Fact Sheet

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Englewood, Colorado, the organization's membership exceeds 300,000 in more than 15,800 clubs in 149 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

Founded
October 22, 1924

Updated Brand
August 17, 2011

Leadership

- Richard E. Peck, Acting International President
- Matt Kinsey, International President-Elect
- Morag Mathieson, First Vice President
- Radhi Spear, Second Vice President
- Daniel Rex, Chief Executive Officer

Benefits

- Clearer communication
- Improved leadership skills
- Enhanced teamwork
- Effective meetings
- Increased productivity
- Positive mentoring
- Complements existing training programs
- Cost effective

Number of Toastmaster Clubs

- Worldwide clubs: 15,800+
- U.S. clubs: 7,400+
- International clubs (not including U.S.): 8,400+

Types of Clubs

- Community (65.7%)
- Corporate (24.5%)
- Government agency (3.5%)
- College (3.3%)
- Other (3.0%)

Notable Corporate Clubs

- Amazon
- Apple
- AT&T
- Bank of America
- Boeing
- Caterpillar
- Cisco Systems
- Ernst & Young
- General Electric
- Google
- IBM
- Intel
- JPMorgan Chase
- KPMG
- Microsoft
- Oracle
- Pfizer
- Project Management Institute
- Siemens
- Tata Consultancy Services
- United Parcel Service (UPS)
- Verizon

Toastmasters Member Demographics

Gender distribution

- 54% female
- 46% male

Language

- 56.6% of members are multilingual

Career status

- 10.4% of members are students
- 60.9% work for private for-profit organizations

Level of education

- 78.1% of members have a bachelor's degree (4-year equivalent) or higher
- 39.1% of members have a master's degree or higher

The Worldwide Pioneer in Communication and Leadership Development

Toastmasters then… and now

Toastmasters International is a nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Founded in October 1924, the organization's membership exceeds 300,000 in more than 15,800 clubs in 149 countries. Each week, Toastmasters helps more than a quarter million people of every ethnicity, education and profession build their competence in communication so they can gain the confidence to lead others.

Toastmasters International Mission

We empower individuals to become more effective communicators and leaders.

Toastmasters International Envisioned Future

To be the first-choice provider of dynamic, high-value, experiential communication and leadership skills development.

Toastmasters International Values:

- **Integrity**
- **Respect**
- **Service**
- **Excellence**

Toastmasters Then

In 1924, Dr. Ralph C. Smedley held the first official Toastmasters meeting in a basement of the YMCA, in Santa Ana, California. Smedley began working for the YMCA after he graduated college. Observing that many of its patrons needed public speaking training, he decided to help them with a training format that was similar to a social club. At this first meeting, members practiced speaking skills in a supportive, informal atmosphere. The seedling club blossomed and by the 1930s the organization charted its first international club in Vancouver, Canada. In 1973, Toastmasters met an important milestone by opening membership to women.

Why name it "Toastmasters"? - During the early 1900s, the word "toastmaster" referred to a person who proposed the toasts and introduced speakers at banquets. Ralph C. Smedley coined the first group "The Toastmasters Club" because he thought it suggested a pleasant, social atmosphere.

And Now

Since 1924, Toastmasters International has evolved into a worldwide leader in communication and leadership development for men and women. Toastmasters membership has played a critical role in transforming the world of communication – by helping millions of people improve their personal and professional speaking and leadership skills.

9127 South Jamaica Street, Suite 400 | Englewood, CO 80112 | Phone: +1 720-439-5050 | **www.toastmasters.org**

Speaking and Leadership Tips from Toastmasters International

Feeling some nervousness before giving a speech is natural and even beneficial, but too much nervousness can be detrimental. Here are 10 proven tips from Toastmasters International on how to control your butterflies and give better presentations:

- **Know your material.** Pick a topic you are interested in. Know more about it than you include in your speech. Use humor, personal stories and conversational language—that way you won't easily forget what to say.
- **Practice. Practice. Practice!** Rehearse out loud with all equipment you plan on using. Revise as necessary. Work to control filler words; Practice, pause and breathe. Practice with a timer and allow time for the unexpected.
- **Know that audience.** . Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
- **Know the room.** Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
- **Relax.** Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. (One one-thousand, two one-thousand, three one-thousand. Pause. Begin.) Transform nervous energy into enthusiasm.
- **Visualize yourself giving your speech.** Imagine yourself speaking, your voice loud, clear and confident. Visualize the audience clapping – it will boost your confidence.
- **Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative and entertaining. They're rooting for you.
- **Don't apologize** for any nervousness or problem—the audience probably never noticed it.
- **Concentrate on the message– not the medium.** Focus your attention away from your own anxieties and concentrate on your message and your audience.
- **Gain experience.** . Mainly, your speech should represent you—as an authority and as a person. Experience builds confidence, which is the key to effective speaking. A Toastmasters club can provide the experience you need in a safe and friendly environment.

One of the most important elements of leadership is the ability to motivate people. Without motivation, even the most skilled team of seasoned professionals is unlikely to achieve great things. A highly motivated group of talented people, on the other hand, can move mountains.

While it's true that motivating people involves more than just changing the way you speak, here are some guidelines you can follow to help build team motivation with only your words and your voice:

- **Be enthusiastic.** Enthusiasm is contagious! Before you present your ideas, think about the aspects of the subject that you find the most interesting, and don't be afraid to let that interest come through in your voice.

