| | Five Core Competencies | Path | ways | Path | and P | Projec | t Matri | X | | R 必須プロ: | ジェクト | E 選択プロシ | ジェクト | Version | n 2021/ | 12/1 | 御光 | Level 1 | R アイスブレーカー | R 論評とフィードバック | F | リサーチとプレゼンテーション |
|---|---|--------------|-------|--------------|-----------------|------------|-------------------|------------|------------|---------------|-----------|---------------|---------------|---------------|-----------|------------|--|---------------------------------------|----------------------------|---|--------------|----------------------|
| ① パブリックスピーキング | 1 Public Speaking | DL | E | | EH | | IP | LD | MS | PI | РМ | SR | _ | TC | VC | 5 | 1 日本 | K St. Level 2 | R | R | F | TOASTMASTERS メン |
| 施 │ 収 │ ② 対人コミュニケーション │ | 2 Interpersonal Communication | Dynamic | ic Ef | fective | Engagi | ina | Innovative | Leadership | Motivation | nal Persuasiv | e Presen | tation Strate | oic 7 | Toom | \6-i | PG PG | ナー 6 5 8 8 1 | Level 3 | R | E | E | |
| ☆ ☆ 8 戦略的リーダーシップ | 3 Strategic Leadership | Leadersh | | paching | Engagi Humor | | Planning | Developme | | | | | | Collaboration | Communica | etion Went | 27 47 7 47 7 47 7 47 7 47 7 47 7 47 7 4 | Level 4 | R | E | | |
| □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ | 4 Management | | | | | | | | | | | | | | | MA N | # N N N N N N N N N N N N N N N N N N N | 6 KOY Level 5 | R | E | | |
| ♀ ♀ ● 自信 | 5 Confidence | 006 |)6 (| 0000 | 0 | 6 | 1000 | 000 | 006 | 000 | 6 0 | 0 | 966 | 0000 | 060 | 6 | 何 7 文菜形 | Path Completion | R 自分の軌跡を振り返る | レベル1から5まで完了後に行いま | | |
| | ce Breaker | _ R S | P | ₹ }_ | R | P | R 版 日 | R 選 | R 業 | R H | R | R R | | R 分 | R A | _ 달 | | | | たスタイルで)。パブリックスピーチの基本 | | |
| | valuation and Feedback | R^n | R | <u> </u> | R | Ÿ | R | R | R E | R 10 | R | R m | 9 | R Ţ | R | ed / | | | | 次のスピーチに反映。スピーチ論評者と | | |
| | Lesearching and Presenting | R | R | ~ 설 | R | 2 | R # _ | R n | R | R | R ' | R R | A | R 🔣 💹 | R | a a | | | | ・チする)。リサーチワークシートを用いて | | |
| | Inderstanding Your Leadership Style | R 👼 | P | 2 | | #U | R 編 | R | 164 | R iii | ! | R | 器 | R | R H | | | (自分のリーダーシップスタイルの一部 | | | | シップスタイルを明らかにする。 |
| | Inderstanding Your Communication Style | R | P | 2 校 _ | | ₩ ш | 抻 | | R | | R | 2 | | | R (iii | _ e | 1 5~7分のスピーチ | (自分のコミュニケーションスタイルと、 | 人間関係への影響)。様々なコミ | ニケーションスタイルについて学び、質問 | 票を使って自分の |)基本スタイルを見出す。 |
| | ntroduction to Toastmasters Mentoring | R ÷ | R | ₹ | R · | <u>ا ا</u> | R | R | R | R | R | R | | R | R ₽ | plet | | | | 共有する)。Toastmasters が描く | | |
| | lanaging Time | 软 | | | | | | R | | | | | | _ | 黨 | | 1 5~7分のスピーチ | (自由なトピック)。スピーチ作成過 | 程で、時間管理戦略の改善検討の | ため、各タスクの時間を記録する。VPE | にプロジェクト完了 | ア記録を提出する。 |
| 2 異文化間の理解 C | ross-Cultural Understanding | | | | | | | | | | | R | | | | _ ° | 1 5~7分のスピーチ | (最も共感する文化(複数可)とそ | その文化に関連する一般的な固定額 | 見念による個人的な影響)。自身の文 | 化的アイデンティラ | ティと固定観念を特定する。 |
| アクティブリスニング A | ctive Listening | L3 E | U | 3 E | L3 | Е | L3 E | L3 E | R | R | L3 | E L3 | Е | R | L3 E | | 0 クラブ例会でトピック | クスマスターを担当し、各スピーカーのラ | テーブルトピックススピーチにコメントし | て他者の話を聴く能力を示す。 | | |
| | Connect with Your Audience | L3 E | U | 3 E | R | | R | L3 E | L3 E | L3 E | L3 | E L3 | Е | L3 E | L3 E | | 1 5~7分のスピーチ | (大部分の聴衆にとって馴染みのない | ハトピック)。馴染みのない聴衆と気 | 持ちを通わせるために必要なスキルを終 | 習する。 | |
