

Welcome

to the





This is what we stand for



Rampant Lions: Amsterdam, deathless courage

We provide a safe environment for all our members to learn and grow.



Blue: Loyalty and truth

We attend meetings regularly and give honest evaluations



Red Flanches: Learning

We improve public speaking and leadership skills



Gavel: The Toastmasters International symbol

We are a proud member of Toastmasters International



Trussel: Hospitality

We are committed to warmly welcome guests and treat them with respect



Lyre: Festivity and Rejoicing

We have social events and meet at the bar after meetings

Welcome by the President

Dear guest,

The Amsterdam Toastmasters Club (ATC) is the oldest Toastmaster Club in The Netherlands. We were chartered (= officially registered) at the Toastmasters International Organization in April 2002 and that gave us full access to all the learning material that Toastmasters International can offer. We provide the nourishing environment that is so important to develop your communication and leadership skills. Our logo represents exactly what we stand for. Have good look at it and see for yourself how we bring it into practice.

All our members contribute to the genial atmosphere in our club. Try out ATC and experience the methods and approaches we use to develop communication and leadership skills in a fun, rewarding way.

In this brochure we explain our vision and some basics behind membership and the club. We trust that you will share it with us, once you have had a taster of what we do and how we do it. Do not hesitate to contact us when you have any questions.

Best wishes

Peter Mestrum
President Amsterdam Toastmasters Club

CONTENTS

Organisation of Amsterdam Toastmasters	3
Frequently asked questions.....	3
ATC and TMI, What does it mean?	3
How can I join the Amsterdam Toastmasters Club?.....	3
What are the fees? What do they cover?	3
What do I get when I join the Amsterdam Toastmasters Club?	3
Do I need to have experience as a speaker or leader?	4
How often does the Amsterdam Toastmasters Club meet?	4
Where does the Amsterdam Toastmasters Club meet?.....	4
What is expected from a member?.....	4
Contact information	4

This Toastmasters club.

Organisation of Amsterdam Toastmasters

Toastmasters International provides a *communication track* and a *leadership track* to improve your communication and leadership skills. These programs are implemented by each individual Toastmaster Club and the success of a toastmaster club is dependent upon the active participation of its members.

Our members after winning in a club competition regularly go on to compete and win in higher international Toastmaster competitions. We even had a past member compete in the Annual Global Competition – that's the best from all 11,300 Toastmaster clubs in 90 countries!

Outside of the organisation our members have developed the skills and confidence to competently give presentations at work, give speeches at weddings and business seminars etc. One member who was terrified of talking in public when she joined gave an industry speech to 300 people in China after her 6th prepared speech!

Our meetings are set up such that at each meeting a member can do a speech, an evaluation or have a supporting role such as timer, or grammarian. This setup enables you to be active at every meeting and so develop your communication and leadership skills at the pace you wish. Every activity during a meeting can be considered as a learning opportunity. After our meetings we meet at the bar for a bit of socializing and camaraderie. This is an ideal situation to get to know your fellow Toastmasters from another perspective and gives you also the chance to evaluate your learning points in a more relaxed way. A lot of our members have become hooked to the meetings and gatherings!!

To make this all possible the officers team runs the club behind the scenes. Officers are also active members who focus develop their leadership skills simultaneously with their communication skills.

An officer team consists of seven members and is run by the president. All the officers can be contacted any time about "Toastmaster business". They have the answers to your questions, or they can point you to another toastmaster who can help you find the answers. There is always someone able and willing to help you.

Frequently asked questions

ATC and TMI, What does it mean?

TMI : The **T**oast**M**asters **I**nternational organization
Toastmasters International is the leading movement devoted to making effective oral communication a worldwide reality. It is a network of Toastmaster clubs to give people the opportunity to benefit from the communication and leadership programs developed by Toastmasters International

ATC : The **A**msterdam **T**oastmasters **C**lub

How can I join the Amsterdam Toastmasters Club?

Fill in the application form.

Pay your dues into the ATC bank account.

