

GREATER NEWARK AREA TOASTMASTERS CLUB (GNAT)

District 18 – Division A – Area 12 – Club 1833



Guest Packet

Meetings are held on the 1st & 3rd Wednesday of each month

6:30PM – 8:30PM Eastern Time

Hybrid meetings—in person and Zoom

Christiana Hospital - Room 1100
4755 Ogletown Stanton Road, Newark, DE 19718

Toastmasters International Website: www.toastmasters.org

Greater Newark Area Toastmasters Website: gnat.toastmastersclubs.org

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Welcome!

WELCOME to this meeting of the Greater Newark Area Toastmasters (GNAT) Club. The officers and members sincerely hope your visit to our club will be a pleasant experience.

In the **GNAT Club** and in general, the people you'll meet come from various professions or businesses, social positions, and backgrounds. Some will just be beginning their careers, while others will already be established in their work. This diversity of backgrounds and interests has proven to be one of the significant advantages of Toastmasters membership. The only prerequisite for membership is that you must be at least 18 years of age.

During this meeting, we will show you how our members learn to express their thoughts, ideas, and opinions while developing their leadership potential through an enjoyable yet thoroughly professional educational program. The best way to learn is by doing, and that's just how Toastmasters work.

We hope this handout will be helpful to your understanding of Toastmasters International, and the Greater Newark Area Toastmasters Club. This handout is yours to keep, and we hope that you will share it with someone else that you think may be interested in Toastmasters.

Again, we are pleased you chose to visit our club, and we invite you to relax and enjoy the experience of the Toastmasters Communication and Leadership Program.

If you have questions, please contact any of the officers listed on the last page of this packet.

What is Toastmasters?

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colorado, the organization's membership is approximately 280,000 in more than 14,700 clubs in 144 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

Our **mission** is to empower individuals to become more effective communicators and leaders.

Our **core values** are:

- Integrity
- Respect
- Service
- Excellence

Our **Envisioned Future** is to be the first-choice provider of dynamic, high-value, experiential communication, and leadership skills development.

Why Join Toastmasters?

With Toastmasters, the learning never stops! Join Toastmasters and you will:

- Improve your public speaking skills
- Build leadership skills
- Maximize your potential
- Enjoy unlimited personal growth
- Work on networking in a small and supportive environment
- Practice writing speeches and presenting in a group setting
- Gain a competitive advantage in the workplace
- Build self-confidence and self-awareness

Benefits of Toastmasters Membership

The Benefits of Toastmasters Membership

Build a Better You

Are you looking for a fun way to improve your communication and build skills to help in your career? Toastmasters allows you to engage with people who share similar interests to you in a supportive and comfortable setting. Here's just a few of the many benefits you'll see as a Toastmaster.



Improve your public speaking skills



Build leadership skills



Gain self-confidence and self-awareness



Work on networking in a small and supportive environment



Practice writing speeches and presenting in a group setting



Receive regular and constructive feedback from peers with similar interests as you



Gain a competitive advantage in the workplace



Access to the Pathways learning experience, which is an education program that allows you to leverage over 300 practical workplace skills, including:



Enjoy unlimited personal growth

- » Interview preparation
- » Online meeting management
- » Leadership development
- » Project management
- » Conflict resolution



Maximize your potential

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. The organization's membership is approximately 270,000 in more than 14,200 clubs in 148 countries. Members pay international dues of \$60 USD every six months, plus a new member fee of \$20 USD. With Toastmasters, the learning never stops. To learn more, visit toastmasters.org/About.



Features, Benefits and Value



FEATURES, BENEFITS AND VALUE

Features	Benefits	Value to the Individual	Value to the Organization
▶ A self-paced program	▶ Flexibility	▶ Unlimited personal growth	▶ Employee goal achievement
▶ Speech writing and presenting	▶ Critical thinking ▶ Effective presentation delivery	▶ Clear communication ▶ Confidence	▶ Effective employee communication ▶ Better leaders
▶ Weekly interactive meetings	▶ Ongoing experience ▶ Overcoming fears	▶ Skill reinforcement	▶ Improved morale ▶ Enhanced performance
▶ Table Topics®	▶ Thinking quickly	▶ Self-confidence	▶ Better customer communication
▶ Evaluations	▶ Keen listening skills ▶ Constructive feedback	▶ Increased self-awareness ▶ Positive mentoring	▶ More productive teams
▶ Participation in meeting roles	▶ Ease in front of a group	▶ Improved leadership skills	▶ Effective meetings
▶ Opportunity to conduct meetings	▶ Time management skills ▶ Self-confidence and poise	▶ Effectively lead meetings	▶ Increased productivity
▶ Small groups	▶ A supportive environment ▶ A positive atmosphere	▶ Relationship-building	▶ Better teamwork ▶ Improved retention
▶ Opportunity to fulfill officer roles	▶ Leadership development opportunities	▶ Leadership growth ▶ Career advancement	▶ Better leaders
▶ Affordable dues	▶ Cost effectiveness	▶ Positive return on investment	▶ Positive return on investment

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What is Pathways?