| 3 効果的なボディーランゲージ Ef | ffective Body Language | L3 E | L | 3 E | L3 | Е | L3 E | L3 E | L3 E | L3 E | R | L3 | Е | L3 E | L3 E | | 1 5~7分のスピーチ。 | 。意図的・非意図的なボディーランゲ・ | ージについての認識を持ってスピーチ | を発表する。 言葉によらないコミュニケー | ションの取り方を言 | どび、練習し、磨く。 |
| B 自分のユーモアセンスを知る K | now Your Sense of Humor | L3 E | U | 3 E | R | | L3 E | L3 E | L3 E | L3 E | L3 | E L3 | Е | L3 E | L3 E | | 1 5~7分のスピーチ | (1つ以上の逸話またはストーリーを含 | 含む、楽しませるまたはユーモラスなも | の)。ユーモラススピーチの理解スキル | 習得。EHコースで | はストーリーコレクションツール |
| 7 最良の成果を得るための交渉 N | legotiate the Best Outcome | L3 R | | | | | | | | | | | | | | | 1 5~7分のスピーチ | (実際に参加した・する予定の交渉に | こついて自由な形式で)。有益性が | 最も高いと思われる交渉戦略を反映る | せる。交渉の種類 | 頁や戦略について学ぶ。 |
| 合意達成 R | Leaching Consensus | | L | 3 R | | | | | | | | | | | | | 1 例会での、グループ | がを合意に導く20分間の演習と2~35 | 分の最終スピーチ、またはTM外のグ | ループとの演習と例会での5~7分のス | ピーチ、自由な形 | 式で。完了記録をVPEに提 |
| ユーモアで聴衆を引き付ける Ei | ngage Your Audience with Humor | | | | L3 | R | | | | | | | | | | | 1 5~7分のスピーチ | (あなたの考えと可笑しいと思うことを | 交えて、1つ以上の逸話またはスト- | -リーを含むもの)。あなたのユーモアスク | アイルの明確化と | パピーチへの適用スキルの習得 |
| | resent a Proposal | | | | | | L3 R | | | | | | | | | | 1 5~7分のスピーチ | (提案内容全部または一部)。重要 | 要情報を選択、証拠や解決策を提 | 示し、仕事、プライベート、クラブの改善 | 提案を作成。TM | クラブの改善提案は適切な行 |
| | lanning and Implementing | | | | | | | L3 R | | | | | | | | | 1 2~3分のレポート | または5~7分のスピーチ(計画の策) | 定・実行経験について)。小規模フ | ロジェクト計画を自分でまたは他の助力 | で策定・実行。こ | プロジェクト完了記録をVPEは |
| | Inderstanding Emotional Intelligence | | | | | \dashv | | | L3 R | | | | \dashv | | | | 1 5~7分のスピーチ | (自己の感情を記録したことの影響) |) とクラブ例会での話し合い。自分の |)感情とそれが与える自分自身や他者 | への影響を2週間 | 以上記録。プロジェクト完了 |
| | Inderstanding Conflict Resolution | | | | | | | | ., | L3 R | | | | | | | | | | 1た特性(複数可)または動画学習の | | |
| | ersuasive Speaking | | | | | + | | | | | 13 | R | + | | | \vdash | | | | カあるスピーチのタイプの特定。外部ス | | |
| | Successful Collaboration | | | | | + | | | | | | | + | L3 R | | \vdash | | | | の企画などの小規模プロジェクトで小規 | | |
| | Develop a Communication Plan | | | | | + | | | | | | | + | | 12 D | \vdash | | | | ど)実際または仮定の任意のイベントで | | |
| | Make Connections Through Networking | L3 E | | 3 E | 12 | F | 13 E | 13 E | 13 E | L3 E | 12 | F 12 | R | L3 E | 13 E | | | | | こ) 美原または収定の任息の1ヘント(論など) 、ネットワーキングイベントへの? | | |
| | Connect with Storytelling | 1.2 | | 3 E | 1.2 | F | 13 E | 13 5 | 12 5 | L3 E | 1.2 | E 10 | E | 13 E | 13 E | - | | | | 珊など)、ポットソーキングイベントへの。 ピーチの中にストーリーを取り入れたり、 | | |
| | Creating Effective Visual Aids | L3 E | | 2 E | 1.2 | _ | | 12 6 | 12 6 | 12 5 | 1.2 | E 13 | _ | | LO E | + | | | | とーチの中に入下ーりーを取り入れたり、 以内の視覚資料を作成。スピーチ中に | | |
| | | 10 5 | | 3 E | 1.2 | _ | | | 13 5 | 13 5 | 1.2 | | _ | | 12 5 | | | | | | | |
| | Deliver Social Speeches | 10 5 | | 3 E | LO | _ | LD E | LO E | 10 5 | 10 5 | LO | E 15 | - | 10 5 | LO E | | | | | 、や団体を称賛するスピーチ」などを、2[***** ******************************* | | |
| | ocus on the Positive | L3 E | | 3 E | L3 | E | L3 E | L3 E | L3 E | L3 E | L3 | E L3 | E | L3 E | L3 E | | | | | や態度、他者の行動の変化を日誌につ | | |
| | nspire Your Audience | L3 E | | 3 E | L3 | E | L3 E | L3 E | L3 E | L3 E | L3 | E 13 | E | L3 E | L3 E | | | | - | 熱意を示し奮い立たせるスタイルのスピ | | |