Once we have both form and fees we will register you at TMI. TMI will then send you your manuals and other new member material.

What are the fees? What do they cover?

There are two types of membership, Active and Less active. Active membership is Euro 110 and Less Active is Euro 75 per 6 months running April – Sept/Oct - March. This covers Toastmaster International half year dues, ATC half year room rent, ATC half year operational expenses. When you first join you will also need to pay Euro 17 one off payment to cover new member kit and registration with TMI.

ATC bank account details:

Amsterdam Toastmasters, Amsterdam

ABN Amro bank: 42.32.59.857. Include your name and reason for payment in memo line.

What do I get when I join the Amsterdam Toastmasters Club?

- An enthusiastic group of people that share your goals of improving public speaking and leadership skills, who will help you towards these goals.

And also:

- Access to all our learning material: educational sessions, manuals, knowledge already built up by your fellow members.
- Membership at Toastmasters International and easy access to other Toastmaster clubs
- Monthly magazine "Toastmaster" with tips, tricks, and stories for public speaking and leadership
- Access to contests where you will meet Toastmasters of other clubs and challenge them in a sportive environment.

What will I get from following a Toastmaster program?

You will:

- Learn to communicate more effectively
 - Become a better listener.
 - Improve your presentation skills
 - Increase your leadership potential
 - Become more successful in your career
 - Build your ability to motivate and persuade
 - Reach your professional and personal goals
 - Increase your self confidence.
-

Do I need to have experience as a speaker or leader?

No, our club is open for both new and advanced speakers/leaders. That is the strength of our club. New members gain because they learn from advanced members; advanced members gain because they review the Toastmasters approach from a different angle. A win-win situation for both.

How often does the Amsterdam Toastmasters Club meet?

The Amsterdam Toastmasters Club meets every 2nd and 4th Friday of the month. Meetings run from 19:30 till 21:30, but you are asked to arrive at least 15 minutes early so that we can start the meeting at 19:30 promptly.

Where does the Amsterdam Toastmasters Club meet?

We meet in the Amsterdam Hilton hotel, Apollolaan 138, Amsterdam.

What is expected from a member?

The success of a Toastmaster club and the effectiveness of its educational programs is highly dependent upon the active participation of its members.

Once elected to membership, the new member is entitled to all rights and privileges of the Club, and new members, as well as all members, share in its responsibilities.

These include:

- to give at least 1 prepared speech per quarter.
- to organise or help organise one of the the bi-annual club competitions or the annual club dinner or other formal and informal events throughout the year.
- support the Club's purposes
- share their knowledge and experience with fellow members
- attend meetings regularly (at least 30% of the meetings)
- prepare fully for each assignment
- apply themselves to the program outlined in the Toastmasters manuals
- participate in Club activities
- evaluate others in a positive, constructive manner
- build open, friendly relationships with fellow members
- bring other new members into the Club so they can also gain the benefits of Toastmasters.

Contact information

Questions about the Amsterdam Toastmaster Club and Toastmasters International can always be addressed to any member when you are in a meeting. Alternatively you can always contact one of the officers:

President	Peter Mestrum	☎ 06 - 4550 5054 ✉ Peter.mestrum@tiscali.nl
VP Education	Jeroen van Nes	☎ 020 - 659 8355

		✉ jvnes@hotmail.com
VP Membership	Tara Philips	☎ 06 - 55107189 ✉ t_d_phillips@hotmail.com
VP Public Relations	Denise Janssen	☎ 06- 2188 3224 ✉ denise.janssen@tiscali.nl
Secretary	Vacant	☎ ----- ✉ -----
Treasurer	Stephen Windle	☎ 06 - 5366 4321 ✉ stephen.windle@gmail.com
Sergeant at Arms	Hans Vendel	☎ 06 - 5137 8280 ✉ HansVendel@hetnet.nl

Remember: every member was once a first time guest, just like you, so do feel free to ask questions.

Website for Toastmasters International:

www.Toastmasters.org

Website for ATC and other clubs in the Netherlands:

www.Toastmasters.nl