



Virtual Vitality



You are virtually invited to attend

Toastmasters Online!

Join fellow Coogs as we develop our communication and leadership skills, resulting in greater self-confidence and personal growth.

Cougar Rhetoric, the new Toastmasters International Club at the University of Houston, meets every Tuesday from 12pm - 1pm online.

University of Houston staff interested in attending one of our online meetings can contact

Club President Russ Hoskens at rhoskens@central.uh.edu or 713-743-8003.

Cougar Rhetoric Club 7755635, District 56, Area O14
www.cougarrhetoric.toastmastersclubs.org/

FEAR OF PUBLIC SPEAKING

- **GLOSSOPHOBIA**

- **PHYSICAL SYMPTOMS**

Sweaty Palms, Nausea, Headache, Increased Heart Rate

- **LIMITING BELIEFS**

Embarrassment

Humiliation

Judgment

TOASTMASTERS

- **INTERNATIONAL PROGRAM**

358,000+ Members

143 Countries

16,800 Clubs

- **STEP-BY-STEP PROGRAM**

- **SUPPORTIVE ENVIRONMENT**

- **REASONABLE COST**

MY JOURNEY

- 1984
- 2014
- IMPROVED SKILLS
- GIVE BACK

COUGAR RHETORIC

- FEBRUARY 26, 2020 (CHARTERED)
- 30 MEMBERS
- HR TRAINING ROOM
- MARCH 24, 2020 (VIRTUAL)
- FUTURE

BENEFITS

- Supportive Environment (Safe place to fail)
- Practice, Practice, Practice (Desensitization)
- Fun Learning Environment
- Step-by-Step Program
- Reasonable Cost

GREATER SUCCESS

STEP 1: MAKE THE DECISION

STEP 2: BECOME A GUEST

STEP 3: BECOME A MEMBER

STEP 4: FIND YOUR VOICE

STEP 5: AMPLIFY YOUR VOICE