

EFFECTIVE COACHING



**MASTERING
FUNDAMENTALS
(NEW AND OLD)**

**LEARNING YOUR
STYLE**



**LEVEL
3**

**INCREASING
KNOWLEDGE**

**BUILDING
SKILLS**



**LEVEL
5**

**DEMONSTRATING
EXPERTISE**

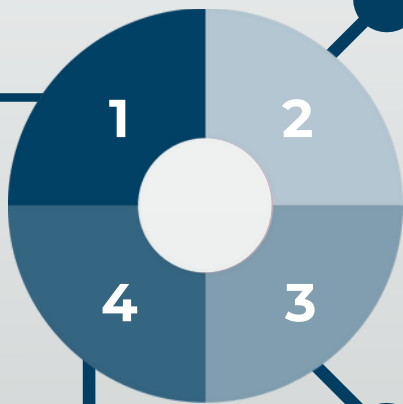
LEVEL 1

EFFECTIVE COACHING - MASTERING FUNDAMENTALS (NEW)



ICE BREAKER

Deliver a 4-6 minute speech to introduce yourself to the club



WRITE A SPEECH WITH PURPOSE

- Speech Topic and Purpose Worksheet
- The Speech Outline Worksheet
- Deliver a 5-7 minute speech

VOCAL VARIETY AND BODY LANGUAGE

- Speech should be evaluated on only their body language, only their vocal variety, or both.
- Deliver a 5-7 minute speech

EVALUATION & FEEDBACK

- Deliver a 5-7 minute speech on any topic
- Incorporate feedback from your first speech into a second 5-7 minute speech
- Serve as a speech evaluator

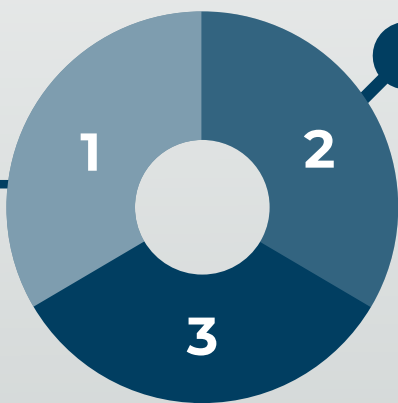
LEVEL 1

EFFECTIVE COACHING - MASTERING FUNDAMENTALS



ICE BREAKER

Deliver a 4-6 minute speech to introduce yourself to the club



EVALUATION & FEEDBACK

- Deliver a 5-7 minute speech on any topic
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- Serve as a speech evaluator

RESEARCHING & PRESENTING

Research a topic & deliver a well structured 5-7 minute speech

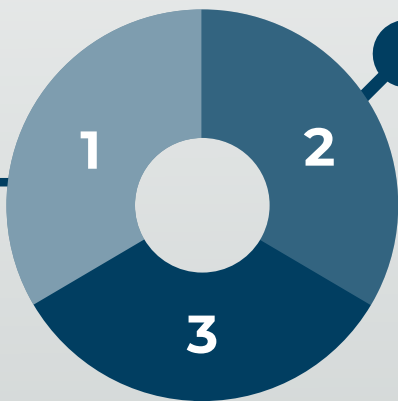
LEVEL 2

EFFECTIVE COACHING - LEARNING YOUR STYLE



UNDERSTANDING YOUR LEADERSHIP STYLE

Understand your leadership style & deliver a 5-7 minute speech



UNDERSTANDING YOUR COMMUNICATION STYLE

Understand your communication style & deliver a 5-7 minute speech



INTRODUCTION TO TOASTMASTERS MENTORING

Share the impact & importance of having a mentor & deliver a 5-7 minute speech

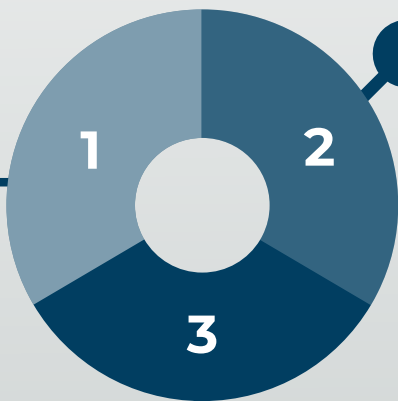
(OPTIONAL)

