of the committee members (contact details below).

Committee Members

President: Fero Hajnovic, 07731514947, ferohajnovic@gmail.com

VP of Education: Nadeem Khan, 07397152468, nadeemtarikhalekhan@hotmail.co.uk

VP of Membership: Nick Willmore, 07538537575 drngwillmore@gmail.com

VP of Public Relations: Simon Lellouche, 07392538657, sim.ℓellouche@gmail.com

Treasurer: Kristian Clement, 07542734535, kristianwilliamclement1@hotmail.com

Sergeant at Arms: Rachel Breen, rach.breen15@gmail.com

Area Director and Immediate Past President: Bindu Cardoza, 07812679322, bindufiona@hotmail.com

Mentoring: David Florentin, 07761584156, davidflorentin@yahoo.co.uk