Improving Public Speaking Through Toastmasters and Beyond

Successful presentation is an integral element of practice in our field. (Thistle, M., 2017) In medical practice, these skills are often expected to present the data, findings, and conclusions. (Khare, S. 2010, August 2) These skills are often not taught in our formal education, which may lead to gaps in the development of these skills. (Schwabish, J. A. 2017) The success of the program and Carilion Clinic’s club is regional, and national level.

Toastmasters is a non-profit educational organization that offers a multi-level program to help develop the skills and confidence needed for effective presentation. (Ferron, Deb.) Toastmasters is a great resource for individuals to develop the skills and confidence needed for effective presentation and delivery techniques. Toastmasters and evidence-based resources that can be used for your own development or shared with your colleagues and learners. (Ferron, Deb.) Toastmasters and Beyond: Improving Public Speaking Through Toastmasters and Beyond. (2013, July 1).

Wadeable science and practical advice to help you succeed and critical errors to avoid. New York: Springer University Press.


Love the topic: The most captivating speakers are those who are passionate about their subjects and interested, and adopt your point of view.

Take a deep breath, make eye contact, and smile: If you are smiling and confident, it is likely that your audience is as well. (Ferron, Deb.)

Be aware of crutch words and strive to eliminate them before you get too many. Common culprits are “ah”, “um,” “so,” “well,” “like,” nervous laughter, and any other sounds that do not add meaning to the content you deliver.

Use good posture: Ensure good posture and use your body language to engage your audience. (Ferron, Deb.)

Visualize success and practice: Schedule time in your day to practice, just as you would any other appointment. (Ferron, Deb.)

Meetings occur on the 1st and 3rd Wednesdays of each month from 11:30am to 12:30pm at CRMH, visit the program website, and let your colleagues and learners aware of the program to help reach communication goals.

These are just a few of some basic tips and only the beginning of honing one’s presentation skills. Toastmasters is one way to begin to acquire presentation skills training. Toastmasters is a non-profit educational organization that offers a multi-level program to help develop the skills and confidence needed for effective presentation. Toastmasters and Beyond: Improving Public Speaking Through Toastmasters and Beyond. (2013, July 1). Toastmasters is one way to begin to acquire presentation skills training.

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