

## **Welcome to Sunrise Toastmasters**

### **Mentor Starter Package Program**

**The club meets every 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Wednesday of the month at 7:30am**

Please read over this starter packet. It explains several parts of how we run our meetings since clubs may vary in practices. If you have any questions please ask any Sunrise Board Member, their contact information is available through the following links:

**Web Page [Sunrise Toastmasters Board Members](#)**

**Turbobase - [Meeting Information Page](#) (account must be created)**

After Toastmasters International accepts your application, you will automatically receive 2 booklets through the US Mail:

**1. Competent Communication – Used for speeches**

**2. Competent Leadership – Used for other tasks within the club**

Our club currently has a mentor program. The board selects a qualified member to work with you one-on-one; we found this to be very helpful with the development of both the mentors and the mentees.

A mentor should be assigned to you within the first 2 months, which usually consists of 4 meetings. If you are not contacted within this time frame, please see the president of the club and they will direct you to the appropriate person.

### **Competent Communication Booklet**

This booklet is set up with 10 different speech requirements. As you grow through the book you will learn how to use different expressions, vocal variety and confidence to communicate with anyone.

**Tip:** Your first speech is the Ice Breaker Speech

This speech should always be about you. Where you were born? Do you have any siblings? Did you play sports in high school? If you're married, how did you meet your spouse? Did you go to college? What is your profession? These are a few ideas you can use.

The opening and closing of your speeches are very important. Try your best to capture the audience's interest.

### **Competent Leadership Booklet**

This booklet is set up with 10 different projects. Within each project there are tasks required for completing the booklet. Please review this prior to signing up for any roles. This will allow you to progress through the projects with ease.

**We can't wait to get to know you!**