



GOOD TRAINING

By LYNNE KOBUS

Roll over. Play dead. Jump up. Speak. Sit. Treat time.

No, I'm not putting the dog through her paces. It's my mind on alert, a little nervous, a bit stressed. It's before, during, and after my speech.

Let me translate. Roll over (Maybe they won't notice me and forget I'm here.). Play dead (Dead people can't speak.). Jump up (They're clapping. I can't back out now.). Speak (Wow! This is going fine.). Sit (Whew! They liked it. I liked it. I feel great! I did it!). Treat time (Pat myself on the back.).

Almost everyone is nervous speaking in front of a group. Even seasoned speakers get the jitters. So see; you already do what most good speakers do. It proves it. You're a natural.

Since you already have the nervous part down pat, come to a Toastmasters meeting. Hear some seasoned and not-so-seasoned speakers and maybe give it a try yourself.

The first time you attend a Toastmasters meeting, you can choose to just listen. Or you can try a Table Topic. Or give your comments on what you thought of the meeting at the end.

Hopefully you will join us at the Renfrew Toastmasters. You are probably thinking, "I can't speak in front of a group." Anyone can be trained to speak in front of a group. Your dog doesn't know that he can roll over, play dead, jump up, speak, and sit until you train him.

Toastmasters is great training. It will bring out the speaker in you and train you to do something you already can do – Speak.

Renfrew Toastmasters will meet again the Monday after the Renfrew Fair, September 12, in the common room at 236 Hall Avenue East at 7PM.

For more information on Toastmasters call Lynne Kobus at 432-7557 or Fran Watson at 649-2950.