Join fellow Coogs as we develop our communication and leadership skills, resulting in greater self-confidence and personal growth.

Cougar Rhetoric, the new Toastmasters International Club at the University of Houston, meets every Tuesday from 12pm - 1pm online.

University of Houston staff interested in attending one of our online meetings can contact

Club President Russ Hoskens at rhoskens@central.uh.edu or 713-743-8003.

Cougar Rhetoric Club 7755635, District 56, Area O14
www.cougarrhetoric.toastmastersclubs.org/
FEAR OF PUBLIC SPEAKING

• GLOSSOPHOBIA

• PHYSICAL SYMPTOMS
  Sweaty Palms, Nausea, Headache, Increased Heart Rate

• LIMITING BELIEFS
  Embarrassment
  Humiliation
  Judgment
TOASTMASTERS

• INTERNATIONAL PROGRAM
  358,000+ Members
  143 Countries
  16,800 Clubs

• STEP-BY-STEP PROGRAM

• SUPPORTIVE ENVIRONMENT

• REASONABLE COST
MY JOURNEY

• 1984
• 2014
• IMPROVED SKILLS
• GIVE BACK
COUGAR RHETORIC

- FEBRUARY 26, 2020 (CHARTERED)
- 30 MEMBERS
- HR TRAINING ROOM
- MARCH 24, 2020 (VIRTUAL)
- FUTURE
BENEFITS

• Supportive Environment (Safe place to fail)
• Practice, Practice, Practice (Desensitization)
• Fun Learning Environment
• Step-by-Step Program
• Reasonable Cost
GREATER SUCCESS

STEP 1: MAKE THE DECISION
STEP 2: BECOME A GUEST
STEP 3: BECOME A MEMBER
STEP 4: FIND YOUR VOICE
STEP 5: AMPLIFY YOUR VOICE