PATHWAYS MENTOR PROGRAM



PREPARE TO MENTOR

Meet with the Vice President Education to discuss your readiness to mentor



MENTORING

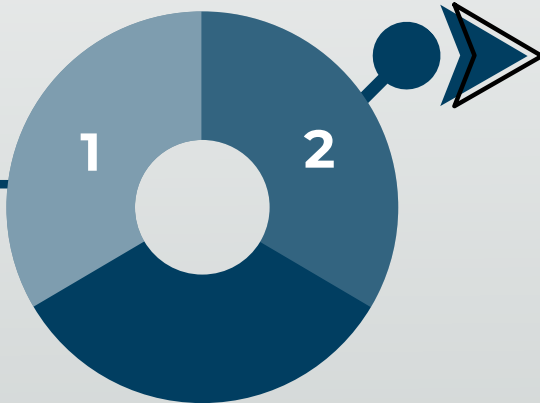
- Work with protégé to complete one project
- Deliver a 5-7 minute speech about your experience



ADVANCED MENTORING

- Mentor a fellow toastmaster for a six-month period
- Give & receive feedback both verbally & in writing
- Deliver a 5-7 minute speech about your experience

* A member can unlock "Pathways Mentor Program" after the completion of Level 2 in any path



REACHING CONSENSUS

- Lead a non-Toastmasters / Toastmasters group to arrive at a consensus
- Deliver a 5-7 minutes Speech

ELECTIVES (Choose any 2)

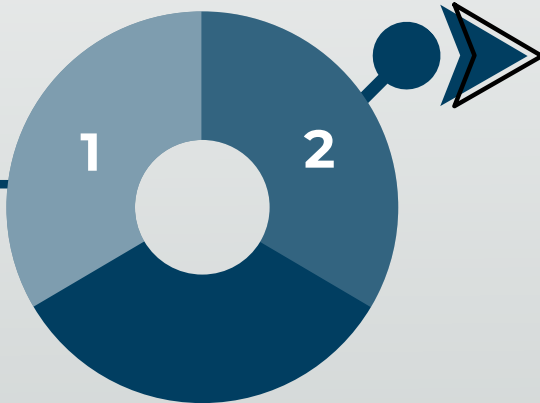
- **Deliver Social Speeches**
Deliver 2 different social speeches of 3-4 minutes each
- **Using Presentation Software**
Deliver a 5-7 minute speech using presentation slides
- **Connect with Storytelling**
Deliver a 5-7 minute speech to practice narrating a story
- **Creating Effective Visual Aids**
Deliver a 5-7 minute speech using 1-3 visual aids
- **Using Descriptive Language**
Deliver a 5-7 minute speech using descriptive language to increase interest & impact
- **Connect with Your Audience**
Deliver a 5-7 minute speech to connect with an unfamiliar audience
- **Make Connections Through Networking**
Deliver a 5-7 minute speech to share some aspect of your networking experience
- **Focus on the Positive**
Maintain record of your thoughts & feelings for 2 weeks & deliver a 2-3 minute report or a 5-7 minute speech
- **Active Listening**
Serve as Topicsmaster at a club meeting

- **Inspire Your Audience**
Deliver a 5-7 minute speech to inspire the audience
- **Prepare for an Interview**
Deliver a 5-7 minute role-play interview at a club meeting
- **Understanding Vocal Variety**
Deliver a 5-7 minute speech to practice vocal variety
- **Effective Body Language**
Deliver a 5-7 minute speech with awareness of intentional & unintentional body language
- **Know Your Sense of Humor**
Deliver 5-7 minute speech that includes humour



IMPROVEMENT THROUGH POSITIVE COACHING

- Coaching an individual through a project
- Deliver a 5-7 minute speech



ELECTIVES (Choose any 1)

