



Moment of Reflection

The Moment of Reflection is an inspiring or motivating comment worthy of reflection. The thought can be a quotation from someone else or a reflection of your own.

Speaking ★ ★

Arrive by **5:50PM**

Leadership ★

Speaking Time **1 min**

Organization ★

Before the meeting

- *Prepare or look for a thoughtful idea or story to share*

During the meeting

- Wait for toastmaster to invite you to the stage
- Shake hands with the chairperson when arriving on the stage
- Present a moment of reflection
- Shake hands with the chairperson when leaving the stage.

Important Note

- Toastmasters are people with diverse beliefs and backgrounds, and we avoid potentially controversial subjects such as religion, politics, ethnic background and sex.



- *You'll find your delivery of the Moment of Reflection much more effective when it is presented without notes. If needed, use a small cue card instead of a sheet of paper.*
- *Try practicing your moment of reflection in front of your mirror.*