►Lessons Learned..... 8506

Optional for all Paths in L5.

This project addresses how to identify the discussion points of a large group meeting, encourage a culture of contribution and voicing opinions, and facilitate productive discussion that yields results.

Purpose: The purpose of this project is to learn about and apply the skills to run a lessons learned meeting during a project or after its completion.

Overview: Facilitate a lessons learned meeting for a team with which you are completing or have completed a project. This meeting is separate from your regular Toastmasters meeting. Organize and facilitate a discussion. Record the results into a document you and your team members can use to facilitate the current project or future projects. If you haven't already, give team members an opportunity to complete a 360° evaluation of you as a team leader. (Use the 360° Evaluation resource.) Finally, present a 5-7 minute speech in your club about the lessons learned meeting or your leadership experience.

This project includes:

- Lessons Learned Response Log - Metrics Log
- 5-7 minute speech

►Moderate a Panel Discussion..... 8508

Optional for all Paths in L5.

This project addresses the skills needed to successfully moderate a panel discussion and how to be an effective participant on a panel.

Purpose: The purpose of this project is to apply your skills as a public speaker and leader to facilitate a panel discussion.

Overview: Plan and moderate a 20-40-minute panel discussion. The panel discussion can be on any topic and may take place at a club meeting or outside of Toastmasters with the approval of your VPE. Toastmasters who participate as panelists do not receive credit in Toastmasters Pathways. When you have the opportunity, volunteer to act as a panelist for another member completing this project.

This project includes:

- 20-40 minute - moderate a panel discussion

►Prepare to Speak Professionally..... 8509

Required in Path PM for L5. Optional for others.

This project is designed to help you define the attributes of professional speakers and apply that understanding to your own skills as a speaker.

Purpose: The purpose of this project is to practice developing and presenting a longer speech.

Overview: Write and present an 18-22 minute keynote-style speech. Exemplify the point of view or message you would convey as a professional-level speaker. You may choose to use visual aids if they fit your speech and your style. Your speech may be humorous, informational, or any style that appeals to you and supports your speech content. If you receive advance approval from the VPE, you may present the speech to a non-Toastmasters group.

This project includes:

- 18-22 minute keynote-style speech

TOASTMASTERS PATHWAYS learning experience

C-2

Members Manual for Effective Coaching

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Revised: 10/01/2018

Authors Comments and Notes

This booklet is a part of a series that was pulled together to help provide a reference for Toastmasters members to understand the components and flow of the Pathways learning experience™

Screenshots and content were taken directly from Pathways Base Camp applications and adapted for this manual. This manual and the accompanying Leaders Manual will help members understand the specific requirements of the current 10 Paths, the 5 Levels, the Projects and Assignments required to complete the Path.

This manual is a work in progress. Plans to provide more tools and additional revisions of this document may be made

The author welcomes comments and feedback at the contact information below.

Members Manuals Available

Group A - suggested 1st Paths
- **A-1 -** PM - Presentation Mastery
- **A-2 -** MS - Motivational Strategies
- **A-3 -** LD - Leadership Development

Group B - suggested 2nd choice of Paths
- **B-1 -** SR - Strategic Relationships
- **B-2 -** DY - Dynamic Leadership
- **B-3 -** VC - Visionary Communication

Group C - requires more investment
- **C-1 -** TC - Team Collaboration
- **C-2 -** EC - Effective Coaching
- **C-3 -** IP - Innovative Planning
- **C-4 -** PI - Persuasive Influence
- **D-1 -** DTM - The SEVEN Steps

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Level 5 - Elective Projects

►Ethical Leadership..... 8502

Optional for all Paths in L5.

This project addresses the importance of recognizing the effect of decisions that impact ethics, best practices for making ethical decisions and developing an ethical framework.

Purpose: The purpose of this project is to develop a clear understanding of your own ethical framework and create an opportunity for others to hear about and discuss ethics in your organization/community.

Overview: Define an ethical framework for yourself. To do this, you may need to complete personal research beyond the contents of this project. Organize and moderate a 20-40-minute panel discussion about ethics, followed by a question-&-answer session. Review the Moderate a Panel Discussion elective project.

This project includes:

- 20-40 minutes - Organizing and moderating a panel discussion as well as a question-and-answer session

►Leading in Your Volunteer Organization 8505

Required in L5 for Path SR. Optional in others.