| | repare for an Interview | L3 E | | 3 E | L3 | E . | L3 E | L3 E | L3 E | L3 E | L3 | E L3 | E . | L3 E | L3 E | | | | | ど)。インタビューで自分自身をうまく伝 | えるために必要な | スキルを練習する。 |
| | Inderstanding Vocal Variety | L3 E | | 3 E | L3 | E | L3 E | L3 E | L3 E | L3 E | L3 | E L3 | E | L3 E | L3 E | | | (自由なトピック)。ボーカルバラエテ | | | | |
| | Jsing Descriptive Language | L3 E | | 3 E | L3 | E | L3 E | L3 E | L3 E | L3 E | L3 | E L3 | Е | L3 E | L3 E | | | | | 演習。生き生きとした描写のため文字 | | |
| | Jsing Presentation Software | L3 E | 1 | 3 E | L3 | Е | L3 E | L3 E | L3 E | L3 E | L3 | E L3 | Е | L3 E | L3 E | | | | | 実演を含んだ・情報を提供するなどのス | | |
| | Meeting Role Requirements | L3 | | 3 | L3 | | L3 | L3 | L3 | L3 | L3 | L3 | | L3 | L3 | | | | | er(トピックスマスター)を一度以上経 | | |
| | lanage Change | L4 | R | | | | | | | | | | | | | | | | | たは架空の、プライベート/TM/仕事い | | |
| | mprovement Through Positive Coaching | | L | 4 | R | | | | | | | | \rightarrow | | | | 1 5~7分のスピーチ | (コーチとしての体験を自由な形式で | :)。VPEとコーチ対象の計画(TM | 会員またはTM以外の人)。ひとつのフ | ロジェクトを通じて | フラブ例会以外でのコーチン |
| | he Power of Humor in an Impromptu Speech | | | | L4 | R | | | | | | | | | | | _ | • | | -マで、関連した逸話を1つ以上含めて | | |
| チームでのリーダーシップの発揮 Le | eading Your Team | | | | | | | L4 | R | | | | | | | | 1 5~7分のスピーチ | (チームを率いるエピソードまたは体制 | 検)。VPM/VPPRとプロジェクトを選 | 択(TM内外組織、仕事関係)。2~ | ~4人のチーム作り | 。指揮、プロジェクト完了。★ |
| 他者の意欲を高めるM | 1otivate Others | | | | | | | | L4 | R | | | | L4 R | | | 1 5~7分のスピーチ | (チーム作りとメンバーの意欲を高める | る体験について)、クラブに利益をも | たらすプロジェクト完了。3~4人のチー | ムメンバーの意欲な | を高める戦略。360度評価。 |
| 困難な状況でのリーダーシップの発揮 Le | eading in Difficult Situations | | | | | | | | | L4 | R | | | | | | 2 5~7分のスピーチ | (実際または架空プロジェクト詳細計 | 十画)、計画を妨げる可能性につい | て2~3分議論、解決策を提示する即 | 興のスピーチ、例会 | 会でのトータル所要時間は15 |
| 変更の伝え方 | Communicate Change | | | | | | | | | | | | | | L4 | R | 1 5~7分のスピーチ | (所属クラブやその他のグループに影響 | 響を与える実際の変更や架空の変 | 更を伝える)。変更必要性の根拠を収 | 集。変更事項伝 | 達の計画策定。必要なスキ |
| プロジェクトの効果的な管理 M | lanage Projects Successfully | L4 | E | 4 E | E L4 | Е | L4 | R L4 | E L4 | E L4 | E L4 | E L4 | Е | L4 E | L4 | Е | 2 2~3分のスピーチ | (計画の発表)。5~7分のスピーチ | - (自由な形式で自身の体験を反 | 央したもの)。計画の作成、3~4人の | チーム構築、チーム | ムとの連携による計画の実行 |
| 気難しい聴衆の管理 M | 1anaging a Difficult Audience | L4 | E U | 4 E | E L4 | Е | L4 | L4 | E L4 | E L4 | E L4 | R L4 | Е | L4 E | L4 | Е | 1 5~7分のスピーチ | (自由なトピック、既発表のものでも。 | よい)。様々なタイプのスピーチの妨 | げとなる聴衆ロールの割り当てをVPEに | 依頼。聴衆の対の | じを含め所要時間は12~1 |
| 広報戦略Pu | ublic Relations Strategies | L4 | E | 4 E | E L4 | Е | L4 | L4 | E L4 | E L4 | E L4 | E L4 | R | L4 E | L4 | Е | 1 5~7分のスピーチ | (実在または架空のグループ・状況の |)認識を高める広報計画を共有)。 | 広報戦略の策定方法、広報戦術の活 | 用方法。クラブの | 広報の場合はVPPR/会長 |
| | Building a Social Media Presence | L4 | Е | 4 E | E L4 | Е | L4 | L4 | E L4 | E 14 | E L4 | E 1.4 | Е | L4 E | L4 | Е | | | | に焦点を当てたソーシャルメディアでの存 | | |
| | Create a Podcast | 1.4 | Е | 4 | E 14 | E | L4 | L4 | E 14 | E 1.4 | E 14 | E 14 | E | L4 F | L4 | Е | | | | トを再生。60分以上のポッドキャストの | | |
| | Manage Online Meetings | 14 | F | 4 | E 14 | F | 14 | 1.4 | E 14 | E 14 | E 14 | F 14 | F | 14 F | 1.4 | E | | | | i適したソフトウェアをリサーチし使用。Ti | | |
| | Question-and-Answer Session | 14 | F | 4 | F 14 | E | 14 | 14 | F 14 | F 14 | F 14 | F 14 | F | 14 F | 14 | F | | | | 分。回答の準備方法、明確、簡潔、自 | | |