The Pathways learning experience is Toastmasters' education program. This multi-language online learning tool allows you to leverage over 300 practical workplace skills. Paths are centered around five core competencies:

1. Public Speaking
2. Interpersonal Communication
3. Strategic Leadership
4. Management
5. Confidence

As of this writing, there are 11 Paths that members can choose from. The graphic on the next page shows how each Path aligns with the five core competencies listed above.

1. Dynamic Leadership
2. Engaging Humor
3. Motivational Strategies
4. Presentation Mastery
5. Persuasive Influence
6. Visionary Communication
7. Effective Coaching
8. Innovative Planning
9. Leadership Development
10. Strategic Relationships
11. Team Collaboration

Sometime in 2024, Toastmasters International will limit new sign-ups to the following six paths:

1. Dynamic Leadership
2. Engaging Humor
3. Motivational Strategies
4. Presentation Mastery
5. Persuasive Influence
6. Visionary Communication

Toastmasters who are already working on any of the five discontinued paths will be able to continue doing so.

Paths and Core Competencies



Paths and Core Competencies

The Toastmasters Pathways learning experience was developed around the five core competencies identified by the Board of Directors.

FIVE CORE COMPETENCIES

It is important to note that each member using Base Camp will have the opportunity to select from many electives to extend their learning. With the addition of electives, members have the flexibility to cover all core competencies within each path.

1
PUBLIC SPEAKING

2
INTERPERSONAL COMMUNICATION

3
STRATEGIC LEADERSHIP

4
MANAGEMENT

5
CONFIDENCE

Confidence is unique because it cannot be taught, but is gained in every path.

11 PATHS

The primary core competencies represented in each path are listed in order of emphasis next to the path name.

	Dynamic Leadership <i>Build strategic leadership and conflict resolution skills</i>	1 2 3 5
	Effective Coaching <i>Build interpersonal communication, leadership, and coaching skills</i>	1 2 4 5
	Engaging Humor <i>Build public speaking and speech writing skills</i>	1 5
	Innovative Planning <i>Build creative project management and communication skills</i>	1 4 2 5
	Leadership Development <i>Build communication and leadership skills</i>	1 2 4 5
	Motivational Strategies <i>Build motivational leadership and communication skills</i>	1 2 3 5
	Persuasive Influence <i>Build skills to lead in complex situations</i>	1 3 2 5
	Presentation Mastery <i>Build public speaking skills</i>	1 5
	Strategic Relationships <i>Build networking, leadership, and communication skills</i>	1 2 3 5
	Team Collaboration <i>Build collaborative leadership skills</i>	1 4 2 5
	Visionary Communication <i>Build innovative communication and leadership skills</i>	1 3 2 5

Cost and How to Join

Are you ready to join?

- Members pay Toastmasters International dues of \$60 USD every six months, which can be paid on www.toastmasters.org.
- There is a one-time new member fee of \$20 USD.
- There is also a cost of \$10 USD every six months to help cover GNAT's costs. That fee is paid via a check made out to GNAT or by credit card; contact the Club Treasurer to make a credit card payment.
- The membership application is available on the Toastmasters International site at <https://www.toastmasters.org/resources/membership-application>.

Examples:

- As a new member, the total cost for the first six months is \$90 (\$60 + \$20 + \$10).
- After that, the ongoing cost is \$70 (\$60 + \$10) every six months.

As a New Toastmaster

When you join, you will be assigned a mentor, who will be there to answer any questions you have and help guide you on your journey to personal and professional growth. Any other experienced member or club officer will help if your mentor is unavailable. GNAT encourages guests to visit several club meetings before deciding whether to become a member.

For more information about Toastmasters International, visit the website at www.toastmasters.org.

GNAT

Introduction to GNAT

Our club's mission is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Our Toastmasters club, based in Newark, Delaware, USA, was founded in 1955. We are a hybrid club that meets on the 1st and 3rd Wednesday of each month at Christiana Hospital in room 1100 (4755 Ogletown Stanton Road, Newark, DE 19718) and on Zoom from 6:30PM to 8:30PM Eastern Time.

For more information about our club, please feel free to visit our website at gnat.toastmastersclubs.org.

We're also on social media:

- **Facebook:** Greater Newark Area Toastmasters
(<https://www.facebook.com/GreaterNewarkAreaToastmasters>)
- **YouTube:** GNAT Toastmasters
(<https://www.youtube.com/channel/UCQQ1pv4w-FLHAOINPBpT-PQ>)

GNAT Meeting Roles

The **Sergeant-at-Arms:**

- Calls the meeting to order
- Introduces the Club President

The **Club President:**

- Welcomes members and guests
- Asks guests how they found GNAT and why they are interested in Toastmasters
- Shares announcements and club business
- Introduces the Toastmaster of the Day
- Thanks guests for attending and asks for their thoughts about the meeting
- Gives any closing remarks and adjourns the meeting

The **Invoker** shares a poem or other inspirational thought. *If you are new to Toastmasters and are nervous about speaking in front of a group, filling this small but important role is a great way to build confidence!*

The **Toastmaster of the Day (TMOD)**:

- Sets the direction of the meeting, creating an atmosphere of interest, expectation, and receptivity
- Calls on fellow Toastmasters to explain their volunteered meeting roles
- Introduces the speakers and General Evaluator
- Presents awards for Best Table Topic and Best Evaluator

The **Ah Counter** counts filler words such as “ah,” “um,” “er,” “you know,” “so,” “actually,” etc. that members and guests use during the meeting and provides feedback at the end of the meeting.

