

Effective Coaching



Pathways Project Tracking



Effective Coaching		* Required projects in blue background. Speeches are 5-7 minutes unless noted.			
Level 1 Mastering Fundamentals (4 Speeches and an Evaluation)	Speech Title (All projects are required in Level 1)	Date	Location (club)	VPE	
Ice Breaker (4 - 6 min)					
Evaluation & Feedback	(2 Speeches and an Evaluation)				
Evaluation & Feedback #1					
Evaluation & Feedback #2 (Same Evaluator, if possible)					
Evaluation (2 - 3 min)	Your evaluation will be evaluated by an advanced member				
Researching & Presenting					
Level 2 Learning Your Style (3 Speeches)	(All projects are required in Level 2)				
Understanding Your Leadership Style					
Understanding Your Communication Style					
Introduction to Toastmasters Mentoring					
Level 3 Increasing Knowledge (3 Projects)	Required Projects: 1				
Reaching Consensus (20 min meeting session followed by 2-3 min closing statment, or 5-7 min speech)					
ELECTIVE PROJECTS	Elective Projects: Choose 2				
Active Listening (Topicsmaster role)					
Connect with Storytelling					
Connect with Your Audience					

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Creating Effective Visual Aids				
Deliver Social Speeches	(2 Speeches)			
Deliver Social Speeches #1 (3-4 min)				
Deliver Social Speeches #2 (3-4 min)				
Effective Body Language				
Focus on the Positive (2-3 or 5-7 min)				
Inspire Your Audience				
Know Your Sense of Humor				
Make Connections Through Networking				
Prepare for an Interview				
Understanding Vocal Variety				
Using Descriptive Language				
Using Presentation Software				
Level 4 Building Skills (2 Projects)	Required Projects: 1			
Improvement Through Positive Coaching				
ELECTIVE PROJECTS				
	Elective Projects: Choose 1			
Building a Social Media Presence				
Create a Podcast (2-3 min)				
Manage Online Meetings (20-25 min)				
Manage Projects Successfully	(2 Speeches)			

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Manage Projects Successfully #1 (2-3 min)				
Manage Projects Successfully #2 (5-7 min)				
Managing a Difficult Audience (10-15 min)				
Public Relations Strategies				
Question-and-Answer Session (15-20 min)				
Write a Compelling Blog (2-3 min)				
Level 5 Demonstrating Expertise (3 Projects)	Required Projects: 2			
High Performance Leadership	(2 Speeches)			
High Performance Leadership #1				
High Performance Leadership #2				
Reflect on Your Path (10-12 min)				
ELECTIVE PROJECTS	Elective Projects: Choose 1			
Ethical Leadership (20-40 min)				
Leading in Your Volunteer Organization				
Lessons Learned				
Moderate a Panel Discussion (20-40 min)				
Prepare to Speak Professionally (18-22 min)				

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