

Ready to improve your public speaking and leadership skills?



We can help!

Toastmasters International empowers individuals to become more effective communicators and leaders. The organization has more than 345,000 members in nearly 16,000 clubs in 142 countries. Members of our club here at AHA (Heartmasters) improve their speaking and leadership skills by attending our Heartmasters club meetings, held twice each month at National Center. Off-site members and guests are welcome to attend via Skype!

The world needs leaders. Leaders head families, coach teams, run businesses and mentor others. These leaders must not only accomplish, they must communicate. By regularly giving speeches, gaining feedback, leading teams and guiding others to achieve their goals in a supportive atmosphere, leaders emerge from the Toastmasters program. Every Toastmasters journey begins with a single speech. During their journey, they learn to tell their stories. They listen and answer. They plan and lead. They give feedback—and accept it. Through our community of learners, they find their path to leadership.

For more information on our Heartmasters club, please contact Gia Kahn at gia.kahn@heart.org.

