

Toastmasters International Honors Jim Cathcart

In recognition of his ability and influence as a public speaker, Jim Cathcart of La Jolla, California, has been selected as this year's recipient of Toastmasters International's Golden Gavel Award.

Cathcart will be presented with the award on Thursday, Aug. 23, at the Hilton Anaheim in Anaheim, California, during Toastmasters' 70th Annual International Convention.

The Golden Gavel is the most prestigious award offered by Toastmasters International, a nonprofit, worldwide organization devoted to teaching public speaking skills. The award is presented each year to a distinguished individual in the fields of communication and leadership. Past recipients include Jeanne Robertson, Les Brown, Art Linkletter, Dr. Joyce Brothers, Deepak Chopra, Nido Qubein and management experts and best-selling authors Tom Peters, Kenneth Blanchard and Harvey Mackay.

Cathcart began almost 30 years ago with a dream -- a dream to become a professional speaker. As a clerk for the Little Rock Housing Authority in Arkansas in 1972, he had never given a speech and had no particular message. What he did have was determination and confidence that he could do anything he set his mind to. He gave himself five years to fulfill his dream. Cathcart devoted at least one hour every day to acquiring the skills needed to reach his goal. After two years, he joined the staff of a small company as a professional trainer. Then in June 1977, five years after setting his goal, he started his own business in La Jolla, California, as a full-time professional speaker and trainer.

After more than 20 years working in the field of human development and training people to improve their lives, Jim Cathcart now ranks among the best -- his 12 books and audio and videotapes have been translated into many languages. He is a former president of the National Speakers Association and has been inducted into the Speakers Hall of Fame. But this motivational speaker and trainer still dreams up five-year goals, writes them on a wallet-sized card and every day renews his commitment to reaching them.

Toastmasters International has helped more than four million people develop their communication and leadership skills since the organization's founding in 1924 at the YMCA in Santa Ana, Calif. Today, Toastmasters International has nearly 180,000 members in 70 countries.

For more information about Toastmasters International or Jim Cathcart, please contact Suzanne Frey at (949) 858-8255. After Aug. 19, please call (714) 750-4321.

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