This project focuses on the skills required to lead in a volunteer organization and the importance of recognition and reward in motivating volunteers.

Purpose: The purpose of this project is to apply the skills needed to successfully lead in a volunteer organization.

Overview: Serve in a leadership role in Toastmasters or another volunteer organization for at least six months. You may complete this project based on your employment, but a volunteer organization is preferable.

Ask members of the organization to complete a 360° evaluation of your leadership skills. Create a succession plan to aid in the transition after you leave your position of leadership. After your six-month term, deliver a 5-7 minute speech at a club meeting to reflect on your personal experience.

This project includes:

- 6 month (minimum) term as a volunteer leader
- 5-7 minute speech

A good Project if you are (or are going to be) an officer.

LEVEL 5

1st Speech

►High Performance Leadership 8503

Required for EC, IP, PI in L5. Optional for others.

The focus of this project is to design and complete a project with well-defined goals, lead a team and be accountable to a guidance committee.

Purpose: The purpose of this project is to apply your leadership and planning knowledge to develop a project plan, organize a guidance committee, and implement your plan with the help of a team.

Overview: Select a project to complete with a team of at least three members. Form a guidance committee and meet at least five times through the duration of the project. Deliver a 5-7 minute speech at a club meeting to introduce your plan and vision. After you implement the plan, deliver a second 5-7 minute speech at a club meeting to share your experience developing and completing your plan.

This project includes:

- 5 meetings with team
- 5-7 minute speech - #1
- 5-7 minute speech - #2

LAST SPEECH

►Reflect on Your Path 8510

Required for all Paths in L5.

This speech is to be done after you do your elective project/speech. It is your last speech in L5.

This project is designed to give you an opportunity to share your experience at the end of your path.

Purpose: The purpose of this project is to reflect on your growth during the completion of an entire path.

Overview: At a meeting, present a 10-12 minute speech to share your experience completing your path. Use this opportunity to reflect on how far you have come, summarize the skills you have learned and developed, and to celebrate your achievements.

This project includes:

- 10-12 minute speech

➔ Select one (1) Elective on the following pages.🡐
After you have competed the project - you will have completed Level 5.

Level 5 COMPLETED
Effectve Coaching PATH
Path is DONE!

Contact: VP Education / President / Secretary

Introduction

This is one booklet in a series to help provide a reference for club members and club leaders to better understand the components and flow of the Pathways learning experience™.

The goal is to more easily to get the most from the educational opportunities offered to all members.

Screenshots and content were taken directly from Toastmasters' International and the Pathways websites.

These booklets are a work in progress. Plans to provide tools to track member's progress through their Path(s) and other tools are in development and additional revisions of this document will be made available. The author welcomes comments and feedback.

Projects Descriptions

There are a total of 57 Projects use in Pathways. For the PATH there are 10 Required Projects. To complete Level 3, you will do 2 Electives projects. For Levels 4 and 5, you will do 1 Elective project for each Level projects. There are a total of 10 Projects per path. However, your assignments within each project vary.

Below are the codes used for the Paths and Levels. Also, VPE is the abbreviation for Vice President Education.

I hope this series is helpful for you. Below are the basic components in Pathways. There are 10 Paths (10 different courses). In each Path there are 5 Levels which offer projects that are designed to be progressively more challenging to stretch and encourage you to develop more advanced skills

The Codes for 10 Paths

DL = Dynamic Leadership
EC = Effective Coaching
IP = Innovative Planning
LD = Leadership Development
MS = Motivational Strategies
PI = Persuasive Influence
PM = Presentation Mastery
SR = Strategic Relationships
TC = Team Collaboration
VC = Visionary Communication

The 5 Levels Codes

L1 = Level 1
L2 = Level 2
L3 = Level 3
L4 = Level 4
L5 = Level 5

The THREE Classifications

Studying the **focus** of the Required Projects and I came up with three groups: These are:

Public Speaking is the process or act of performing a speech designed to: inform, persuade and entertain.

Management is the administration of an organization. It includes the activities of setting the strategy of an organization and coordinating the efforts of its employees/volunteers to accomplish its objectives.

Leadership, specifically strategic leadership is the ability to influence others to voluntarily make decisions that enhance the prospects of the organization's long-term success stability.

The THREE Categories

The big question: "what Path do you suggest?" The truth - there is no WRONG Path. However, there are Paths that are better for members' specific goals and consideration of their time availability - outside of Toastmasters. It is a shame if a member gets themselves into something that is more than they want to or have time to do.

