

Testimonials

What strikes me with CVFSFTM Club is each member's hunger to learn and grow. There's an insatiable appetite for continuous learning and improvement here and it has rubbed off on me too. I've been in several Toastmasters clubs in the past, but this one has a certain "je ne sais quoi" air about it. An atmosphere of Learning, Encouragement, Support and Growth for all. The pre-planning and preparation before a meeting has inspired me to be better prepared for projects, to take the initiative to sign up for speeches and roles and to foster a culture of Learning by Doing in a small supportive group.



Glynis DSouza

I am brand new to the Toastmasters program, but I have felt so welcome and so impressed with the professionalism and care of the whole community. From engaging me to help me pick my path to the preparation and feedback related to making speeches, being part of toastmasters has been a fun, educational, and collaborative experience. Thank you so much to the whole team and the program.



Tayyaba Sadiq

"I appreciate Toastmaster's as a source of building my confidence, developing my skills, and staying true to my authentic self. As someone still young in my career, Toastmaster's club has aided me in developing my skills and growing both personally professionally. It is a place I recommend for anyone who wants to become an effective speaker whether it be for 1-on-1s or large audiences."



Mali Stewart

Becoming a member of Toastmasters has been an incredible experience for me. We not only get to hone our speaking skills and educate ourselves on sustainability, but as a team, we have bonded on a level I haven't experienced in years. Our team members are supportive, collaborative and accepting. It's created a safe place where I feel I can bring my whole authentic self to work without hesitation. I believe we rise by lifting others and the values of Toastmasters (integrity, respect, service and excellence) reinforce this for all of us on a weekly basis. When we help others succeed, we foster an environment of mutual respect and cooperation, while learning ourselves how to be more impactful.



Lisa Bloomquist

As a proud charter member of our Capgemini Toastmasters club, I greatly look forward to our weekly meetings. These gatherings offer a wonderful chance to connect with colleagues, help us to improve public speaking skills, and practice impromptu speaking. It's always a very fun hour together, and I feel this time helps me to further develop and hone my speaking skills. We extend a warm invitation to guests, inviting them to join us and participate in this enriching and valuable experience. I would encourage all of you to come spend an hour with us to enjoy and learn as much as I do!



Cynthia Sech



Welcome to Toastmasters!

Education Onboarding for New Members

Welcome!



Purpose

Give you the tools you need to start your Toastmasters journey!

You can go at your own pace, but I want to help you get started!

Audience

- New club members
- Members who haven't chosen their path
- Members who haven't completed Ice Breaker



Our club's Mission is to provide a
supportive and positive learning experience
in which members are **empowered** to
develop communication and leadership skills,
resulting in greater self-confidence
and personal growth.

Ready to Get Started!?



Pathways

- Overview of the Toastmasters Education Program
- How to Choose your Path

Free ToastHost

- Overview of our Club's Meeting Management Website
- How to Sign up for Meeting Roles