- **Use quotes, stories and anecdotes.** Along with their obvious entertainment value, quotes and stories can lend authority to your topic and provide concrete examples that people can relate to.
- **Speak with confidence.** Deliver your message loud and clear. Maintain eye contact with your listeners. Don't mumble or slouch.
- **Say *you* and *we*, not *I* and *me*.** . Instead of telling people what you want them to do, present ways for them to work together to achieve their goals. Involve listeners in the success of the group.
- **Keep it simple.** People aren't motivated by what you say; they're motivated by what they understand. The best way to ensure audience understanding is to break down complex ideas into simple components.

Visit a local Toastmasters meeting

Each club has a different personality—you may wish to visit more than one. Use the 'Find a Club' tool on the Toastmasters Web site to find meetings near you: www.toastmasters.org/Find. Call or e-mail in advance (if possible) to confirm meeting time and location.

Become the Speaker and Leader You Want to Be

How Toastmasters Works

At Toastmasters, members learn by speaking to groups and working with others in a supportive environment. A typical Toastmasters club is made up of 20 to 30 people who meet once a week for approximately an hour. Each meeting gives everyone an opportunity to practice:

- **Conducting meetings.** Members learn how to plan and conduct meetings.
- **Giving impromptu speeches.** Members present one-to-two-minute impromptu speeches on assigned topics.
- **Presenting prepared speeches.** Members present speeches based on projects in the Toastmasters education program. Projects cover topics such as speaking, organization, vocal variety, language, gestures and persuasion.
- **Offering constructive evaluation.** Every member giving a prepared speech is assigned an evaluator who identifies speech strengths and offers suggestions for improvement.

The Tools Toastmasters Use

Upon joining Toastmasters, each new member receives a variety of resources on how to become a better speaker and a more confident leader. Members also have access to other materials and educational resources. In addition, they receive the award-winning Toastmaster, a monthly magazine that offers the latest insights on speaking and leadership techniques.

Toastmasters and Leadership

Leadership cannot be learned in a day. It takes practice. In Toastmasters, members learn leadership skills by organizing and conducting meetings, and by completing education projects. The projects address skills such as listening, planning, team-building and motivating others, and they give members the opportunity to practice such skills. Just as Toastmasters members learn to speak by speaking, they learn leadership by leading.

Company Benefits

A company's success depends on communication. Employees face an endless exchange of ideas, messages and information as they deal with one another and with customers day after day. How well they connect and share their ideas with customers, clients and co-workers can determine whether a company grows into an industry leader or joins thousands of other businesses mired in mediocrity.

Toastmasters provides the tools that enable employees to become effective presenters and leaders – all at a very low cost averaging $50 every six months. Toastmasters training helps employees:

- Give better sales presentations
- Hone their management skills
- Work better with fellow employees
- Effectively develop and present ideas
- Offer constructive criticism
- Accept feedback more objectively

Visit a Local Toastmasters Club

Each group has a different personality – you may wish to visit more than one. Use the "Find a Club" tool on the Toastmasters website to find meetings near you. Call or email in advance (if possible) to confirm meeting time and location.

How to Join a Toastmasters Club

- After you attend a meeting, you can apply for membership (minimum age 18). At the meeting ask for a membership application.

The club officer will send your application and fees to Toastmasters' World Headquarters. Your New Member Kit should arrive in the mail in about 10 days.

Features, Benefits, and Value

Features	Benefits	Value to the Individual	Value to the Organization
▸ A self-paced program	▸ Flexibility	▸ Unlimited personal growth	▸ Employee goal achievement
▸ Speech writing and presenting	▸ Critical thinking ▸ Effective presentation delivery	▸ Clear communication ▸ Confidence	▸ Effective employee communication ▸ Better leaders
▸ Weekly interactive meetings	▸ Ongoing experience ▸ Overcoming fears	▸ Skill reinforcement	▸ Improved morale ▸ Enhanced performance
▸ Table Topics®	▸ Thinking quickly	▸ Self-confidence	▸ Better customer communication
▸ Evaluations	▸ Keen listening skills ▸ Constructive feedback	▸ Increased self-awareness ▸ Positive mentoring	▸ More productive teams
▸ Participation in meeting roles	▸ Ease in front of a group	▸ Improved leadership skills	▸ Effective meetings
▸ Opportunity to conduct meetings	▸ Time management skills ▸ Self-confidence and poise	▸ Effectively lead meetings	▸ Increased productivity
▸ Small groups	▸ A supportiveenvironment ▸ A positive atmosphere	▸ Relationship-building	▸ Better teamwork ▸ Improved retention
▸ Opportunity to fulfill officer roles	▸ Leadership development opportunities	▸ Leadership growth ▸ Career advancement	▸ Better leaders
▸ Affordable dues	▸ Cost effectiveness	▸ Positive return on investment	▸ Positive return on investment

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Richard E. Peck

Immediate Past International President

Richard E. Peck, of Seymour, Conn., is the Immediate Past International President of Toastmasters International, the world's leading organization devoted to communication and leadership skills development. Peck assumed the one-year term at the organization's 90th annual International Convention, held virtually Aug. 23-28.

Peck was a senior member of the Network Support division at AT&T, where he had worked for over 30 years. During his tenure as a project manager, he led cross-functional teams to successfully deliver several multimillion-dollar high-tech projects annually. His responsibilities also included writing and updating technical and training documents, as well as providing project analysis and solutions. He was also responsible for streamlining processes through the use of Robotic Process Automation.