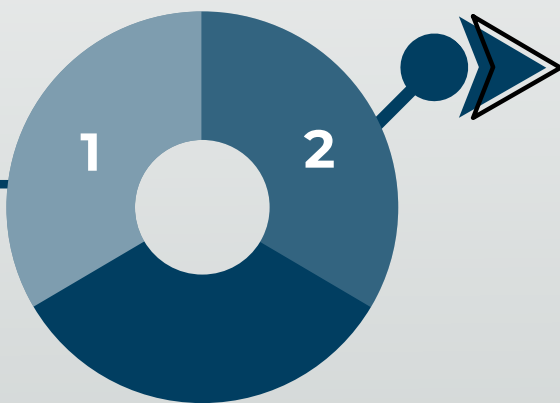
- **Create a Podcast**
 - Record 60 minute podcast
 - Play 5-10 minute segment along with a 2-3 minute introduction speech
- **Build a Social Media Presence**
 - Establish or enhance a social media presence & deliver a 5-7 minute speech
- **Managing a Difficult Audience**
 - Prepare a 5-7 minute speech
 - Deliver speech to practice skills to manage audience disruptions in 10-15 minutes
- **Writing a Compelling Blog**
 - Maintain a blog, post at least 8 times in 1 month & obtain blog evaluation
 - Deliver a 2-3 minute speech
- **Manage Online Meetings**
 - Plan & conduct a 20-25 minute online meeting or webinar
- **Question-and-Answer Sessions**
 - Deliver a 5-7 minute speech followed by Q&A session (Total project duration: 10-15 minutes)

- **Public Relations Strategies**
 - Create a PR plan for real / hypothetical group / situation
 - Deliver a 5-7 minutes speech
- **Manage Projects Successfully**
 - Build a team, choose a project.
 - Create project plan & deliver a 2-3 minute speech
 - Complete the project & deliver a 5-7 minute speech about your experience



LEVEL 5

EFFECTIVE COACHING - DEMONSTRATING EXPERTISE



HIGH PERFORMANCE LEADERSHIP

- Select, lead, & complete a project with a team
- Form & meet with a guidance committee at least five times
- Deliver a 5-7 minute speech, introducing plan and vision
- Deliver another 5-7 minute speech, sharing your experience

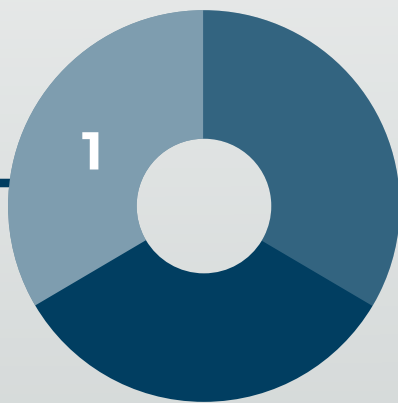
ELECTIVES (Choose any 1)

- **Lessons Learned**
 - Facilitate a "lessons learned" meeting for a team
 - Complete a 360° evaluation
 - Deliver a 5-7 minutes speech
- **Moderate a Panel Discussion**
 - Plan and moderate a 20-40 minute panel discussion
- **Ethical Leadership**
 - Define an ethical framework for yourself
 - Plan and moderate a 20-40 minute panel discussion followed by a Q&A session
- **Leading in your Volunteer Organization**
 - Serve in leadership role for a minimum of 6 months
 - Complete a 360° evaluation
 - Create succession plan
 - Deliver a 5-7 minute speech to share experience
- **Prepare to speak professionally**
 - Deliver a 18 to 22 minute keynote style speech



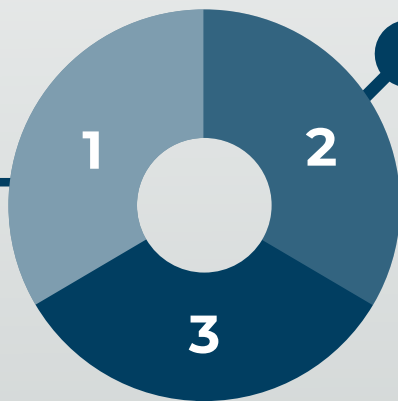
REFLECT ON YOUR PATH

- List your accomplishments both in and outside of Toastmasters
- Reflect on your learning from the path
- Describe on how Toastmasters has affected your life
- Think about next steps and new goals
- Prepare and deliver a 10-12 minute speech





- Plan & complete a project that benefits an organization
- Develop a team and design a plan
- Deliver a 5-7 minute speech to share plan / vision



- Organize the project & lead your team, complete it
- Seek a 360 degree evaluation of your leadership skills



Deliver an 8-10 minute speech to review your project, its outcomes, your learning, etc.