Pathways

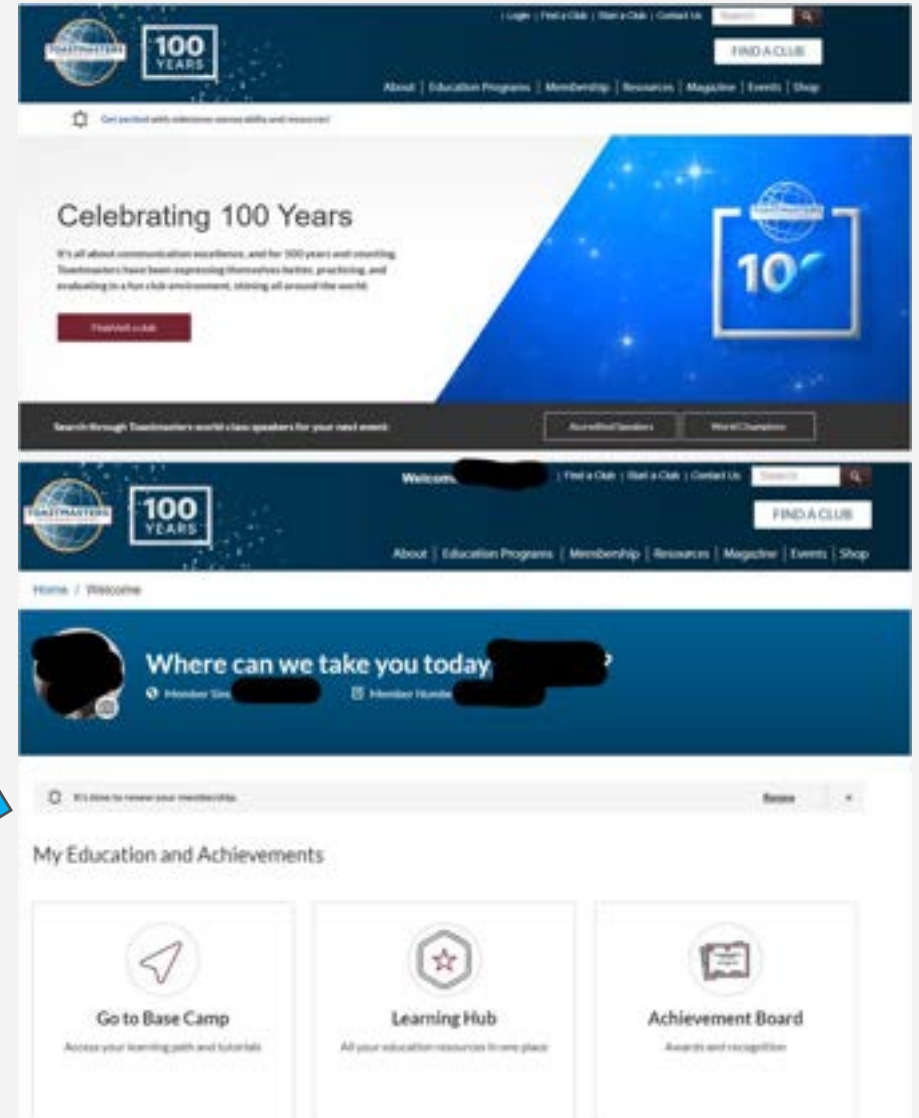
Overview of the Toastmasters Education Program

