True Blue Toastmasters at UCLA Presents:

“Public Speaking 101”

What you’ll learn at this workshop:

- Learn 3 simple techniques to calm your nerves and feel more confident before any presentation.
- Learn about what secrets your body language is telling the audience about you.
- Learn how silence can be more effective than actually talking.
- Learn how to express yourself as a leader people will want to follow!

Monday, October 17, 2016 12:00 PM – 1:00PM

Steve Yu
Assistant Dean, UCLA Law

Steve is a double Bruin with a bachelors and MBA from UCLA. His experience with public speaking spans nearly a decade and has spoken at places including UCLA, USC, Cal Poly Pomona, Fresno State, JP Morgan and edmunds.com. Steve knows the power of networking as the current three-term president of the UCLA Westside Bruins Alumni Network, representing a group of 50,000 UCLA alumni!

Angel Najarian
Lifestyle and Wellness Coach

Angel embodies a lifestyle of continuous personal growth. A natural leader with a passion to serve, Angel is focused on letting go of limiting false beliefs and using massive action to live a life on purpose. Through competitive bodybuilding, conducting group exercise classes, global networking, or public speaking, Angel's ultimate objective is empowering and challenging others to live a life they're extraordinarily in love with.

UCLA Wilshire Center
10920 Wilshire Blvd., Los Angeles, CA 90024
10th Floor Conference Room #1080
Seats are limited! To RSVP: email truebluetmclub@gmail.com