Fact - it are the REQUIRED projects that determine the assignments. In evaluating the Required Projects, I developed a Rating Code for each Path.. The items in my matrix included the following considerations.

Outside activities required - Speech time
Skill of new age communication methods
Number of assignments in the project - Estimated preparation time
Skills for speaking / presentation - Plus - Subjective consideration

Category Group A. Recommended for New Members

Requires the least amount of investment / commitment in time and less experience in the skills categories.

Presentation Mastery (A-1)
Motivational Strategies (A-2)
Leadership Development (A-3)

Category Group B. Requires more of an Investment

Requires more commitment in time and a higher level of computer, new age communication skills and/or more speaking or presentation skills.

Strategic Relationships (B-1)
Dynamic Leadership (B-2)
Visionary Communication (B3)

Category Group C. Requires the most Investment

Requires the most time, in some cases up a 6 month commitment and/or more computer and/or new age communication skills and/or more speaking or presentation skills.

Team Collaboration (C-1
Effective Coaching (C-2)
Innovative Planning (C-3)
Persuasive Influence (C-4)

►Write a Compelling Blog.....8414

Optional for all Paths in L4.

This project addresses the basics of developing a blog and successfully engaging a readership.

Purpose: This project is to review or introduce the skills needed to write and maintain a blog.

Overview: Post a minimum of 8 blog posts in month. Your blog may be new or one you have already established. You must receive approval from the VPE to blog on behalf of your club. Deliver a 2-3 minute speech about blogging experience. Give the Project Completion Form to the VPE.

This project includes:

- Maintain a blog and posting at least 8 times in 1 month
- Project Completion Form - to VPE
- 2-3 minute speech

►Managing a Difficult Audience 8409

Required in L4 for Path PM. Optional for others.

This project covers common behaviors of difficult audience members and how to address each behavior In a calm, effective and professional way.

Purpose: The purpose of this project is to practice the skills needed to address audience challenges when you present outside of your Toastmasters club.

Overview: Prepare a 5-7 minute speech on a topic of your choosing. You may write a new speech or use a speech you presented previously. You will be evaluated on the way you manage audience disruptions, not the content of your speech. Before your club meeting, send the Role Play Assignments resource to the Toastmaster and VPE. Respond to different types of difficult audience members that disrupt you. The process of speaking and responding to audience will take 12-15 minutes.

This project includes:

- Role play assignment for club members
- 5-7 minute speech + Responding to audience = 12-15 minutes meeting time

►Public Relations Strategies 8412

Required in L4 for Path SR others are optional.

This project focuses on how to promote awareness of an organization, formulate a public relations strategy & use various public relations tactics.

Purpose: The purpose of this project is to practice the skills needed to effectively use public relations strategies for any group or situation.

Overview: Create a public relations plan for a real or hypothetical group or situation. If it involves your club, it must be hypothetical unless you communicate with the vice president public relations and club president. Share your plan in a 5-7 minute speech at a club meeting. This speech is not a report on the content of this project, but an example of how you will or might apply what you learned.

This project includes:

- 5-7 minute speech

►Question-and-Answer Session 8413

This is an optional Project in L4 for all Paths.

This project addresses how to prepare to answer questions and provide information clearly, concisely and with confidence.

Purpose: The purpose of this project is to learn about and practice facilitating a question and answer session.

Overview: Select a topic of which you are particularly knowledgeable. Prepare and deliver a speech on this topic, followed by a question-and-answer session. Together, the speech and question-and-answer session must be 15-20 minutes. Use your time effectively to ensure both segments are completed.

This project includes:

- 5-7 minute speech + Question-and-answer session after the speech = 15-20 meeting

EFFECTIVE COACHING (EC)

Group C
Focused on Management

This path helps you build your skills as a positive communicator and leader. The projects on this path focus on understanding and building consensus, contributing to the development of others by coaching and establishing strong public speaking skills. Each project emphasizes the importance of effective interpersonal communication. This path culminates in a "High Performance Leadership" project of your design.

LEVEL 1

1st Speech

►Ice Breaker 8101

Required for all Paths in L1.

This foundational project is designed to introduce you to your club and the skills you need to begin your Toastmasters journey.

Purpose: The purpose of this project is to introduce yourself to the club and learn the basic structure of a public speech.

