



Have you ever wanted to improve your public speaking technique? Practice being in a leadership role? Become more comfortable speaking up in meetings? These are some of the skills that participants in the LifeBridge Health Toastmasters Club focus on in their monthly meetings. Toastmasters is an international organization with over 270,000 members in 148 countries that builds confidence and teaches public speaking skills.

Here at LifeBridge Health, our local chapter meets both online and in-person every first Tuesday. “It’s not just about public speaking to large groups but also in smaller settings like staff meetings,” says William Macsherry, vice president of public relations for LifeBridge Health Toastmasters Club and major gifts manager for LifeBridge Health Corporate Development. “Toastmasters can help you be able to think on your feet. It can help you sound polished, passionate and prepared. It also helps with your confidence level among your peers.”

During meetings, members give prepared speeches, provide and receive feedback from other members, take on leadership roles and participate in impromptu Table Topic sessions, answering themed questions without any preparation. “It’s a safe and welcoming place to practice on-the-spot speaking,” says Wendy Robinson, manager of academic and research programs at the Rubin Institute for Advanced Orthopedics, who serves as the chapter president for the LifeBridge Health club.

Robinson also serves as vice president of education for the group. One of her favorite parts of this role is guiding members through Pathways, a benefit of membership. Pathways is an online learning tool featuring over 300 practical workplace skills, including: interview preparation, online meeting management, leadership development, project management and conflict resolution.

Whether you are a beginner at public speaking, want to brush up on your skills in a friendly environment or just want to learn how to more effectively communicate in the workplace, Toastmasters is a great opportunity for LifeBridge Health team members.

“Toastmasters helps me refresh my skills in public speaking and build my confidence,” says Monique Boyd, life coach for the Project Connect Nurse Residency Program, part of the Education Resource Center at Sinai Hospital, and sergeant-at-arms for the Toastmasters Club. “You can also get ideas for how to lead a meeting, tips for impromptu speaking and practice how to give a constructive evaluation to your peers.”

Interested in finding out more about LifeBridge Health Toastmasters Club? Contact LBHToastmasters@lifebridgehealth.org for more information or to register.



HOT TIPS FOR PUBLIC SPEAKING

- Practice
- Take a pause between sentences
- Read the audience