How to Choose your Path

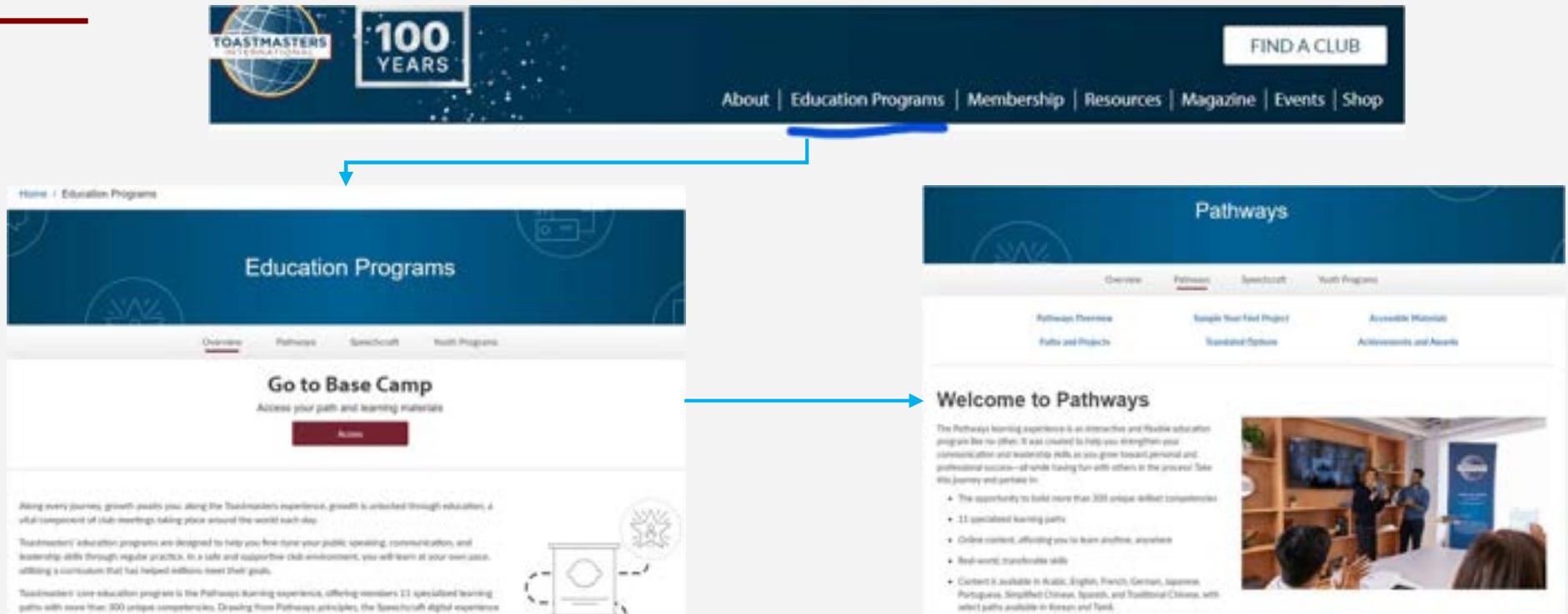
Toastmasters International

<https://www.toastmasters.org/>

- Browse through this site and get acquainted with Toastmasters.
- Use your log-in credentials access your Toastmasters account.
- Your home page will look like this.



Pathways Overview



- Learning in Toastmasters is based on Pathways.
- Click on “*Education Programs*” to read about the Pathways, choose your Path, and kick off your learning journey!

- These sections provide everything you need to know to start your learning journey.
- Click on “*Paths and Projects*” to find the list of all Pathways that Toastmasters offers.

Pathways Overview

Once you are in the Pathway section, click on Paths and Projects. This will take you to the detailed view of all the Pathways offered by Toastmasters.



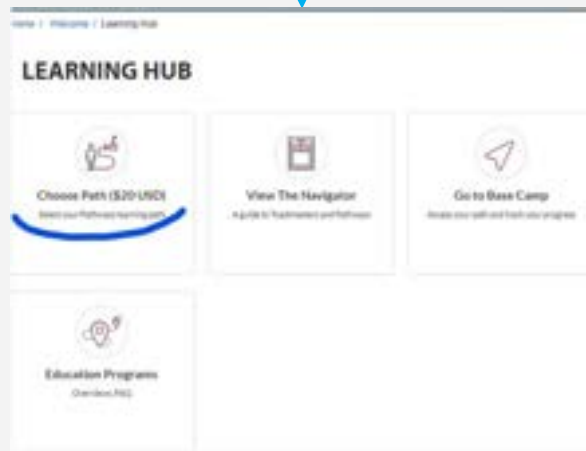
- There are 11 Pathways available to choose from.

Note: TMI is revising Pathways. Soon, some of these paths will no longer be available to choose. If you choose a Pathway before the revision, you will be able to finish it.

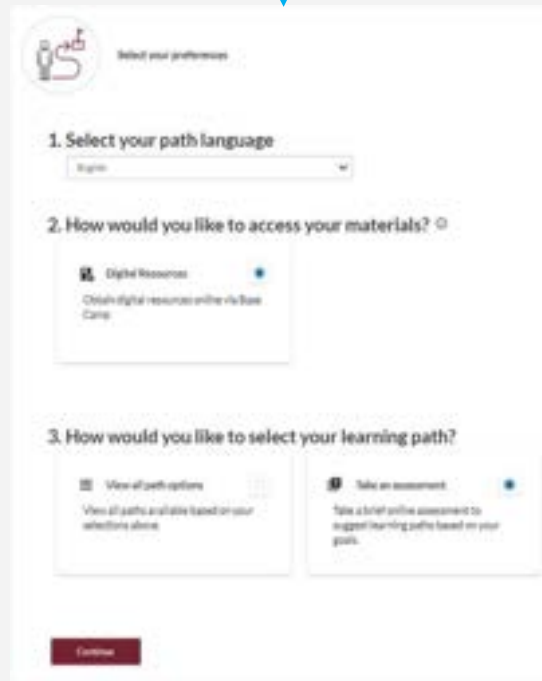


- Click on each Pathway to learn more about it.
- Each Path has 5 levels.
- Each level has required and elective projects that include speeches and other activities.

