



Worried about public speaking?

If you are, you shouldn't feel alone. Fear of public speaking outranks fear of death, according to a survey reported in *The Book of Lists*. Yet we all know that with strong communication skills you have a clear advantage over your colleagues — especially in a competitive job market. Do you want to improve your speaking skills? Get involved with Toastmasters International. Toastmasters is an international organization for people who are looking to improve their communication skills.



Participating in Toastmasters helps you lose the fear of public speaking and learn skills that will help you be more successful. You'll be a better listener. You'll easily lead teams and conduct meetings. You'll comfortably give and receive constructive evaluations. You already have some or all of these skills. In Toastmasters, you'll enhance them. Please check our web site to find a local meeting. Stop by to check it out.

And save the butterflies for a summer day.

www.toastmasters.org/mbta

www.cayennestudio.com

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