Peck earned an MBA in international business at the University of Texas at Dallas. He is a certified project management professional by the Project Management Institute. His volunteer work includes serving as club president and Lieutenant Governor for Kiwanis International, serving with Lions Club International, as well as serving in various capacities with the Catholic War Veterans. He also enjoys traveling, studying world cultures, and helping others achieve more than they believe they can. Peck was a recipient of the 2018 Presidential Award for Volunteerism.

A Toastmaster since 2006, Peck is a member of his home club, Nutmeg, in Woodbridge, Connecticut, and is also a member of Park City Toastmasters in Stratford, Connecticut. He has held a number of high-profile leadership positions within Toastmasters and has attained the Distinguished Toastmaster designation—the highest level of educational achievement in the organization.

He says, "To me, Toastmasters is about making a positive, life-changing impact on individuals throughout the world. Through Toastmasters we have the ability to change the world one member at a time!"

As an officer of the Toastmasters International Board of Directors, Peck is a "working ambassador" for the organization. He works with the Board to develop, support, and modify the policies and procedures that guide Toastmasters International in fulfilling its mission.

For more information about Toastmasters, visit http://mediacenter.toastmasters.org.

About Toastmasters International

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Daniel Rex

Chief Executive Officer

As Chief Executive Officer, **Daniel Rex** leads the Toastmasters World Headquarters team in providing service, resources and support to 300,000 members in 15,800 clubs in 149 countries. He works closely with the International President and the Board of Directors to develop the future of Toastmasters and create and execute plans and strategies to reach those goals.

Rex has worked for Toastmasters since 1990, and during that time he has led several departments at World Headquarters, giving him a unique perspective and an impressive depth of knowledge of the organization. In 2008, he assumed the role of Executive Director, a title that was changed to Chief Executive Officer in 2013. Rex's previous positions include Deputy Executive Director, Director of Communications and Marketing, Marketing Division Manager, and Membership Manager

Rex holds a BA degree in Modern Languages from Southern Utah University in Cedar City, Utah, and an MBA in International Management from the Thunderbird School of Global Management in Glendale, Arizona. He holds certificates from the Leadership for Senior Executives course through Harvard Business School, and the Executive Leadership Program through the University of California, Berkeley. He completed the Strategic Leadership Programe through the University of Oxford.

In addition to his Toastmasters duties, Rex serves as a member of the Key Global Associations Committee (KGAC) of the American Society of Association Executives (ASAE).

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Map of Service To Members

Members are the heart and foundation of Toastmasters International. Below is a representation of each service level in support of the member.

Members

Clubs

Club Executive Committee
- President
- Vice President Education
- Vice President Membership
- Vice President Public Relations
- Secretary
- Treasurer
- Sergeant at Arms
- Immediate Past President

Areas

Area Council
(Recommended structure)
- Area Director
- Assistant Area Director Program Quality
- Assistant Area Director Club Growth
- Area Secretary
- Club Presidents
- Club Vice Presidents Education
- Club Vice Presidents Membership

Divisions

Division Council
(Recommended structure)
- Division Director
- Assistant Division Director Program Quality
- Assistant Division Director Club Growth
- Area Directors of the Division

Districts

District Council
- District Executive Committee
- Club Presidents and Vice Presidents Education

District Executive Committee
- District Director
- Program Quality Director
- Club Growth Director
- Administration Manager
- Finance Manager
- Public Relations Manager
- Division Directors
- Area Directors
- Immediate Past District Director