How to Choose Your Path



- The first Path is free.
- Every additional Path is US \$20.
- You can purchase as many paths as you like, but the recommendation is to start with just one (or maybe two at most).



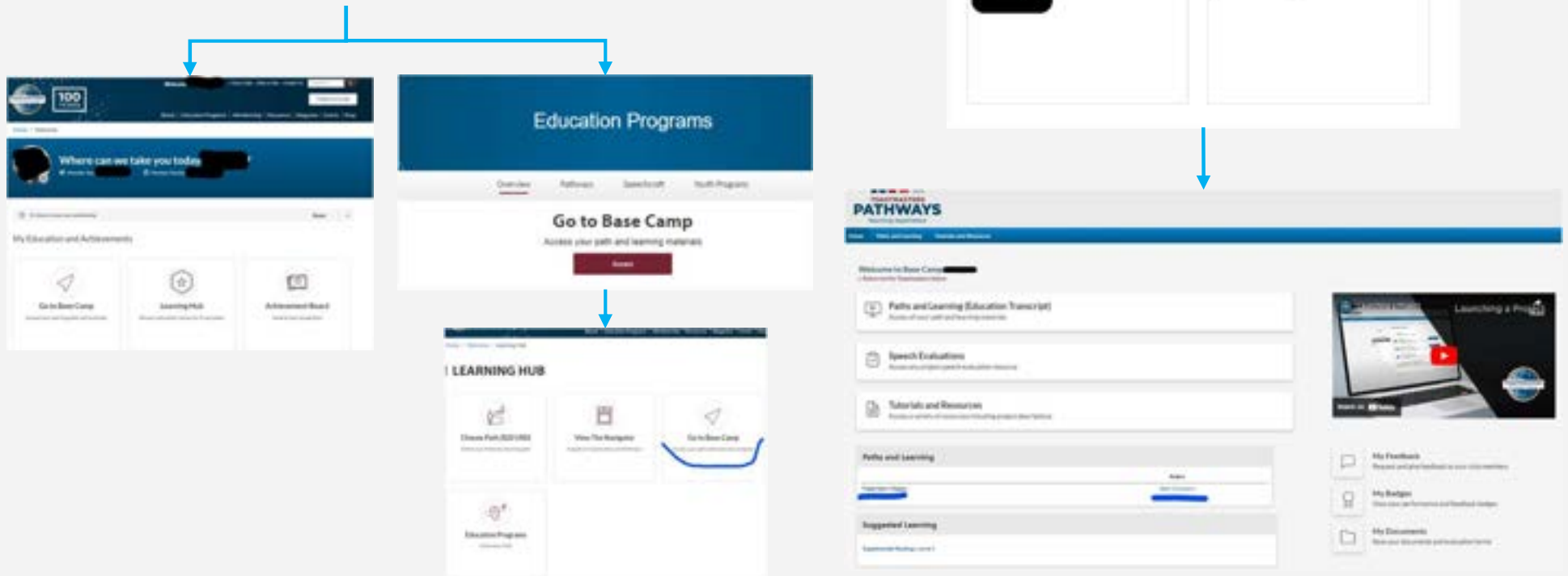
- Click on “*Choose Path*” and select the language in which you wish to pursue your path.
- Click “*Continue*”.
- Select the radio button next to “*Digital Resources*”.
- You have two options – “*Take an assessment*” and “*View all Paths*”
 - “*Take an assessment*”: you will go through a short test to determine the most suitable path(s) for your learning goal.
 - “*View all Paths*”: you can directly go ahead and select the path of your choice, by following the subsequent prompts.

