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Contact: Suzanne Frey
Sfrey@toastmasters.org
949-858-8255

**NEWS
FROM**

Don't Burn Your Toast! **Tips on Toasting from Toastmasters**

Rancho Santa Margarita, Calif. (December 10, 2006) – Timing may be everything, but wording isn't far behind. Consider one of the most famous toasts of all: Humphrey Bogart's words to Ingrid Bergman – "Here's looking at you, kid" – in the legendary 1941 film Casablanca. Now trade "kid" for another endearment. No big deal? Maybe. But Bogie probably would have achieved another kind of immortality if he'd raised his glass to Bergman and said, "Here's looking at you ... babycakes!"

A toast should be "brief, personal and customized to the occasion," says Johnny Uy, International President of Toastmasters International. "Most of all, it should be heartfelt."

Speaking from the heart is the key to an appropriate toast. To make sure you put your best foot forward – and not in your mouth – here are some tips:

- Pick a topic that is personal but appropriate.
- Keep it short – no more than a couple of minutes. Essentially, the best advice in public speaking is to always be brief," says International President Johnny Uy.
- Practice. Think about what you want to say, and practice the toast in advance. Use friends as sounding boards beforehand.
- Stay sober. Being coherent helps, so save the alcohol for after the toast.
- Dress your best. If you look good, you'll feel more confident.
- Use humor if appropriate to the occasion.
- In summary – be sincere, be brief, be seated.

Since its founding in 1924, Toastmasters International has helped more than four million men and women develop their public speaking skills and become confident communicators at work, at home, and yes, even at parties. Headquartered in Southern California, the organization now has approximately 215,000 members and 10,500 clubs in 90 countries. For more information about Toastmasters International, please visit our Web site, www.toastmasters.org.

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P.O. Box 9052 ■ Mission Viejo, CA 92690-9052 ■ (949) 858-8255 ■ Fax (949) 858-1207 ■ www.toastmasters.org

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