Regions

Region Advisors

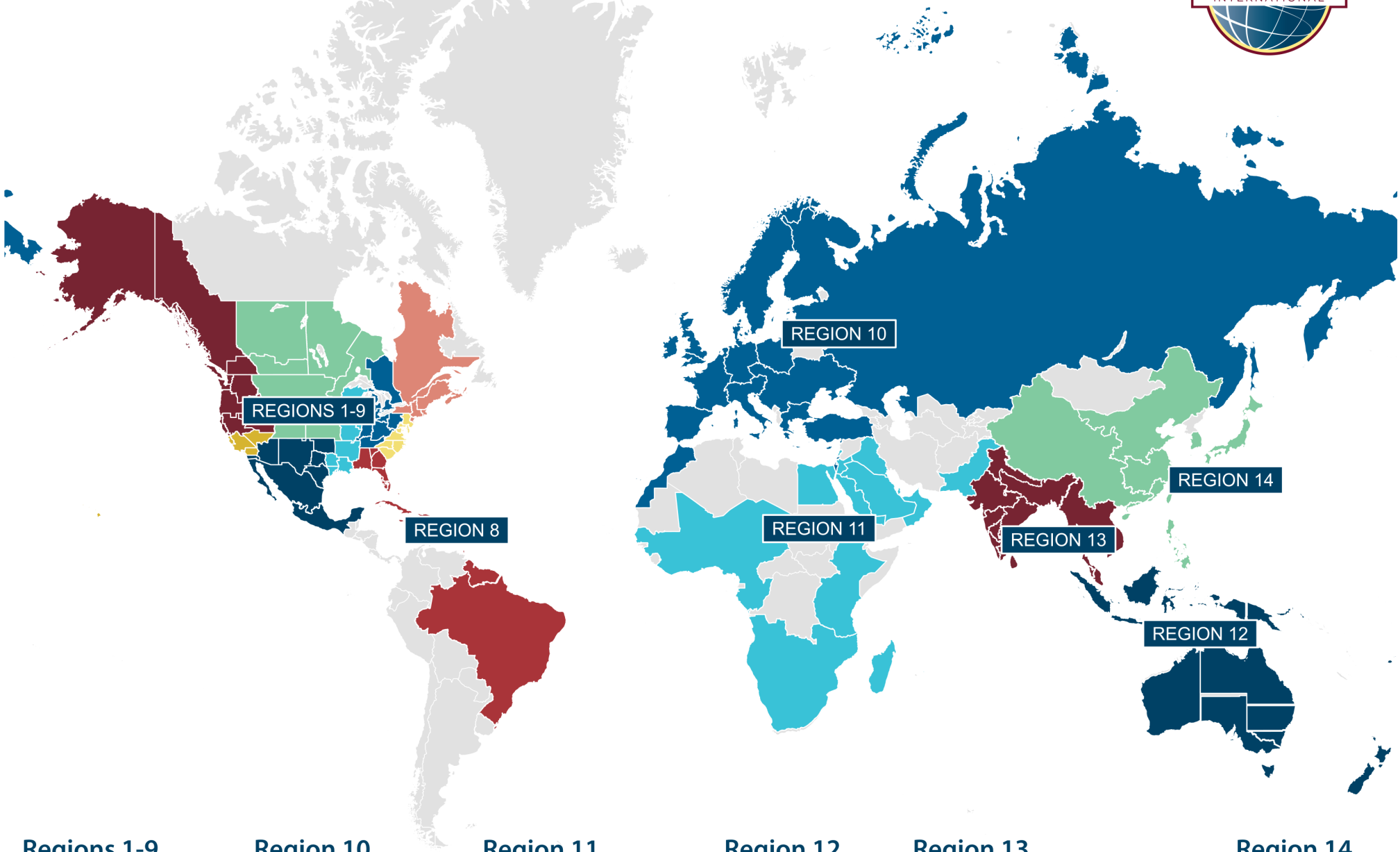
Board of Directors

International Officers
- International President
- International President-Elect
- First Vice President
- Second Vice President
- Immediate Past International President

International Directors

World Headquarters

Toastmasters Districts



Regions 1-9
(See detailed map for Districts)

Region 10
59, 71, 91, 95, 107, 108, 109, 110

Region 11
20, 74, 79, 94, 104, 105, 114, 116, 122P

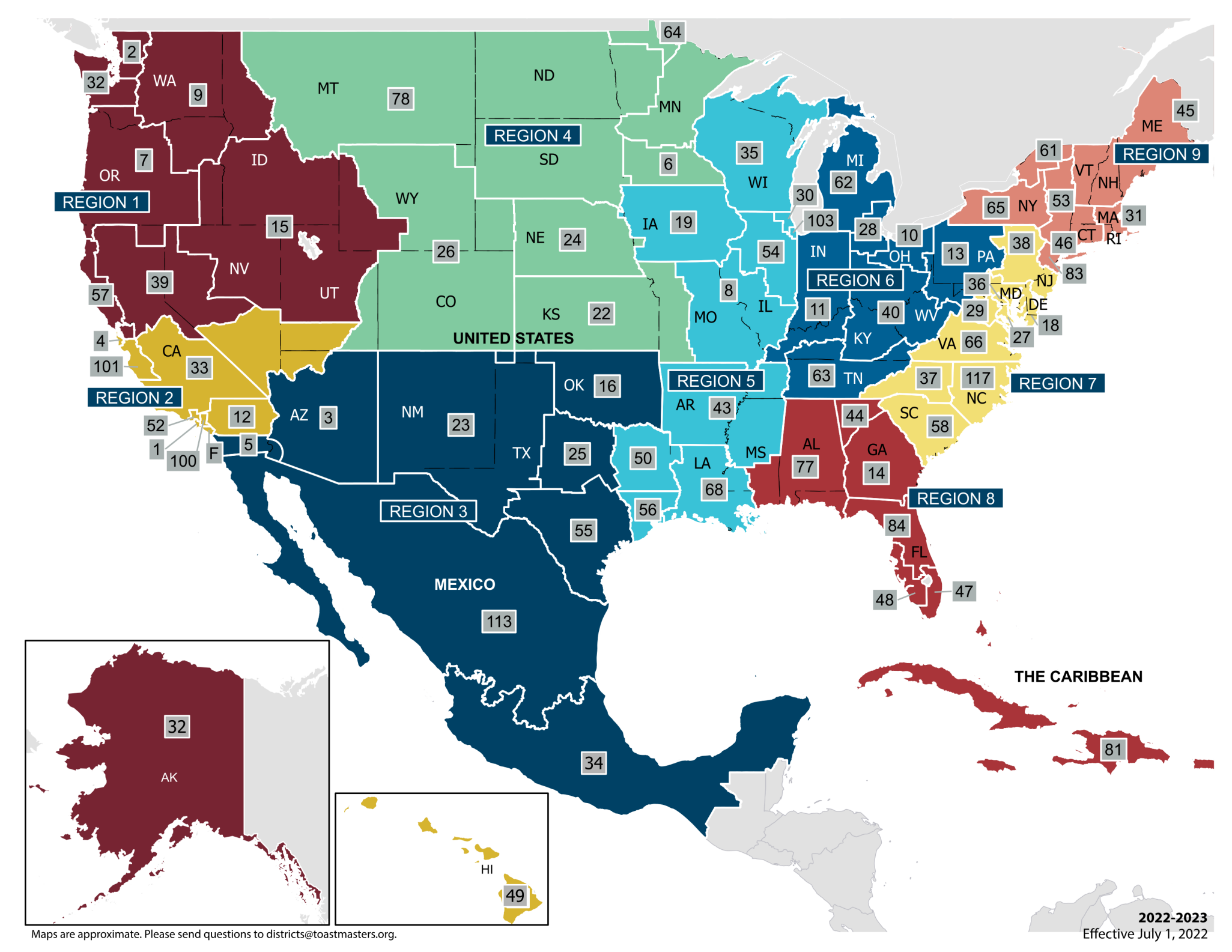
Region 12
17, 69, 70, 72, 73, 87, 90, 112

