

# The Inspiration

Inspire, challenge and motivate!

The thought, an inspiring quotation or short story (1-2 minutes) that sets the tone for the day's meeting, is a welcome option in many clubs. It is usually delivered by a designated club member near the beginning or the end of the meeting.

If you are new to Toastmasters and are nervous about the thought of speaking in front of people, you can use this small but valuable role to build your confidence.

## **Before the Meeting:**

- Find a meaningful quotation or short story, preferably one that relates to the day's theme, and prepare a brief introduction. Treat it as you would any other speech – craft it carefully and practice delivering it before the meeting.
- Contact the Toastmaster of the evening and confirm you will be at the meeting to deliver the inspiration.

## **During the Meeting:**

- When called on by the Toastmaster, stand up and deliver your thought of the day to the group.