The **Grammarian** listens for grammatical errors, mispronunciation of words, and incorrect word usage. The Grammarian is also responsible for and introduces the **Word of the Day**, which all members and guests are encouraged to use throughout the meeting. Whenever the Word of the Day is used during the meeting, everyone acknowledges it by knocking on the table.

The **Listener** listens carefully throughout the meeting for interesting tidbits of information from everyone and then quizzes the group on who said what! This is fun and tests the listening skills of everyone in the audience.

The **Timer** times all prepared speeches, Table Topics, and evaluations. The Timer shows a green light or card when the speaker meets the minimum time requirement, a yellow light or card at the midpoint, and a red light or card to let the speaker know that he/she has 30 seconds to wrap up before reaching the maximum time.

The **Speakers** give prepared speeches based on the Path and project they are working on.

The **Joke/Table Topics Master** shares a joke with the audience and then leads the group through Table Topics, which are short (1-2 min) impromptu/extemporaneous speeches without advance preparation. Table Topics help participants develop confidence, show creativity, and practice quick thinking that’s often needed in everyday situations.

The **General Evaluator (GE)**:

- Leads the evaluation portion of the meeting
- Introduces the speech evaluators
- Calls for reports from the Ah Counter, Grammarian, and Listener
- Provides an evaluation of all aspects of the meeting

The **Evaluators** provide positive and constructive feedback to help the Speakers gain confidence and improve their skills. Evaluations are an essential and significant part of the Toastmasters program.

The **Ballot Counter** counts the votes for Best Table Topic and Best Evaluator. This role is typically filled by the Sergeant-at-Arms.

A Typical GNAT Meeting Agenda

“Meaningful Moments”

Wednesday, August 7, 2024

Open the meeting

Sergeant at Arms calls meeting to orderCarmen Lee Pow
President welcomes members and guests.....Kathy Smart-Preston
Inspirational thought (1-2 minutes)....Lauren Hansen on behalf of Lorie Found

President Introduces Toastmaster of the Day

Toastmaster of the Day (TMOD)Carmen Lee Pow

TMOD Calls on Meeting Roles (see descriptions on page 2)

Ah-CounterPhilip Fontenelle
Grammarian.....Philip Fontenelle
Listener.....Lauren Hansen
Timer.....Young Oratorio
Jokemaster/Table TopicmasterSandy Bowman
Ballot Counter.....Carmen Lee Pow
General Evaluator.....Jacinta Fontenelle

Toastmaster Introduces Speakers

First Speaker (5-7 minutes)Dr. Cheryl Wood
Round Robin EvaluationAll members & guests
Second Speaker (5-7 minutes).....Maurice Gray
Third Speaker (5-7 minutes).....Andrea Powell
TMOD calls for Timer's reportYoung Oratorio

TMOD Introduces Jokemaster & Table Topicmaster

Joke and Table Topics sessionSandy Bowman
TMOD calls for Timer's reportYoung Oratorio
Vote for Best Table Topic.....All members & guests

TMOD Introduces General Evaluator (GE)

General Evaluator.....Jacinta Fontenelle
Dan McKenney evaluates Maurice Gray (2-3 minutes)
Lauren Hansen evaluates Andrea Powell (2-3 minutes)
GE calls for Timer's reportYoung Oratorio
Vote for Best Evaluator (if at least 3 evaluators).....All members & guests

GE calls for reports

Jacinta Fontenelle
Ah-CounterPhilip Fontenelle
Grammarian.....Philip Fontenelle
Listener.....Lauren Hansen

GE evaluates the meetingJacinta Fontenelle

TMOD presents awardsCarmen Lee Pow
President presents club businessKathy Smart-Preston
VP Education fills next meeting's agenda.....Lauren Hansen
Sergeant at Arms adjourns the meetingCarmen Lee Pow

GNAT Club Officers for 2024-2025

President – Kathy Smart-Preston

Email: president-1833@toastmastersclubs.org

VP Education – Lauren Hansen

Email: vpe-1833@toastmastersclubs.org

VP Membership – Carmen Lee Pow, DTM, PDG

Email: vpm-1833@toastmastersclubs.org

VP Public Relations – David Hayden

Email: vppr-1833@toastmastersclubs.org

Secretary – Mithun Nahak

Email: secretary-1833@toastmastersclubs.org

Treasurer - Andrea E. Powell, DTM

Email: treasurer-1833@toastmastersclubs.org

Sergeant-At-Arms – Carmen Lee Pow, DTM, PDG

Email: saa-1833@toastmastersclubs.org

Immediate Past President – Jacinta Fontenelle

Email: ipp-1833@toastmastersclubs.org