

Develop your Speaking & Leadership skills

in a supportive, friendly and transformational environment



Mindfulness Toastmasters

**Where: Center for Spiritual Living Peninsula
611 Veterans Blvd, Suite 106
Redwood City, CA 94063**

**When: 2nd and 4th Mondays
6:30pm - 8:00pm**

Want to communicate better? Give effective presentations?

Feel more at ease at social or business settings?

Organize/facilitate successful meetings?

Come join an uplifting and empowering group using mindful ways to help you find your voice, your courage and confidence!

Receive valuable feedback & tips.

For more information about Toastmasters, go to www.Toastmasters.org. For information about the meetings call Elliotte Mao @ (650) 868-3745, follow us on Meetup, or visit us at www.cslpeninsula.org