

Extreme Toastmasters  
#595201

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### **Extreme Toastmasters**

meets every  
Wednesday from  
6:15–8:15 p.m. in  
the residential  
building at 100 W.  
Chestnut, 2nd floor  
meeting space.

### Our **Mission Statement** is:

- To always be welcoming
- To take risks
- To have as much fun as humanly possible!

We're on the Web!

See us at:

[www.Extreme  
Toastmasters.com](http://www.ExtremeToastmasters.com)

## **improve** (*cont'd. from front*)

Robert McKee. I own both.

10. Read comics. (You remember comics don't you? Batman, Spiderman, Wonder Woman ...) Study how they use image and text. How can you apply those lessons?

11. Grab a book on how to storyboard, which is a technique used when making a film. Think about designing your message and slides in unison like this. Everything is laid out in front of you at once.

12. When you speak, imagine that you're talking to a group of friends. When you have to give a speech, it's simply your turn to talk to your friends. Learn to be the best version of you when you're presenting. That's always going to be a lot more interesting than a clone of somebody else like Brian Tracy or Tony Robbins.

13. Look for more audience time: Where else can you give speeches? Local Scout groups, Rotary clubs, the PTA are all options. The more you speak, the better you'll be.

14. Here's a controversial, scary idea: Do stand-up comedy. *Toastmasters* magazine once described stand-up comedy as "extreme sports for speakers." I guarantee one thing: If you do a few regular gigs, any public speaking fear you might have will rapidly diminish. I did it consistently for two years and then on and off for about three more. Doing stand-up raised the bar on fear for me.

15. Exercise your right brain. Do some paintings, doodle, and draw.

16. Play some music. If you can't play and instrument, pick up one you've always fancied learning and start.

17. Write poetry. Read some books on poetry and by poets, and give it a shot. It will help you use words more concisely and create images through your words. What better way to connect to an audience than by

creating the presentation slides in their minds?

18. Read comedy books and attend comedy classes, but be careful. Many of them teach comedy writing techniques such as the rule of three, which is like teaching you how to do the icing without teaching you how to prepare and bake the cake!

19. Take an improv class. Chicago has plenty to choose from; Second City, iO, The Annoyance Theater and ComedySportz. Most of them do summer classes for people not interested in pursuing comedy or improv full-time. Being able to think on your feet to get yourself out of mistakes or other tight spots is a must. It will also allow you to tap into your own creativity and sense of humor.

20. Go to the theater and watch a play. You might get inspired by the use of the stage set and the piece you watch.

21. Watch a movie, either on DVD or preferably at the cinema. Take note of how it opens and how fast you get to learn who the main characters are and what the story will entail. Your presentation needs to set up all its main ideas relatively quickly.

23. Go to a concert or to the Opera. Enjoy the whole spectacle of the event and work out if there's a way to harness those ideas in your presentation. Not that you're a performer like that, but sometimes a little theatricality won't go amiss.

24. Did I mention that you need to speak and speak often? Even if you are able to implement one or two of these tips, then your learning curve will decrease quite considerably. A version of this article originally appeared on my blog:

<http://prohumorist.com/blog>. (Yes, it's a cheap plug). ★