

# Free Special Event October 29th Sandy Hill Toastmasters Workshop

6:30PM-8PM



Do you feel stressed  
at the thought of  
speaking in public?

*Conquer your fear*

*Sandy Hill Toastmasters*

Monday evening  
6:30pm to 8:00pm  
Sandy Hill Community Centre (Boardroom),  
250 Somerset Street E. (just off King  
Edward by Ottawa University), Ottawa,  
Web: [sandyhill.freetoasthost.net](http://sandyhill.freetoasthost.net)

## Special Guest Craig Senior

Spending a lot of time preparing  
speeches?  
Have trouble assembling your ideas  
into coherent thoughts?  
Can't connect thought with paper?

**Finally, a solution...**

**5 Steps to Impact**

Helps you to consistently deliver simple,  
powerful presentations that provide value  
and impact to your audience.

Professional speakers and amateurs  
alike often describe this workshop as an  
eye-opener. It's simple, it's fast, it works!

**Craig Senior** is a professional speaker,  
consultant and writer. His light and  
entertaining style lets you know that it's  
fun and eas(ier) to prepare speeches..

**With Toastmasters  
you will grow as a speaker**