Overview: Write and deliver a speech about any topic to introduce yourself to the club. Your speech may be humorous, informational, or any other style that appeals to you.

This project includes:

- 4-6 minute speech

2nd Speech and 3rd Speech and Evaluation Assignment

►Evaluation and Feedback 8100

Required for all Paths in L1.

This project addresses the skills needed to give and receive feedback. You will learn about giving, receiving and applying feedback.

Purpose: The purpose of this project is to present a speech on any topic, receive feedback, and apply the feedback to a second speech.

Overview: Choose any topic for your first 5-7 min. speech. After your speech, carefully review your feedback. At a different meeting, present a 5-7 minute speech in which you incorporate feedback from your 1st speech. You may choose to present the same speech or a new one. Your second speech should reflect some or all of the feedback from your first speech. After completing both, serve as an evaluator at a meeting and deliver constructive feedback about another's presentation.

This project includes:

- 5-7 minute speech (8100E-1)
- 5-7 minute speech - Incorporating feedback from your first speech into this second speech (8100E-2)
- 2-3 minute - Evaluation (8100E-3)

4th Speech

►Researching and Presenting 8102

Required in all Paths in L1.

This project addresses topic selection strategies, suggestions for research and methods for producing a well-organized speech.

Purpose: The purpose of this project is to learn or review basic research methods and present a well organized, well researched speech on any topic.

Overview: Select a topic that you are not already familiar with or that you wish to learn more about. Be sure your topic is narrow enough to be an effective 5-7 minute speech. Research the topic and begin organizing the information, as described in this project.

This project includes:

- 5-7 minute speech

Level 1 Completed

Contact: VP Education / President / Secretary

►Manage Online Meetings 8407

(8407) Optional for all Paths in L4.

This project addresses how to effectively conduct online meetings and webinars, prepare and organize necessary visual aids, and lead with confidence.

Purpose: The purpose of this project is to practice facilitating an online meeting or leading a webinar.

Overview: Conduct a 20-25 minute online meeting with fellow Toastmasters or a 20-25 minute webinar with visual aids for fellow Toastmasters. You determine the topic of your meeting or webinar. Research and use software that best fits your needs and geographic area. Invite your evaluator to participate in the online meeting or webinar. If you complete your assignment with non-Toastmasters, you must receive approval from VPE, invite your evaluator to attend.

This project includes:

- 20-25 online meeting or webinar

►Manage Projects Successfully 8408

Required for L4 in Path IP. Optional for others.

This project focuses on skills needed to effectively manage a project, develop rapport with stakeholders and cultivate strong relationships with a team.

Purpose: The purpose of this project is to practice developing a plan, building a team, and fulfilling the plan with the help of your team.

Overview: Form a team of three to four people and choose a project. Create a plan for your project and present the plan to your club in a 2-3 minute speech. Work with your team to complete your project. Present a 5-7 minute speech about your experience. This speech may be humorous, informational, or any type of speech that appeals to you. It should not be a report about the content of this project, but a reflection of your experience applying what you learned. When considering projects to complete, refer to future projects on your path.

This project includes:

- 2-3 minute speech about your plan
- 5-7 minute speech about your experience

Level 4 - Elective Projects

►Building a Social Media Presence 8400

Optional all Paths in L4.

This project addresses how to use different types of online communication. You will create & maintain an online profile to promote yourself or an organization.

Purpose: The purpose of this project is to apply your understanding of social media to enhance an established or new social media presence.

Overview: Use this project and your own research to build a new social media presence or enhance an existing presence. You may focus on a personal goal (such as connecting with old friends or promoting a blog) or on a professional goal (such as promoting a business or organization). Use the tools you identify as best for you and your purpose. After you achieve your goal, deliver a 5-7 minute speech about your results, experience, and the benefits of social media. Submit the Project Completion Form to your VPE to receive credit for completing the project. With approval you may create a social media presence for your club.

This project includes:

- Project Completion Form to VPE
- 5-7 minute speech

►Create a Podcast 8402

Optional in L4 for all Paths.

This project addresses the skills you need to develop a podcast, create interesting content and organize a cohesive program. You will learn how to record and upload it to the internet.

Purpose: This project is to introduce you to the skills needed to organize and present a podcast.

Overview: Use this project and your own research to create a podcast. Record a minimum of 60 minutes of content. You are free to divide the episodes as you choose. Each separate episode must be at least 10 minutes, but may be longer if it fits your topic and style. After you record all content, play a 5-10 minute segment in your club. Introduce the segment in a 2-3 minute speech.