| | Vrite a Compelling Blog | 1.4 | E | 4 | F 1/1 | | 14 | 1.4 | F 14 | E 14 | E LA | E | E | 14 5 | 1.4 | E | | | | ブ。回言の幸福力法、明確、間深、E ブログへの最低8回/月の投稿。ブログの | | |
| | ead in Any Situation | 1 5 | R | | | - | | | | - | _ | - | - | 15 D | | _ | | | | (レベル不問) または外部組織でのリー | | |
| | | 2.0 | IV. | - | | | \dashv | | | | | | | K | | \vdash | | | | | | |
| | Deliver Your Message with Humor | | | - | | K | \dashv | 1.5 | D | | | | | _ | ₩ | - | | | | 使用可能)。Toastmasters以外の理 | 5水回りの場合(| VYEU外総か必要。 |
| | Manage Successful Events | | | 1 | | | IMK | LS KD | K | | | 뻥 | N# | _ ブ | | - | | (イベントの計画プロセス、チーム、運 | | | | 70 /> 1 + 4 = 22 *** |
| | eam Building | # <u>"</u> " | | - <u>3</u> - | | ïЩ | - K | 無 | 智 | R · | i i | K | | — <u>"</u> — | 7 | | _ | | | 影響)。小規模チームを編成してTMグ | | |
| | Develop Your Vision | <u>\</u> | | Ī | | [] | | <u></u> | 器 | る。 | | mi L | ፼Ш | | 15 1 | R | | · · · · · · · · · · · · · · · · · · · | | ビジョン実現計画タイムラインを設定。 | | |
| | ligh Performance Leadership | # E | E | は | R | E | - 2 2 | N | E IS R | E 12 t6 | R 1.5 | E 1.5 | ₽ E | ID K | <u>""</u> | Е | 2 2回の5~7分のス | ピーチ(1)計画とビジョン、2)計画の | の策定・完了体験)。3人以上のチ | ームのプロジェクト選択、主導、完了。 | ガイダンス委員会 | 結成と5回以上のミーティング |
| | repare to Speak Professionally | 12 5 | E | 5 E | E . | ₩U E | 15 名 1 | 15 \$ | E 15 業 | E 15 鄭 | E 1.5 | R 15 | を と E | L5 | 15 (H | Е | 1 18~22分の基調 | スピーチ(自由な形式で、視覚資料 | の使用可能)。プロレベルのスピー: | カーとして伝える視点やメッセージを体現 | l。TM外で開催す | る場合はVPEの承認が必要 |
| ボランティア組織でのリーダーシップの発揮 Le | eading in Your Volunteer Organization | 15 fil | E | 5 数 [| E . | ₩ E | 15 # K | 15 5 | E L5 | E 15 端 | E L5 | Z E 15 | ₽R | L5] E | 12 년 | Е | 1 5~7分のスピーチ | (体験の振り返り)。TMまたはその化 | 他のボランティア組織で6ヶ月間以上 | ボランティアリーダーとして従事。後継者 | 育成計画の策定 | 。メンバーからの360度評価 |
| 倫理的リーダーシップ Et | thical Leadership | 15 6 | E | 5 E | E . | ≺ E | L5 | L5 | E L5 | E L5 | E 15 | E 1.5 | Е | L5 TE | 15 0 | Е | 0 20~40分の倫理 | に関するパネルディスカッションと質疑に | 芯答セッションの開催と司会。自らの | 倫理的枠組みを明確化。所属組織や | コミュニティへの倫 | 埋の理解や議論の場を提供 |
| 学んだ教訓 Le | essons Learned | L5 | EL | 5 | E | Е | L5 | L5 | E L5 | E 1.5 | E L5 | E L5 | Е | L5 E | 15 原 | Е | 1 5~7分のスピーチ | (教訓・リーダーシップ体験)。コース | 内の別のチームプロジェクト完了後、 | チームに対し学んだ教訓ミーティングで | 義論し結果を記録 | 录する。360度評価。★ |
| パネルディスカッションの司会 M | 1oderate a Panel Discussion | L5 | EL | 5 E | Е | Е | L5 | L5 | E L5 | E L5 | E L5 | E L5 | Е | L5 E | L5 | Е | 0 20~40分のパネル | ルディスカッション(トピックは自由)の | 計画および司会。TM外で開催する | 場合はVPEの承認とプロジェクト完了 | 己録の提出が必要 | E. |
| | Reflect on Your Path (After completing L1-5) | | R | | R 🥏 | R | | | R | R 🕞 | R 🦱 | R | R | R | | R | | | | 、達成た結果を振り返り、学習・開発 | | |
| | | | | | | | | | a a | | | | | | | | | | | | | |
| メンタリングの準備PI | repare to Mentor (After L1 and L2 of any path | ı) Pa | thway | s メンター | -プログラ | ム最初の | つプロジェク | ト、任意のコ | -スのレベル | 1と2の修了後 | に行う。 | | | | | R | 0 スピーチなし。メンタ | タリングに関する個人的な目標と興味(| の明確化。VPEとメンタリング準備り | 態について面談。全フォーム記入完了 | をVPEに報告(こ | プロジェクト完了記録の提出) |
| | Mentoring (After Project 8311) | - | | _ | | | のプロジェ | | | | | | | | | R | | | | プロジェクト完了までの短期の取り組み | | |
| | Advanced Mentoring (After Project 8410) | | | | | | のプロジェ | | | | | | - | | | P | | | | エとの定期的なコミュニケーション、ミーテ | | |
|) アドバンス・メンタリング A. | Pathways Mentor Designation | + 1 4 | | | | | 22 272 | | | | | | | | | - | | | | 完了したのち、教育賞を申請すると Pa | | |