Recommended!

Base Camp

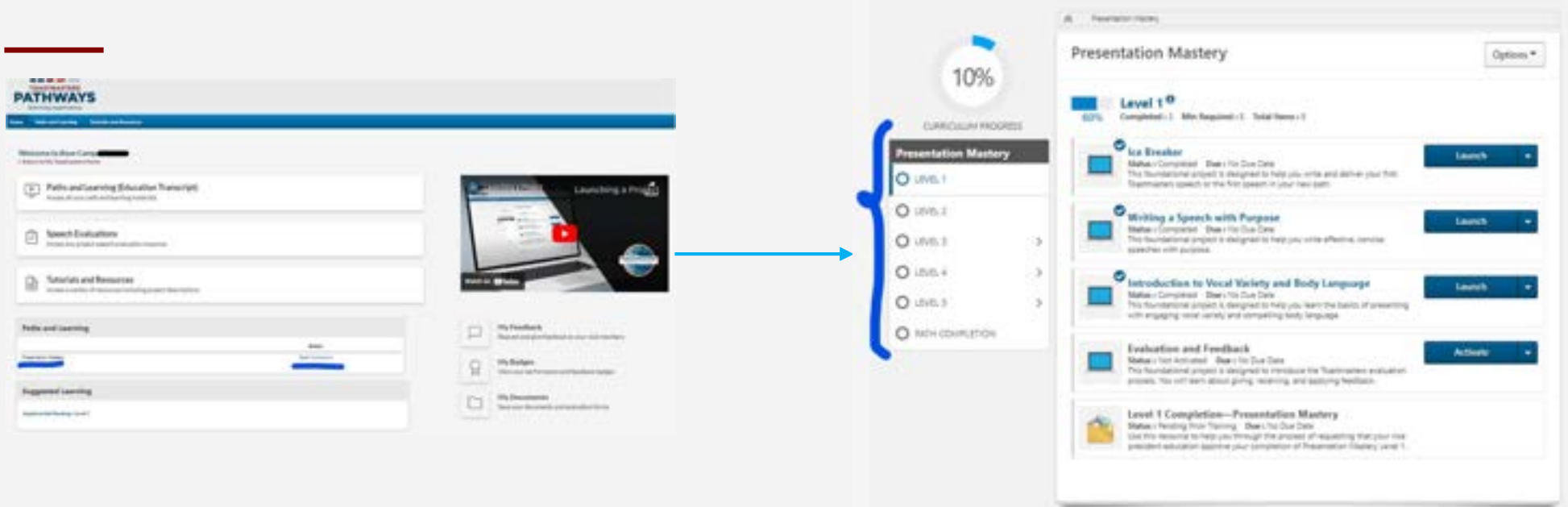
Where you access your Path(s)

Two ways to get to
Base Camp



- In Base Camp, you see all the Toastmasters' Clubs that you are a member of.
- Click on the Club's name to see the path(s) you have selected and any associated learning materials and resources etc.

Completing Projects in Your Path



- Click “*Open Curriculum*” of your path to see the details of the projects for each level.
- Click on “*Launch*” for each project to access the related videos and training materials, such as guidelines to prepare speech, evaluation form, self-assessment (pre and post speech)
- You must **complete** (in Base Camp) all the projects in the Level in order for the VP of Education to mark the level as “*Complete*”.

Next Steps to Get Started

Next
Month

- Choose your Path

Stretch
Goals

- Make a plan to complete the first Level in your Path



FreeToastHost

Overview of our Club's Meeting Management Website

How to Sign Up for Meeting Roles

FreeToastHost

Our Club's Website for Meeting Management

<https://28677110.toastmastersclubs.org>

This is the landing page of FTH.



To set up a password, enter your Name and then click *Authenticate*.

The system will email you a link.

Club Member Login

You must be added by the website administrator and have approved your addition to this website before logging in.