This project includes:

- Recording 60 min. of podcast content . 6 10 min. segments
- 5-10 minutes - play content at meeting
- 2-3 minute introduction speech.

LEVEL 2

1st Speech

►Understanding Your Leadership Style 8207

Required in L2 in all except MS and PM.

This project introduces the different styles of leadership and help you identify your preferred style.

Purpose: The purpose is to identify your primary leadership style or styles.

Overview: Complete the Discover Your Leadership Style questionnaire. Consider how your leadership style impacts people around you and how you can adjust it to more effectively lead people with styles different from your own. Deliver a 5-7 minute speech at a club meeting to share some aspect of your leadership styles general. You may discuss your style preferences when working with others, and how you can adapt it to situations, or leadership styles in general and how they impact a group.

This project includes:

- 5-7 minute speech

2nd Speech

Understanding Your Communication Style 8206

Required in Paths DL, EC, MS, PM & VC in L2.

This project focuses on recognizing your preferred communication style and understands how your style impacts your interactions with others.

Purpose: The purpose of this project is to learn about different communication styles and identify your primary style.

Overview: Complete the Discover Your Communication Style questionnaire to help you identify your style. Deliver a 5-7 minute speech at a club meeting about your communication style and its impact on your professional and/or personal relationships. If you are uncomfortable discussing your communication style, you may speak about the communication styles you have encountered and how they impact you. Your speech should not be a report of the content of this project.

This project includes:

- 5-7 minute speech

3rd Speech

►Introduction to Toastmasters Mentoring 8204

Required in all Paths in L2.

This project introduces the value of mentorship and the Toastmasters view of mentors and protégés.

Purpose: The purpose of this project is to clearly define how Toastmasters envisions mentoring.

Overview: Write and present a 5-7 minute speech about a time when you were a protégé. Share the impact and importance of having a mentor. This speech is not a report on the content of this project.

This project includes:

- 5-7 minute speech

Level 2 Completed

Contact: VP Education / President / Secretary

LEVEL 4

1st Speech

►Improvement Through Positive Coaching 8403

Required for L4 in EC Path only.

This project focuses on how your actions can positively affect others and how to nurture relationships and assist an individual in reaching a goal.

Purpose: The purpose of this project is to develop and apply skills for coaching a fellow member or a person outside of Toastmasters who can benefit from your expertise.

Overview: Outside of club meetings, coach an individual through a project. Speak with your VPE to develop a plan for coaching a club member versus an individual outside of Toastmasters. After your coaching commitment, present a 5-7 minute speech at a club meeting about your experience as a coach. Your speech may be humorous, informational, or any style that appeals to you and is appropriate for your content.

This project includes:

- 5-7 minute speech

➔ Select one (1) Elective on the following pages.🡸

After you have competed the project - you will have completed Level 4.

Level 4 Completed

Contact: VP Education / President / Secretary

►Using Presentation Software..... 8319

Optional for all Paths in L3.

This project addresses the use of presentation software from identifying topics that benefit from the use of technology to effective slide design & presentation.

Purpose: This project is to introduce or review basic presentation software strategies for creating and using slides to support or enhance a speech.

Overview: Select a speech topic that lends well to a visual presentation using technology. Use the content of this project and your own research to help you develop your slides. Give a 5-7 minute speech using the slides you developed.

This project includes:

- Developing presentation slides
- 5-7 minute speech

Level 3

1st Speech

►Reaching Consensus 8313

This project is required in L3 for Path EC only.

This project focuses on reaching consensus and the importance of including all group members in the decision-making process.

Purpose: The purpose of this project is to work with a group to practice reaching consensus on any topic.

Overview: Apply the techniques described in the project to practice leading a group of people toward consensus at a club meeting in 20 minutes. Choose a topic that will offer you and your group a challenge, but avoid topics that you know are unlikely to reach consensus in the timeframe. Give a 2-3 minute closing statement on the experience . You may also choose to lead a non-Toastmasters group toward consensus. Apply the techniques described in the project. At a meeting, give a 5-7 minute speech about the experience. Submit your Project Form to VPE.

This project includes:

- 5-7 minute speech + Q&A = 12-20 meeting
- Project Completion Form to VPE

➔ Select two (2) Electives on the following pages.🡐

After you have competed those two (2) projects - you will have completed Level 3.