| | administration Designation | 1 1 | | | 1 1 | - 1 - 1 | | | | | | | | | | | - I dulways XZ9- | ンコンプロのみい(のプロンエンL (T | Luu J ファ Cv1911/J・1 フリコー人で | プ゚゚゚ U/Cツン、扒月貝で中間りるC PC | uivvuyo グンブー | こし てかいんこう じひゃ |
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| Pathways認定メンター P ディスティングイッシュトトーストマスター D | Distinguished Toastmaster | 10 | めのコー | -スと2つ8 | めのコース | のレベル | 1,2,3修了 | 後 educat | onaward | s@toastma | sters.org | または +1 | 720-43 | 9-5050 (C | 要求する | 。 R | | | | ジェクトの選択(組織に有益なもの)、 ナー、スピーチクラフトまたはユースリーダ・ | | |

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| Five Core Com | | | | _ | oject 20 |)17 Mat | | | ired E El | | Version 2 | | 1 | Level 1 R Ice Breaker R Evaluation & Feedback R Researching & Presenting |
| 1 Public Speak | king | DL | EC | EH | IP | LD | MS | PΙ | PM | SR | TC | VC | Σ | P C C C Level 2 R R Introduction to TM Mentoring |
| a Strategic Lea | al Communication | | F# | | | | | | | | _ | L | S S | Level 2 R Lintroduction to 1M Mentorning E Level 3 R E Level 4 R E Level 4 R |
| | | ynamic eadership | Effective Coaching | Engaging Humor | Innovative Planning | | Motivationa nt Strategies | Persuasive Influence | Presentation Mastery | Strategic Relationships | Team Collaboration | Visionary Communic | ation 5 | P S S S S S S S S S S S S S S S S S S S |
| Management | | р | | | | | | | ' | | | | Σ | Solution in the state of the st |
| O G G Confidence | | 1235 | 1245 | 06 | 142 | 3 124 | 3 128 | 3 082 (| 00 | 1286 | 1426 | 08 | 96 | * Path Completion R Reflect on Your Path This project is accessible after all levels 1 through 5 have been completed. |
| ₹ 8101 Ice Breaker | Ī | R | R | R | R | R | R | R | R | R | R | R | th | 1 4-6-min speech of any topic to introduce yourself (humorous, informational, etc.) and learn the basic structure of a public speech. |
| 8100 Evaluation and Feedback | | R | R | R | R | R | R | R | R | R | R | R | pa | 2+ETwo 5-7-min prepared speeches and one evaluation speech. Present a speech on any topic, receive feedback, and apply the feedback to a second speech. |
| 8102 Researching and Presenting | g | R | R | R | R | R | R | R | R | R | R | R | - Au | 1 5-7-min speech on topic not familiar with or wish to learn more (specific, well-organized and well-researched). Learn, review, refine research methods using worksheets. |
| 8207 Understanding Your Leader | | R | R | | R | R | | R | | R | R | R | of 2 | 1 5-7-min speech to share some aspect of your or in general leadership style(s). Identify your primary leadership style(s) using Discover Your Leadership Style questionnaire. |
| 8206 Understanding Your Commi | | R | R | | | | R | | R | | | R | 7 | 1 5-7-min speech on your communication style and impact relationships. Learn about different styles and identify your style using Discover Your Communication Style questionnai |
| 8204 Introduction to Toastmasters | | R | R | R | R | R | R | R | R | R | R | R | ete | 1 5-7-min speech about a time when you were a protégé and share the impact and importance of having a mentor. Clearly define how Toastmasters envisions mentoring. |