E-mail, Name, or Username

Enter your E-mail, Name, or Username, then select your Name or Username from the pop-up list that displays.

Password

If this is your first time logging in, or if you forgot your password, just select your name / username above, then click *Authenticate / Login* below without entering a password. A link will be e-mailed to you to set your password.

[FreeToastHost Terms Of Use](#)

Authenticate / Login Close

TOASTMASTERS INTERNATIONAL

Capgemini Voices for Sustainable Futures

Capgemini Voices for Sustainable Futures Toastmasters Club

Main Menu

- Home
- Meeting Information / Directions
- Contact Us
- Meet Our Members
- Club Calendar
- Public Downloads
- How to join our Club
- New Members - Getting Started
- Meeting Rates
- MyCSR - Get Learning Credit
- Reimbursement Options
- Testimonials
- Pathways

For more information on Toastmasters International, visit www.toastmasters.org

Logins

- Login as Johnny Jones
- Launch admin console
- Login as site admin

Members Only

- Meeting Agencies
- Quick Role Sign-Up
- Club E-mail Addresses
- Edit Your Profile
- Private Member Directory
- Website Support Docs
- Website Support Forums

The **mission** of our club is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

The **vision** of our club is to improve confidence in public speaking while learning about the environment and sustainability. Capgemini's goal is to be carbon net zero by 2040.

Key Links:

- District 60 Homepage
- District 60 Performance Report
- Club Performance Report

FreeToastHost

Main Menu

Accessible without logging in to the site

Main Menu	
Home	
Meeting Information / Directions	
Contact Us	
Meet Our Members	
Club Calendar	
Public Downloads	
How to Join our Club	
New Members - Getting Started	
Meeting Roles	
MyCSR - Get Learning Credit!	
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Testimonials	
Pathways	
For more information on Toastmasters International, visit www.toastmasters.org	

Find out who are the other Club Members

FAQs and Useful links for all members, especially new ones.

Learn about various [Meeting roles](#) in a Toastmasters meeting

Review info about Pathways

Once you login to FTH, you will have access to the Members Only section

Members Only	
Meeting Agendas	
Quick Role Sign-Up	
Club E-mail Addresses	
Edit Your Profile	
Private Member Directory	
Website Support Docs	
Website Support Forums	

Review the Agendas for the upcoming Club meetings

Sign-up for a role for a meeting

Review your profile, contact information, photo, social media links etc.

Access contact details of other Toastmasters' Members

Meeting Roles Page

Meeting Roles

Each Toastmasters meeting has a planned agenda. Members volunteer to fill the meeting roles. On this page, we describe each role and provide guidance on how to prepare for it. Send any questions to our [VP Education](#).

Roles

[Welcome](#)
[Presiding Officer](#)
[Toastmaster](#)
[Grammarian/Word of the Day](#)
[Sustainability Moment](#)
[Speaker](#)
[Table Topics Master](#)
[Table Topics Volunteer](#)
[General Evaluator](#)
[Speech Evaluator](#)
[Ah Counter](#)
[Timer](#)

- In every Club meeting, members take on roles.
- In this section, you can read about each role by clicking on the role name. There is also some supporting documentation to help you perform that role.
- You can also reach out to the VP of Education with any questions.

