Toastmasters International honors introvert expert Susan Cain with its Golden Gavel award

Quiet author to receive organization's most prestigious award

RANCHO SANTA MARGARITA, Calif., April 15, 2013 /PRNewswire/ -- Toastmasters International today announced Susan Cain as its 2013 Golden Gavel recipient. Cain is author of the *New York Times* best-seller *Quiet: The Power of Introverts in a World That Can't Stop Talking.* She will accept the award at a dinner in her honor, held during Toastmasters' annual International Convention, Aug. 23 in Cincinnati, Ohio. The award, presentedannually to an individual distinguished in the fields of communication and leadership, is the organization's highest honor.

(Logo: http://photos.prnewswire.com/prnh/20130222/MM64912LOGO)

"Susan Cain is a perfect example of how people can step outside of their comfort zone to realize their potential," says John Lau, Toastmasters International President. "She did that by extending herself as a leader, communicator and public speaker. Ms. Cain serves as a role model for introverts and extroverts alike who aspire to share their ideas, stories and messages of inspiration with the world."

"What an incredible honor to be selected for the Golden Gavel award," says Cain. "I wish I could go back and tell myself of three years ago—my pre-Toastmasters, terrified-of-public-speaking self—that such a thing [the Golden Gavel award] would come to pass. I would have thought it impossible."

Cain, a self-proclaimed introvert, credits Toastmasters for giving her the confidence to launch a book tour and to boost her speaking skills. She joined a Toastmasters club before delivering her TED2012 speech in Long Beach, Calif. The TED talk, titled "The Power of Introverts," has since generated more than 4 million views.

Cain's book, *Quiet,* explores the notion that people, particularly introverts, can effectively communicate, lead and speak in public in a way that remains true to their natural tendencies. This message resonates with the Toastmasters community, as many members have traits generally associated with introversion. The book debuted in 2012 and has remained on the *New York Times* best-seller list ever since. It is praised for its revealing and research-based examination of introversion.

A Princeton University and Harvard Law School graduate, Cain practiced corporate law for seven years before becoming a negotiations consultant and then an author. For more on Susan Cain, visit ThePowerOfIntroverts.com. A photo of Cain is available at this link: hi-res image.

Presented annually since 1959, the Golden Gavel award has been given to leaders and speakers in a variety of fields, such as Stephen Covey, Anthony Robbins, Debbi Fields, Les Brown, Deepak Chopra and Ken Blanchard.

To learn more about Toastmasters' 2013 International Convention, Aug. 21-24, and obtain a complete schedule of events, including the keynote, skill-building seminars and the World Championship of Public Speaking, visit www.toastmasters.org/convention. The public is invited.

About Toastmasters International

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Founded in October 1924, the organization currently has more than 280,000 members in 13,500-plus clubs in 116 countries. Each week, Toastmasters helps more than a quarter million people of every ethnicity, education level and profession build their competence in communication so they can gain the confidence to lead others. For information about local Toastmasters clubs, please visit www.toastmasters.org. Follow @Toastmasters International on Twitter.

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