| 8205 Managing Time | <u> </u> | | | | | R | | | | | | | - Ig | 1 5-7-min speech on any topic. As you develop speech, record time required for each task. Observe your own time management patterns. Submit Project Completion Form to VPE. |
| 8202 Cross-Cultural Understandi | ina | | | | | | | | | R | | | Con | 1 5-7-min speech about your cultures and impact of the stereotypes. Identify your own cultural identities and stereotypes that impact others' perceptions of you. |
| 8200 Active Listening | 9 | .3 E | 13 F | 13 F | 12 E | L3 E | P | P | 12 E | 13 F | R | 13 E | - | O Demonstrate your ability to listen to what others say by serving as Topicsmaster and comment on each speaker's Table Topics speech at a club meeting. |
| 8201 Connect with Your Audience | | 3 F | 13 E | R | R | 13 E | 12 5 | 13 E | 12 E | 13 E | L3 E | 13 E | | 1 5-7-min speech on a topic that is new or unfamiliar to the majority of your audience. Practice the skills needed to connect with an unfamiliar audience. |
| 8201 Connect with Your Addience | ~ | 3 F | 13 F | 12 F | 12 F | L3 E | 13 E | 13 E | R | 13 E | 13 F | 13 E | | |
| 8208 Know Your Sense of Humor | | 3 E | 13 E | P | 12 6 | 12 6 | 12 5 | 13 6 | 12 5 | 13 E | 13 E | 13 E | | 1 5-7-min speech. Deliver a speech with awareness of your intentional and unintentional body language. Learn, practice, and refine how you use nonverbal communication. |
| | | 2 B | E | V | LO E | E-0 E | LO E | EO E | LO E | | | EO E | | 1 5-7 min speech on any topic with at least one anecdote or story intended to entertain or bring humor into your presentation. Story Collection tool is available in EH path. |
| 8307 Negotiate the Best Outcome | IC L | .3 R | 18 R | | | | | | | | | | \vdash | 1 5-7-min speech in any style on a past or future negotiation in your life that you are a part of. Reflect on the strategies you used or you believe would be beneficial. |
| 8313 Reaching Consensus | h Humor | | ES R | 1.0 B | | | | | | | | | \vdash | 1 20-min consensus practice at a club meeting + 2-3-min closing statement OR 5-7-min speech in any style - Leading non-TM group toward consensus + Project Completion Form |
| 8320 Engage Your Audience with | ii riumor | | | LES R | | | | | | | | | | 1 5-7-min speech revolving a central message with applying their style of humor. Use at least one anecdote/story intended to entertain/bring humor into your presentation. |
| 8312 Present a Proposal | | | | | L3 R | | | | | | | | \vdash | 1 5-7-min speech on entire or aspects of proposal. Develop a proposal to improve any area of your life. If a proposal is for TM club, talk with the appropriate officer. |
| 8309 Planning and Implementing | _ | | | | | L3 R | | | | | | | \vdash | 1 2-3-min report or 5-7-min speech on your experience. Develop a small-scale project and implement plan with or without help from others. Submit Project Completion form. |
| 8316 Understanding Emotional Ir | | | | | | | ES R | | | | | | \vdash | 1 5-7-min speech on tracking your emotion by maintaining journal at least 2 weeks. Understand your own and others' emotions. Submit Project Completion Form to VPE. |