Level 3 Completed

Contact: VP Education / President / Secretary

Level 3 - Elective Projects

►Active Listening..... 8200

Required in L2 for MS, PI, and TC.
Optional for all other Paths in L3.

This project covers the difference between hearing and listening, and steps for exploring the ways listening helps build strong, lasting connections.

Purpose: The purpose of this project is to demonstrate your ability to listen to what others say.

Overview: At a club meeting, fulfill the role of Topicsmaster. As Topicsmaster, comment on each speaker's Table Topics® speech to demonstrate your active listening skills. For example, you might say: "Thank you. That was a compelling opinion on the benefits of gardening. I understand you feel strongly that everyone needs to spend time doing something they love."

This project includes:

- Serving as Topicsmaster at a club meeting.

►Connect with YourAudience..... 8201

Required in L2 for IP. Optional other Paths in L3.

This project focuses on different audience types and how to address them effectively.

Purpose: This project is to practice the skills needed to connect with an unfamiliar audience.

Overview: Develop a 5-7 minute speech on a topic that is unfamiliar to the majority of your audience. Because you deliver this speech in your Toastmasters club, you are familiar with the audience members' preferences and personalities. Selecting a topic that is new or unfamiliar to your club members will allow you to practice adapting as you present. As you speak, monitor the audience's reaction to your topic and adapt as necessary to maintain engagement.

This project includes:

- 5-7 minute speech

►Effective BodyLanguage..... 8203

Required in L2 for PM. Optional for others in L3.

This project focuses on how to recognize body language used when speaking publicly and how to use gestures to enhance speech content.

Purpose: The purpose of this project is to deliver a speech with awareness of your intentional and unintentional body language, as well as to learn, practice, and refine how you use nonverbal communication when delivering a speech.

Overview: Prepare a 5-7 minute speech on a topic that lends itself to expression through your movement and gestures. Video record your presentation and get feedback from your mentor or another reviewer before speaking to your club. Or perform your speech in front of a mirror and make adjustments before your scheduled speech.

This project includes:

- 5-7 minute speech

►Prepare for an Interview..... 8310

Optional for all Paths in L3.

This project addresses the skills you need to identify and speak about personal strengths and present yourself well in an interview of any type.

Purpose: This project is to practice the skills needed to present yourself well in an interview.

Overview: Determine which type of interview you would like to practice, such as a job or expert interview. Prepare by reviewing your skills and abilities. Complete the resources in the project and give them to your interviewer before your presentation. You determine which member interviews you, but your interviewer must be someone other than your evaluator. In a 5-7 minute role-play presentation, practice answering interview questions to promote your skills, abilities, and experience.

This project includes:

- 5-7 minute role-play interview at a club meeting

Understanding Vocal Variety 8317

Optional for all Paths for L3.

This project addresses the importance of vocal variety when giving a speech and provides activities to develop and nurture its use.

Purpose: The purpose of this project is to practice using vocal variety to enhance a speech.

Overview: Learn or review the importance of vocal variety. Use the exercises in this project to improve your vocal variety skills. Then, present a 5-7 minute speech on any topic at a meeting. The primary focus of the evaluation is your vocal variety.

This project includes:

- 5-7 minute speech

►Using Descriptive Language 8318

Optional for all Paths in L3.

This project addresses the difference between literal and figurative language along with how to determine when to use each to create vivid descriptions.

Purpose: The purpose of this project is to practice writing a speech with an emphasis on adding language to increase interest and impact.

Overview: Speak on any topic. Develop a 5-7 minute speech describing the topic in detail.

This project includes:

- 5-7 minute speech

Level 3 Elective Projects Continued

►Focus on the Positive 8304

Optional for all L3.

This project addresses strategies for improving your personal interactions by understanding the impact of your attitudes and thoughts on daily interactions.

Purpose: This project is to practice being aware of your thoughts, feelings, and your impact on others.

Overview: Keep a daily record of your moods and attitudes for a minimum of 2 weeks, noting when you feel positive or negative, your successes and efforts, and 3 things for which you are grateful. Record and evaluate changes in your behavior or the behavior of those around you. At a meeting, share some aspect of your experience. You may schedule a 2-3 minute report or a 5-7 minute speech. Then submit your signed Project Completion Form to your VPE to indicate you completed the journal.

