



HAPPY NEW YEAR



Toast the New Year with Toastmasters!

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Mayo Daybreakers

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WE ARE MOVING!!!



Mayo Daybreakers meeting location is moving to Gonda 7
Utz Room 163

February 7 through May 1st.

Please make note of this new meeting location beginning
February 7, 2012!

COMING UP...CLUB CONTEST!

Raise the bar!
Challenge yourself! Give it your best shot!
Compete in our club contest!

International and Table Topics are the categories!

Contest date is February 28!

Winners go on to

Area 84 contest March 16th!

Competition brings out the **BEST!**



What Toastmasters can do for YOU?

- ◆ Gain confidence as a speaker
- ◆ Develop skills as a leader
- ◆ Improve communication
- ◆ Advance your career

"I have struggled with public speaking all of my life.



Toastmasters gave me the opportunity to turn a fear into an asset."

Alan Wiley
Immediate Past President

*Three words
Helen chose to
describe a
Toastmaster
Meeting...*

*Entertaining
Informative
Friendly*

Member Spotlight:

What keeps you coming to meetings each week?

"Having the opportunity to learn from other members and being able to have

others provide evaluation that helps my own presentations are two primary reasons for coming back each week...

and besides, it's a lot of fun to start the day with Day-Breakers."



What We Learn From Our Members...

Patrick and his sons raise honey bees...

David & his daughter love winter camping...

Neil likes to cook over a camp fire...

Jeff owns a tee pee...

Melissa lived in Germany..

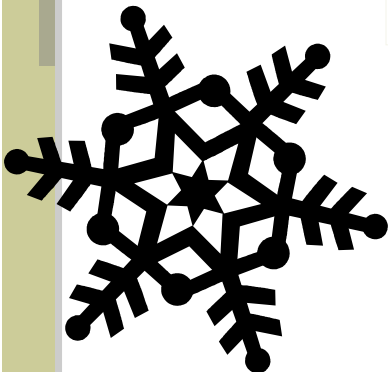
Helen has a blogsite:
<http://frugalfastfun.blogspot.com/>

Barb's daughter opened a chocolate business
<http://hschocolateco.com>

Paul rides a motor cycle...

Sally adopted a golden retriever

Paula travels to Alaska



Getting to Know Our New Members:

A.J., Josh & Nathan...



AJ has lived in Rochester his entire life. He has worked at Mayo for 5 years. He is nearing completion of his MBA. He joined Mayo Daybreakers

to reduce his anxiety of public speaking & polish his presentation skills.

Josh joined Mayo Daybreakers at the behest of President Jeff Burns and the encouragement of his Sales Manager at his company. He hopes Toastmasters will be an outlet for his creative, dramatic energy and help him hone his public speaking and leadership skills.



Nathan enjoys grilling ribs & fly fishing! He joined Mayo Daybreakers because he saw it as a great opportunity to improve his communication & leadership skills. Both skills are highly valued in his chosen career.

“Communication and leadership skills are highly valued in my chosen career!”

Nathan Clarke

Optimize Benefits of Being In Toastmasters: Ideas from Mayo Daybreaker member Puthyrak Kang

Create a theme for your speeches: pick an area of subjects that interest you as your theme. For instance, I am interested in self-and professional-empowerment. I use this as the theme under which I develop a series of speeches. My speeches cover a number of inspirational tips on leadership that help members empower themselves.

Learn to be a critical listener: even though you don't have a role as evaluator, take that opportunity to improve your listening skills. Listen to each speaker and be alert to what this speaker is talking about; how the speaker delivers his main points and supporting points; how effectively the speech is delivered; Write down at least three points that made the speech good or could be improved.

Apply the skills you learn from Toastmasters to your daily communication: you can leverage the Toastmasters skills to make an impressive presentation and be a critical listener during team meetings or seminars.



“Toastmasters changed my life!”

~Puthyrak Kang

Celebrating Accomplishments One Member At A Time!

Congratulations

Paul Leska!

Paul recently received his **Competent Communicator award!**



Mayo Daybreakers: A Distinguished Presidents Club



Email us at:
mayodaybreakers@gmail.com

Visit us at:
www.mayodaybreakers.org

LIKE us on facebook
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Why Visit Mayo Daybreakers?

- ◆ Satisfy your curiosity!
- ◆ Receive a warm welcome!
- ◆ See leadership in action!
- ◆ Leave energized!

Do you want to improve your public speaking and leadership skills in a fun, supportive and educational way?

Visit A Meeting



Find out what makes Mayo Daybreakers memorable!

When: Every Tuesday, 7:00 a.m. - 8:00 a.m.

Where: Mayo Clinic, Gonda Building,
Bolz Seminar Room 2- 160 through 1/31
Gonda 7, Utz Room 163 February 7—May 1st.

www.mayodaybreakers.org