Region 13
41, 51, 80, 82, 92, 97P, 98, 102, 120, 121, 124, 125, 126

Region 14
67, 75, 76, 85, 88, 89, 93, 118

Maps are approximate. Please send questions to districts@toastmasters.org.

2022-2023
Effective July 1, 2022



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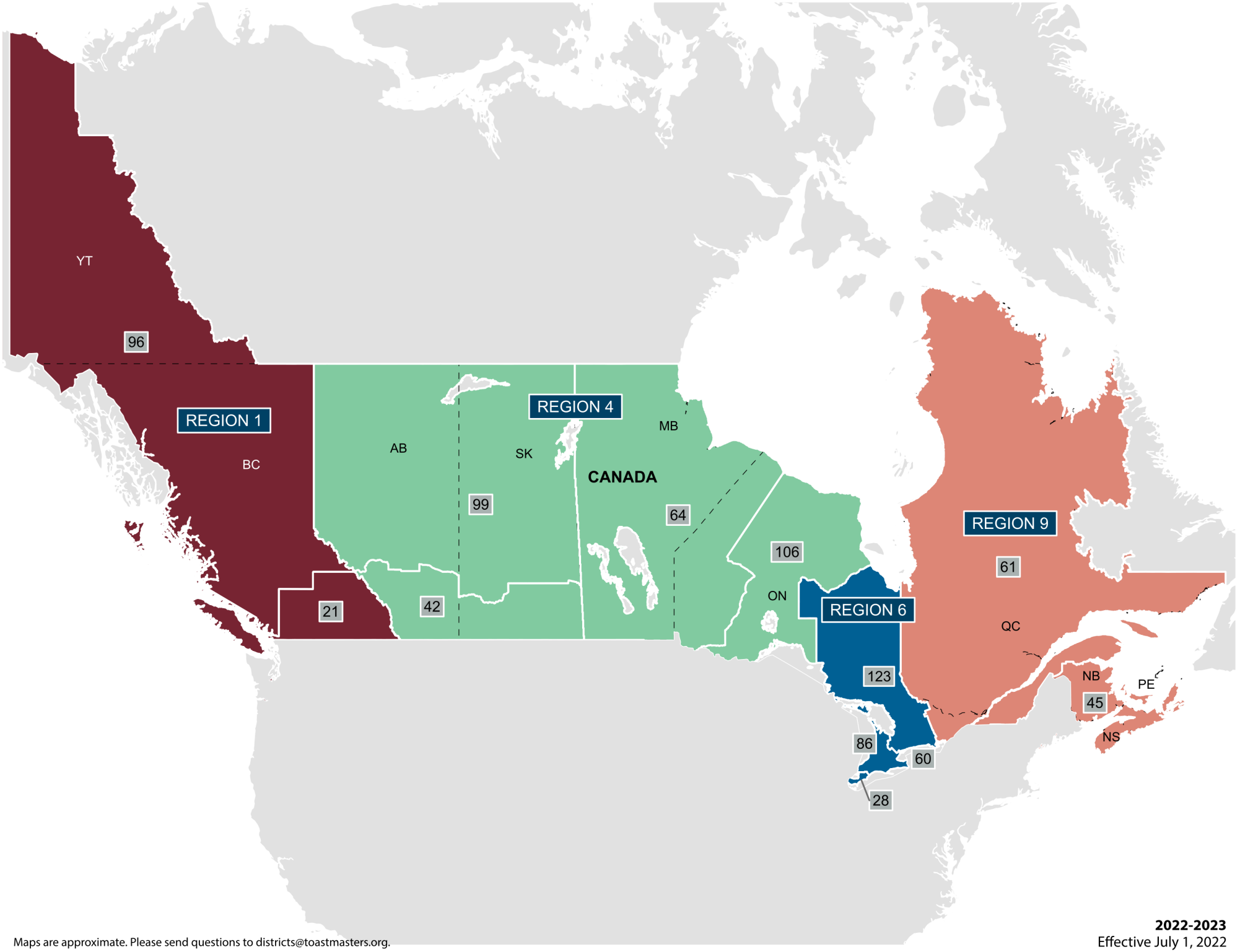

