



This fall, take some time away from your desk and enrich yourself both personally and professionally through our "Lunch & Learn" Seminar Series

Impromptu Speaking & Take the Terror Out of A Talk

with **Adam Keller & Kerrie Phillips**

Tuesday, October 30th

@ 11:30 am in Training Room B

Does the idea of getting called on to speak in a meeting absolutely terrify you? Do you know how to manage your fear of speaking in front of an audience? This session will teach you how to keep your balance when speaking off-the-cuff, as well as tips to manage your nerves when speaking.

ABOUT OUR SPEAKERS: This session will be a tag-team presentation by two dynamic speakers. Adam Keller knows all about impromptu speaking. As a Chartered Retirement Planning Counselor (CRPC) with Ameriprise, he puts those skills to use on a daily basis. And when it comes to taking the terror out of talk, Kerrie Phillips is an expert. Professionally, she's a Senior Accounting Analyst with the Lennox International Tax Department. But in Toastmasters, we know her as our fearless club President, and a fearless speaker. Pick up tips and tricks from Adam and Kerrie that will change the way you approach your next speaking opportunity!

Seating is limited, and RSVPs are required!

Email rsvp@lennoxtoastmasters.com

Bring your lunch, bring a friend, and we'll see you there!