| 8315 Understanding Conflict Res | solution | | | | | | | L3 R | | | | | | 1 5-7-min speech in any style to discuss managing conflict, developing stronger strategy and best attributes in a conflict situation. A conflict resolution video activity. |
| 8308 Persuasive Speaking | | | | | | | | | R | | | | | 1 5-7-min speech on any topic that can be spoken persuasively. Identify types of persuasive speech. If done outside club, VPE's approval and TM evaluator are required. |
| 8314 Successful Collaboration | | | | | | | | | | | L3 R | | \Box | 1 5-7-min speech on you, your learning, and your perceptions of the experience of working with a small team to make a collaborative decision for a small-scale event. ★ |
| 8303 Develop a Communication I | | | | | | | | | | | | L3 R | $\sqcup \bot$ | 1 5-7-min speech on your experience of planning (process, benefits or impact). Plan can be any event either real or hypothetical. Practice developing a communication plan. |
| 8306 Make Connections Through | n Networking | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 R | L3 E | L3 E | $\sqcup \!\!\! \perp$ | 1 5-7-min speech personal to you or networking informational. Develop and practice building connections through networking event. Project Completion Form if non-TM event. |
| 8300 Connect with Storytelling | L | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | $\sqcup \!\!\! \perp$ | 5-7-min speech of an established story, a story about your life or a fictional tale you create. Practice using a story within a speech or giving a speech that is a story. |
| 8301 Creating Effective Visual Aid | ids | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | \Box | 5-7-min speech on topic that lends itself well to using 1-3 visual aids. Practice selecting and using a variety of visual aids during a speech. |
| 8302 Deliver Social Speeches | L | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | \Box | Two 3-4-min different types of social speeches (a toast, a eulogy, an acceptance speech, a speech praising an individual or group) at two separate meetings. |
| 8304 Focus on the Positive | L | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | | 2-3-min report or 5-7-min speech to share some aspect of your experience on at least 2 weeks of recording your moods and attitudes. Submit Project Completion Form to VPE. |
| 8305 Inspire Your Audience | L | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | | 5-7-min speech on a topic with the intent of inspiring your audience to practice writing and delivering a speech that inspires others. |
| 8310 Prepare for an Interview | L | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | | 0 5-7-min role-play interview presentation at a club meeting to practice the skills needed to present yourself well in an interview such as a job or expert interview. |
| 8317 Understanding Vocal Variet | ty | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | | 1 5-7-min speech on any topic to practice using vocal variety to enhance a speech. |
| 8318 Using Descriptive Language | le L | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | | 5-7-min speech on any topic to practice writing a speech with an emphasis on adding language to increase interest and impact. |