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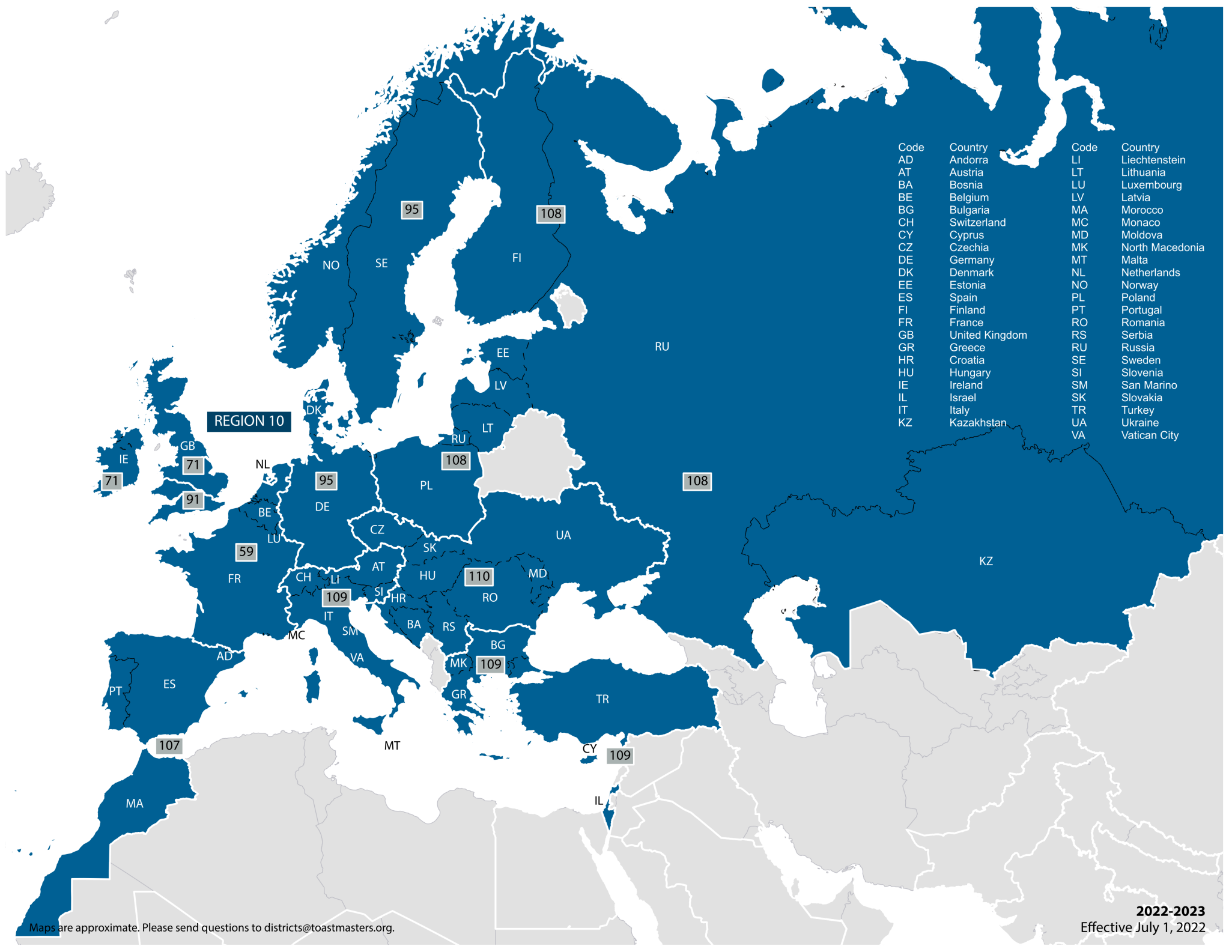

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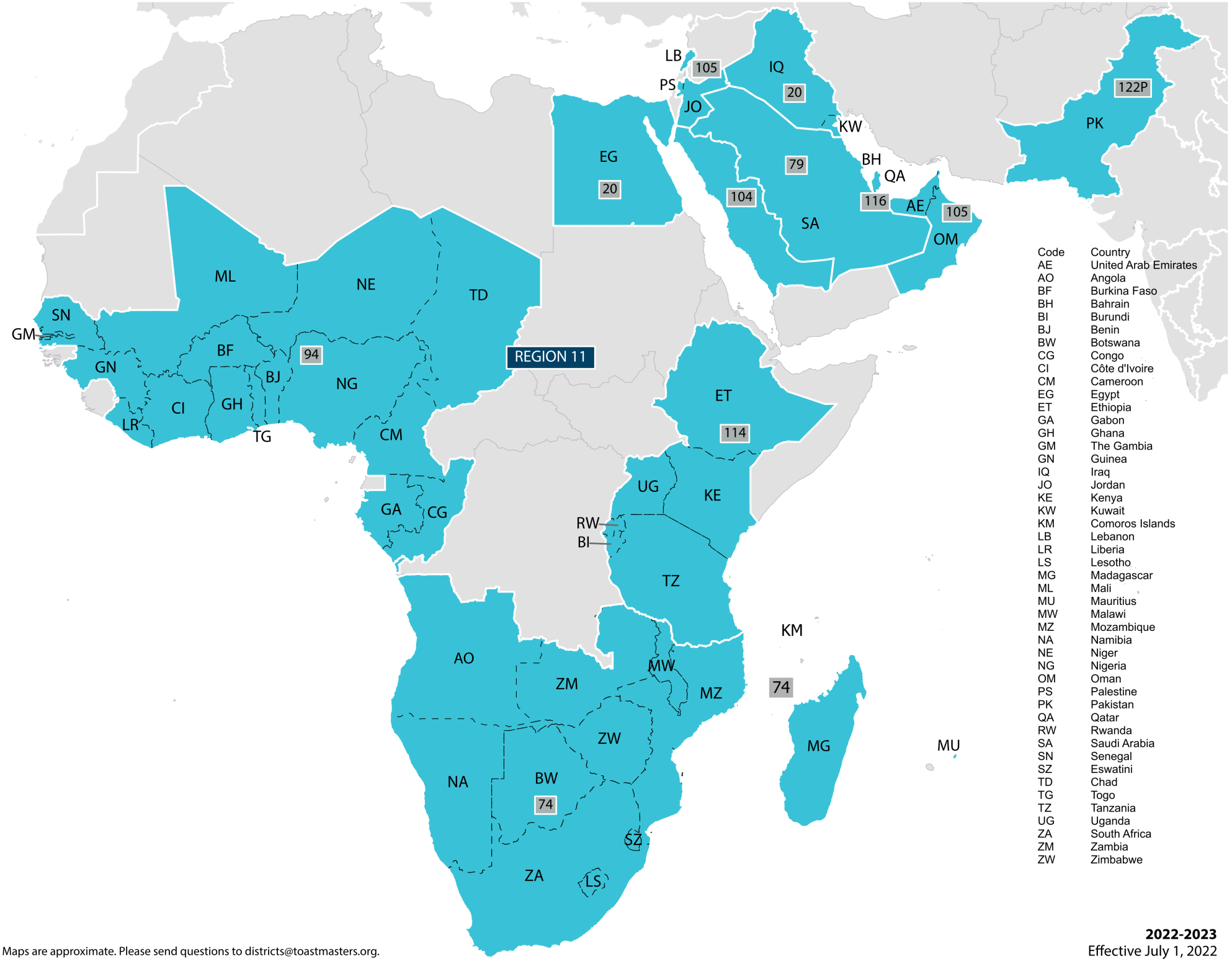