How to Sign Up for Meeting Roles

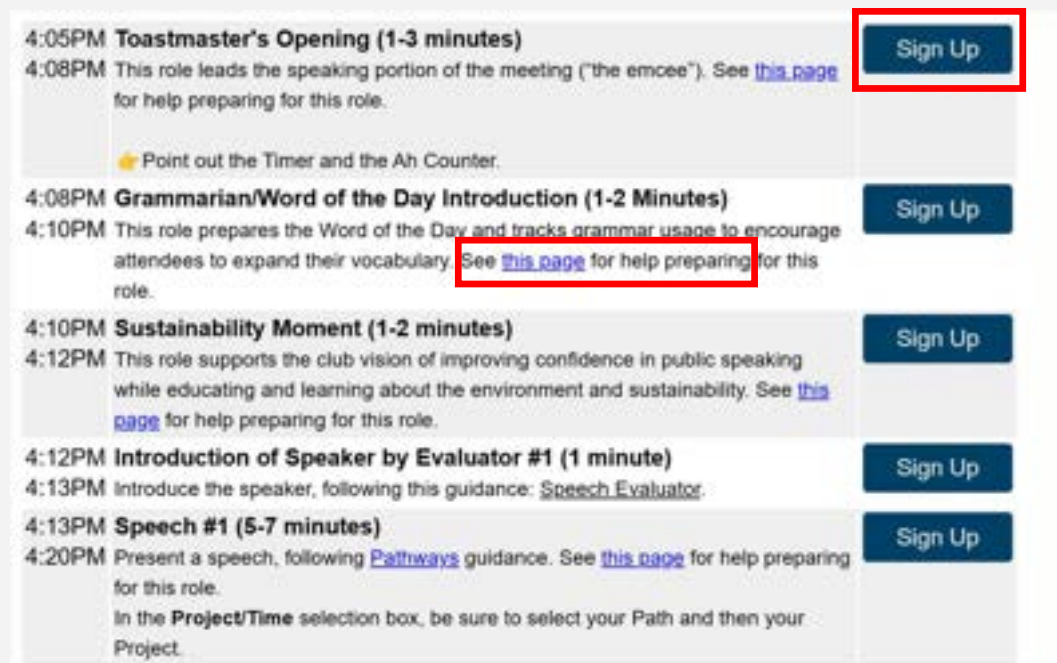
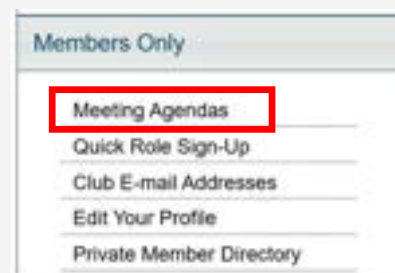
Any member can sign up for any Meeting Role (except for 'Welcome' and 'Presiding Officer', which are handled by club officers).

While logged in to FTH:

- Click *Meeting Agendas*.
- Use the drop-down menu to review the agenda for a future meeting.
- Review the help for the Meeting Role by clicking the "See this page" link.
- Click *Sign Up* to accept the Meeting Role.

If you cannot keep the role assignment, return to the agenda and click *Drop* to remove yourself from the role.

Within 48 hours of the meeting, contact the VP Education so they can get the role filled by another member.



Next Steps to Get Started

Next Month

- Sign up to do your Ice Breaker speech (the first project in Level 1 of your Path)
- Attend weekly club meetings

Stretch Goals

- Plan your next two speeches
- Sign up for meeting roles in future meetings (agendas are available for the rest of the club year ... Plan ahead!)



Questions?



Happy Learning Journey!



Resources

Overview of Club's Team and Connect Page

Who to Contact with Questions

Who to Contact for Help

Questions about Pathways and meeting roles:

- Sharel OConnell, DTM – VP Education
- Jidnyasa Joshi, Education committee
- Heather Kingsfield, Education committee

Questions about your membership or bringing guests:

- Mayra Krause – VP Membership
- Glynis Dsouza – VP Public Relations

Questions about the Club and Capgemini:

