



MCAWW TOASTMASTERS

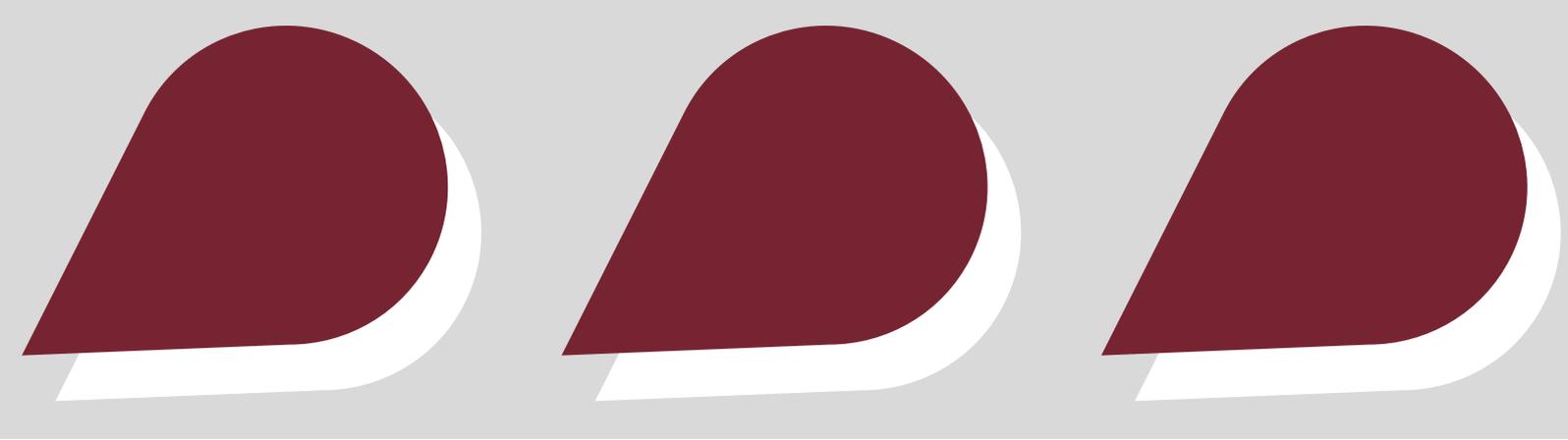
OCTOBER SPEECH CONTEST



If you are looking for an opportunity to practice public speaking, then look no further! The MCAWW Toastmasters group will be hosting a speech contest on **Wednesday, October 12th** from **7:00 - 8:30 a.m.** and the theme of this contest is *"What the Pandemic Has Taught Me."*

You have the option of participating virtually or in person at the MCAWW office and we will have **giveaways** for all attendees and **prizes** for the top three virtual speakers & top three in-person speakers.

To enter this contest, you'll need to **fill out the registration** attached to this form and return it to **MCAWW@mcaww.net**, then all you need to do is prepare a *4-6 minute speech* on what you have learned during this pandemic.



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Need some inspiration for your speech?

We have your back! Here are some kick-starter topics to get the creative juices flowing:

- Tell us about who was in your "germ circle." Who were the core group of people you were with, and how did they help get you through this unpredictable time?
- Did you pick up a pandemic hobby? Bake any bread? Acquire a plant (or 12...)?
- What did you miss the most during the pandemic? Did you crave to be at a stadium event or concert surrounded by thousands of strangers? Or was it something as simple as giving a friend a hug?
- What major life events were affected the most during the pandemic? Did you have to reschedule a wedding, or welcome a new baby into the world?
- What travel impacts did you face during the pandemic? Did you have to postpone a big trip? Were you one of the people purchasing trailers/motor homes to get the family out? Did you start camping?

Due Dates:

October 5th, Wednesday

Complete & return your registration to MCAWW@mcaww.net.

October 10th, Monday

Send your speech title and a short (2-4 sentence) introduction summary to your speech to Shea at shead@atsinc.org. We will read this introduction & speech title before you start at the contest.

October 12th, Wednesday

The big show! Speech Contest Day.

Want some help with your speech? Have questions? No problem!

Reach out to Robin Cowper rcowper@mcaww.net or Shea DeWald shead@atsinc.org and we will gladly work with you to help develop your speech!

CAN'T WAIT TO SEE YOU ALL THERE!

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REGISTER:

Name:	
Company:	
Email:	
Participation:	<input type="checkbox"/> In Person <i>We will provide breakfast and validate parking in our building for those who attend in person.</i> <input type="checkbox"/> Virtually

Registration is due by Wednesday, October 5th.

Please send to MCAWW@mcaww.net

Please send your **speech title and a 2-4 sentence intro** to Shea (shead@atsinc.org) by Monday, **October 10th.**

Speeches need to be **4-6 minutes** in length to qualify for prizes.

MCAWW Address: 1100 Olive Way #1250, Seattle, WA 98101