Code	Country
AE	United Arab Emirates
AO	Angola
BF	Burkina Faso
BH	Bahrain
BI	Burundi
BJ	Benin
BW	Botswana
CG	Congo
CI	Côte d'Ivoire
CM	Cameroon
EG	Egypt
ET	Ethiopia
GA	Gabon
GH	Ghana
GM	The Gambia
GN	Guinea
IQ	Iraq
JO	Jordan
KE	Kenya
KW	Kuwait
KM	Comoros Islands
LB	Lebanon
LR	Liberia
LS	Lesotho
MG	Madagascar
ML	Mali
MU	Mauritius
MW	Malawi
MZ	Mozambique
NA	Namibia
NE	Niger
NG	Nigeria
OM	Oman
PS	Palestine
PK	Pakistan
QA	Qatar
RW	Rwanda
SA	Saudi Arabia
SN	Senegal
SZ	Eswatini
TD	Chad
TG	Togo
TZ	Tanzania
UG	Uganda
ZA	South Africa
ZM	Zambia
ZW	Zimbabwe

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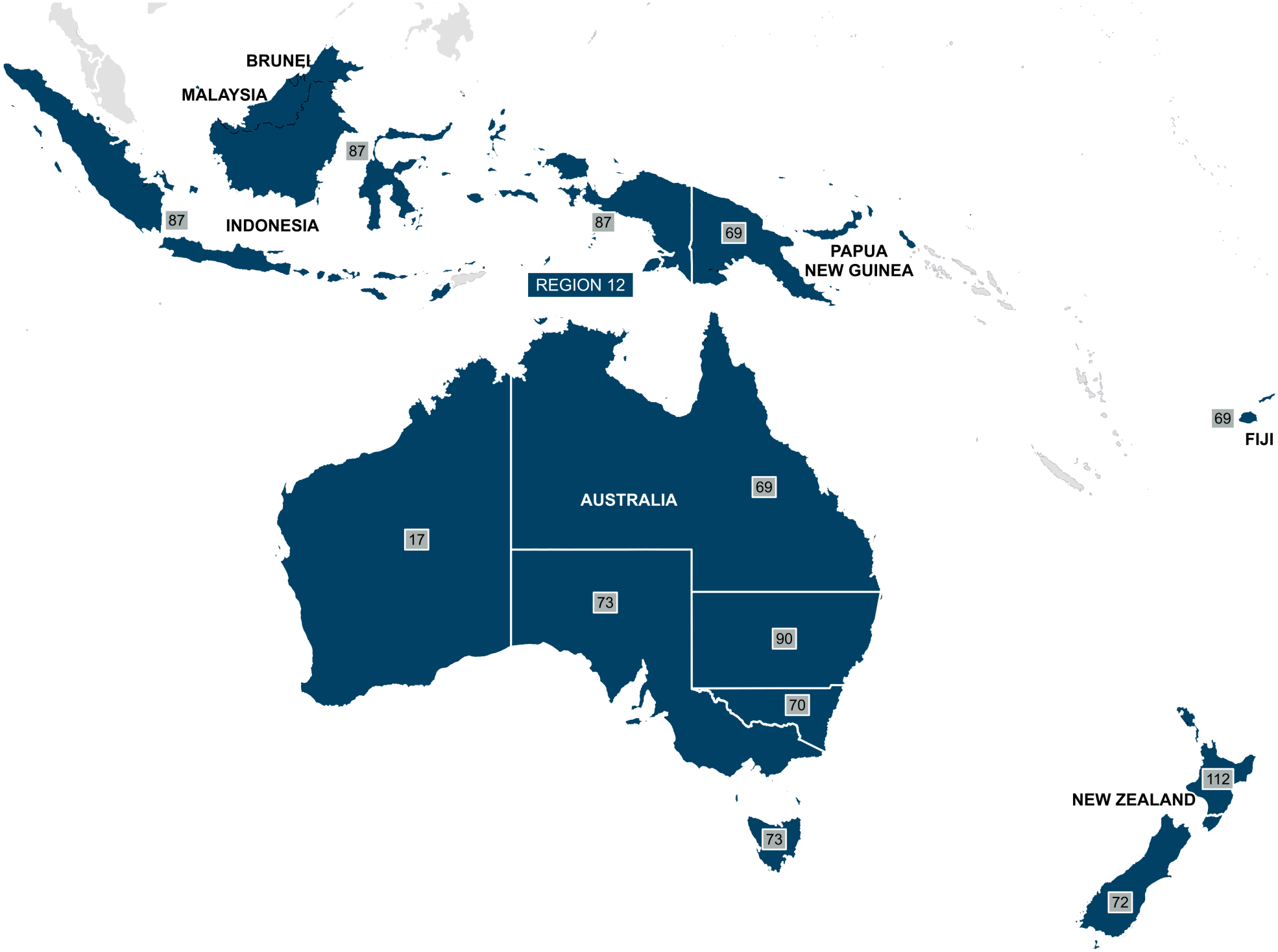