This project includes:

- 2-3 minute report or a 5-7 minute speech
- Project Completion Form - for VPE

►Inspire Your Audience 8305

Optional in all Paths in L3.

This project addresses how to present a speech in an enthusiastic and inspiring fashion to establish a strong rapport with your audience.

Purpose: The purpose of this project is to practice writing and delivering a speech that inspires others.

Overview: Select a topic with the intent of inspiring your audience and prepare a 5-7 minute speech for your club.

This project includes:

- 5-7 minute speech

►Make Connections Through Networking..... 8306

Required in SR Path for L3.
Optional for all other Paths in L3.

This project focuses on how to network effectively and understanding the importance of being a professional ally to people in your network.

Purpose: This project is to develop and practice a personal strategy for building connections through networking.

Overview: Prepare for and attend a networking event. After the event, present a 5-7 minute speech to your club. Your speech can include a story or stories about your experience, a description of what you learned, or a discussion on the benefits of networking. Your speech may be personal to you or informational about networking. If you attend a non-Toastmasters event, you must sign the Project Completion Form and give it to your VPE.

This project includes:

- Project Completion Form to VPE
- 5-7 minute speech

►Connect with Storytelling.....8300

Optional for all Paths in L3.

This project addresses storytelling techniques and descriptive skills to help make every speech relatable and interesting.

Purpose: The purpose of this project is to practice using a story within a speech or giving a speech that is a story.

Overview: Choose an established story, a story about your life, or a fictional tale of your own creation.

This project includes:

- 5-7 minute speech

►Creating Effective Visual Aids 8301

Optional in L3 for all Paths.

This project addresses effective methods for choosing the best visual aid for your presentation along with the creation and use of each type.

Purpose: This project is to practice selecting and using a variety of visual aids during a speech.

Overview: Choose a speech topic that lends itself well to using visual aids. Create at least one - no more than three visual aids for a 5-7 minute speech.

This project includes:

- Creating one to three visual aids
- 5-7 minute speech

►Deliver Social Speeches.....8302

Optional in L3 in all Paths.

This project addresses the skills needed to compose a speech for a social occasion: a toast, an acceptance speech and a speech praising an individual or group.

Purpose: This project is to practice delivering social speeches in front of your club members.

Overview: Develop two different social speeches, each 3 to 4 minutes. Present them at two separate meetings. Choose any two types of social speeches that appeal to you or that you would like to practice.

This project includes:

- 3-4-minute speech - #1
- 3-4-minute speech - #2

① **Your Personal PATHWAYS Learning Experience** | Path #

②

Date Joined	ID #	Awards	Name

③ **EFFECTIVE COACHING (EC) - Group C-2**

④ **L1 Mastering Fundamentals** — To Do / Level 1 Completed Date >

Mins	Code	Assignments	Date	Title	Evaluator	VPE
4-6	8101	Ice Beaker				
5-7	8100-1	Evaluation & Feedback (speech-1)				
5-7	8100-2	Evaluation & Feedback (speech-2)				
2-3	8100-3	Evaluate a Speech				
5-7	8102	Researching & Presentation (speech)				

⑤ **L2 Learning Your Style** — To Do / Level 2 Completed Date >

Mins	Code	Assignments	Date	Title	Evaluator	VPE
5-7	8207	Understanding Your Leadership Style				
5-7	8206	Understanding Your Communication Style				
5-7	8204	Introduction to Toastmasters Mentoring				

⑥ **L3 Increasing Knowledge** — To Do / Level 3 Completed Date >

Mins	Code	Assignments	Date	Title	Evaluator	VPE
20	8313	Reaching a Consensus w/Q&A				
- - -	8313	Project Completion Form to VPE				
E>						

⑦ **L4 Building Skills** — To Do / Level 4 Completed Date >

Mins	Code	Assignments	Date	Title	Evaluator	VPE
5-7	8313	Improvement Through Positive Coaching				
10-12	8510	Reflect on Your Path (do after your elective)				
E>						

⑧ **L5 Demonstrating Expertise** — To Do / Level 5 Completed Date >

Mins	Code	Assignments	Date	Title	Evaluator	VPE
- - -	8503	High Performance Leadership - 5 meetings				
5-7	8503	High Performance Leadership - #1				
5-7	8503	High Performance Leadership - #2				
10-12	8510	Reflect on Your Path (do after your elective)				
E>						

⑨ My Account >> ah | ge | gr | ev | ti | tm | tt