

It's not too late to take some time away from your desk and enrich yourself both personally and professionally through our

"Lunch & Learn" Seminar Series.

There are three more sessions left this fall. They are open to everyone, free of charge. **But seats are limited!** Email rsvp@lennoxtoastmasters.com with your name and the session(s) you'll be attending to reserve your spot today!



Building a Team & Delegate to Empower

with Sai Kumar & Angie Flinn

Thursday, October 25th
11:30am - Training Room A

More than any other skillset, today's world demands professionals with leadership skills. In this seminar, you'll learn the basics of what it takes to create and lead a team. We'll also address one of the most difficult tasks facing a leader: *delegation*. Learn how to effectively delegate tasks and responsibilities to the members of your team.

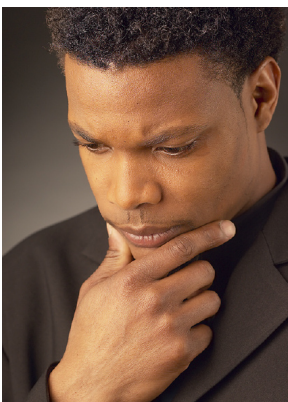


Impromptu Speaking & Take the Terror Out of A Talk

with Adam Keller & Kerrie Phillips

Tuesday, October 30th
11:30am - 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.



The Power of Ideas

with Matthew Fogel

Part 1 - Tuesday, November 6th
Part 2 - Tuesday, November 13th
11:30am - Conference Room 7003

Learn to become a more creative thinker in this two-part interactive workshop. Understand the basic principles of creative thinking and explore specific techniques that can make us all more effective at producing more effective ideas. Topics include: enhancing imagination, exercising the skill of hypothesizing, and creating ideas through brainstorming.

The Lunch & Learn Seminar Series is brought to you by Lennox International Toastmasters. These are not Toastmasters meetings or Toastmasters events; they are opportunities for our more advanced members to practice their speaking skills with longer presentations, and it's a chance for you to pick up all sorts of new information in a fun, informal setting. If you're interested in information about the benefits of Toastmasters membership, visit www.lennoxtoastmasters.com or visit our next meeting. We gather in the Lennox Learning Center every Wednesday from 12:05 - 1:00pm, and guests are always welcome!



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