- Cheryl Vervaet – President
- Joanne Adams – Corporate Liaison

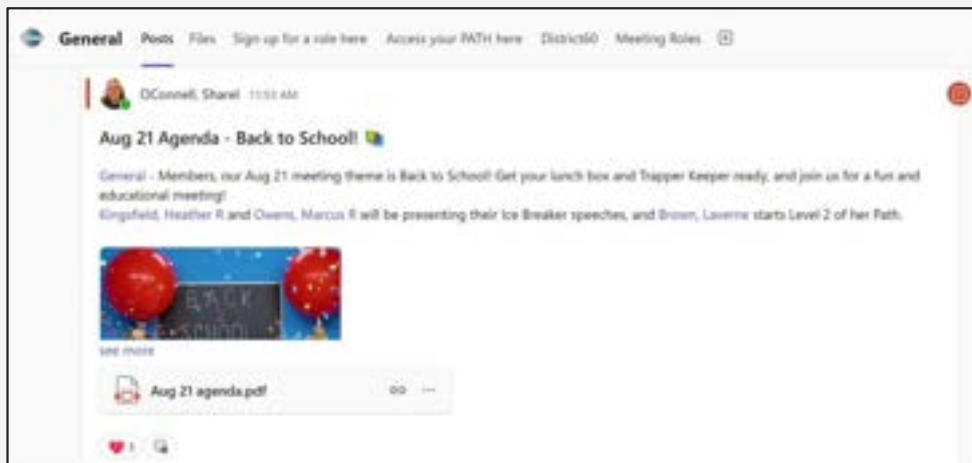
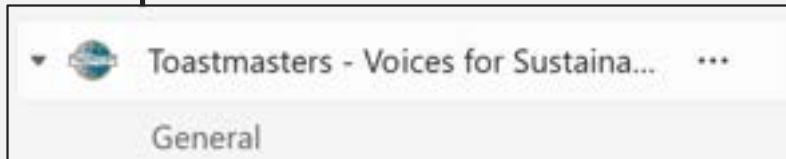
Useful Links

Resource	Link	
CVFSF FreeToastHost	https://28677110.toastmastersclubs.org/	
Toastmasters International	https://www.toastmasters.org/	
Meeting Backgrounds	https://www.toastmasters.org/resources/zoom-virtual-background	
Timer Backgrounds	https://www.toastmasters.org/resources/timer-zoom-backgrounds	
Toastmasters Resources: podcasts, online service updates, branding, statistics, resource & video library	https://www.toastmasters.org/resources	
Pathways info on FTH: informative material on various education sessions conducted by the Club	https://28677110.toastmastersclubs.org/pathways.html	
FAQs and Useful Links (New Members – Getting started)	https://28677110.toastmastersclubs.org/NewMembers.html	

Other Club Resources

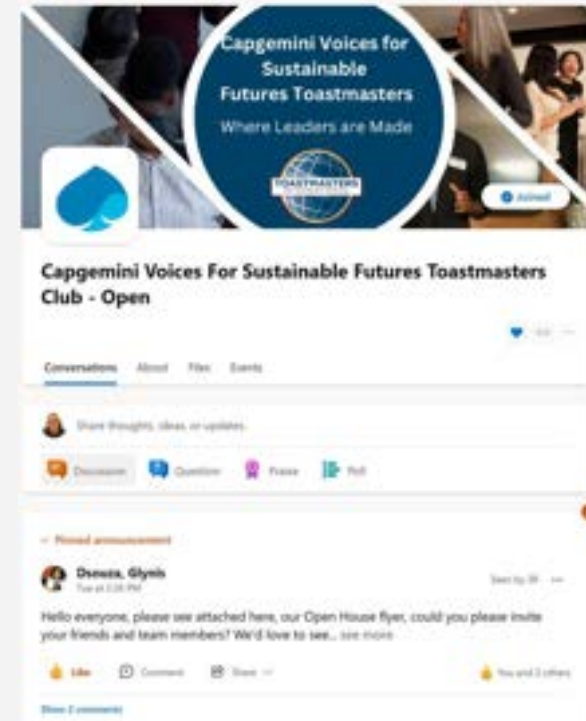
- Member Team

- Ask other members questions.
- Access links and resources.
- Weekly meeting agenda is posted.



- Connect Page

- Spread the word about Toastmasters in Capgemini.
- Share your own testimonial.



Next Steps to Get Started

Next Month

- Choose your Path
- Sign up to do your Ice Breaker speech
- Attend weekly club meetings

Stretch Goals

- Make a plan to complete the first Level in your Path
- Plan your next two speeches
- Sign up for meeting roles in future meetings (agendas are available for the rest of the club year ... Plan ahead!)