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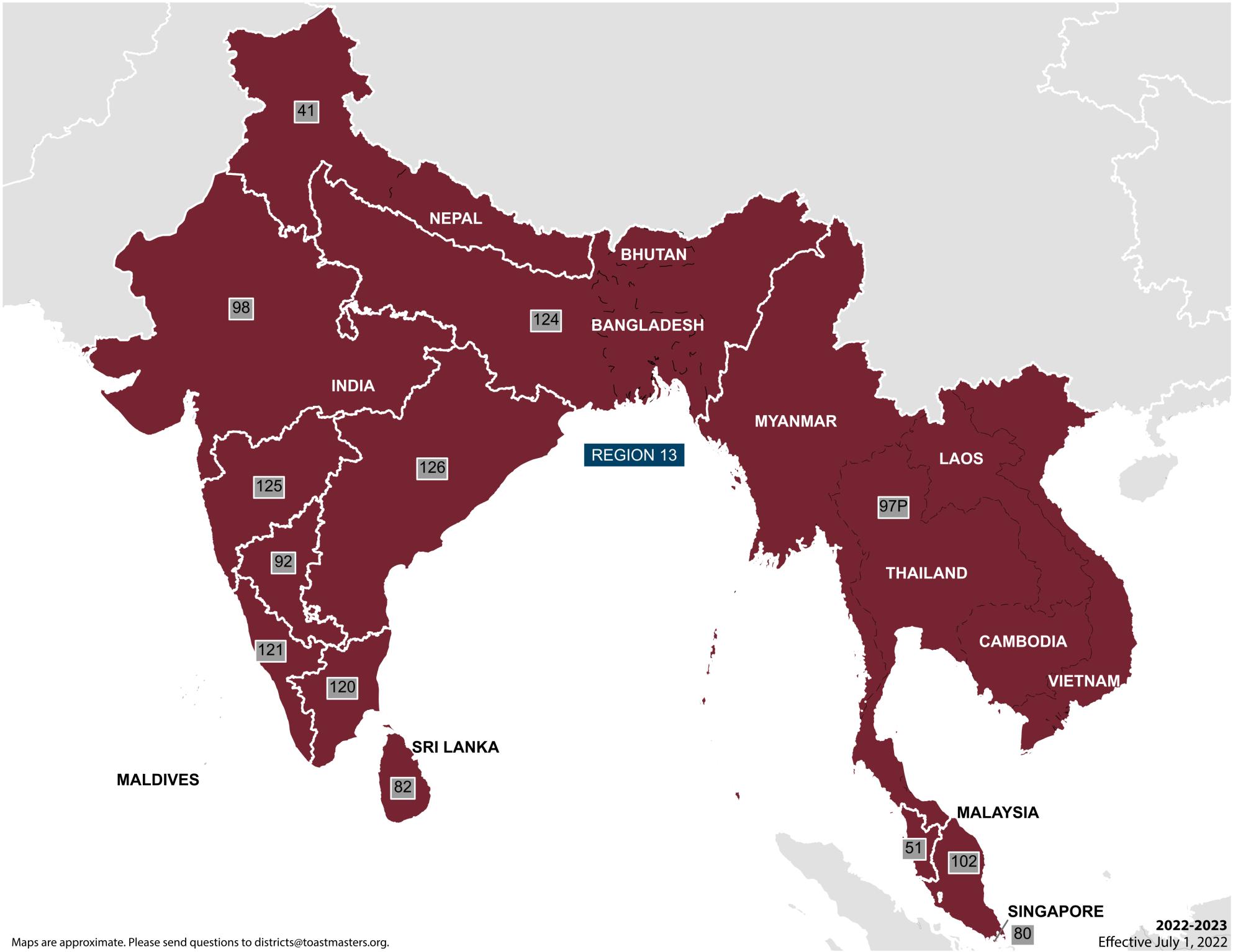

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