| 8319 Using Presentation Softwar | re | .3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | L3 E | | 5-7-min speech using the slides you developed on topic (humorous, demonstrative, or informational) that lends well to a visual presentation using technology. |
| Meeting Role Requireme | ents | .3 | L3 | L3 | L3 | L3 | L3 | L3 | L3 | L3 | L3 | L3 | | Serve as speech evaluator, Toastmaster and Topicsmaster at least once each to complete level 3. |
| 8406 Manage Change | L | .4 R | | | | | | | | | | | | 5-7-min speech in any style on overview of plan and benefit you and group change affects. Create a management plan for past, future or hypothetical change in your life. |
| 8403 Improvement Through Posi | sitive Coaching | | L4 R | | | | | | | | | | | 1 5-7-min speech in any style about your experience on coaching an individual (speak with VPE to choose TM or non-TM member) through a project outside of TM club meeting. |
| 8415 The Power of Humor in an I | Impromptu Speech | | | L4 | R | | | | | | | | | 2 Two 2-3-min speeches in the same club meeting on the topics chosen randomly by Toastmaster from "Impromptu speech topic resource". Include at least one anecdote each. |
| 8405 Leading Your Team | | | | | | L4 | R | | | | | | | 1 5-7-min speech in any style about you or experience on leading a 2-4-people team to complete a project. With VPM and VPPR to choose a project for club, non-TM, or work. * |
| 8411 Motivate Others | | | | | | | L4 | R | | | L4 R | | | 1 5-7-min speech about experience on building and motivating a 3-4-people team to complete a project that benefits your club. Develop motivational strategies for members. * |
| 8404 Leading in Difficult Situation | ons | | | | | | | L4 | R | | | | | 2 5-7-min speech to share a detailed project plan, 2-3-min discussion of possible disruptions among members and impromptu speech on solutions. Total time is 15-20-min. |
| В 8401 Communicate Change | | | | | | | | | | | | L4 | R | 1 5-7-min speech to communicate your plan for communicating change with evidence to support. The change may be real or hypothetical that affects your club or other group. |
| # 8408 Manage Projects Successful | ılly | .4 E | L4 E | L4 | E L4 | R L4 | E L4 | E L4 | E L4 E | L4 E | L4 E | L4 | Е | 2 2-3-min speech about plan, 5-7-min speech in any style reflects experience. Build 3-4 people team, develop rapport with stakeholders and strong relationships with team. * |
| 8409 Managing a Difficult Audien | | .4 E | L4 F | L4 | E L4 | E 14 | E 14 | E 14 | E L4 | L4 E | L4 F | L4 | Е | 1 5-7-min speech (new or past) on any topic. Assign roles to play. Respond to disruptive audience in calm, effective and professional manner. Total time is 12-15 min. |
| 8412 Public Relations Strategies | | .4 E | L4 F | L4 | E L4 | E 14 | E 14 | E 14 | E L4 F | L4 R | L4 F | L4 | Е | 1 5-7-min speech to share your real or hypothetical plan to promote awareness of an organization. Talk with VPPR and President on your plan if it's real for your club. |
| 8400 Building a Social Media Pres | | 4 F | L4 F | 14 | E 14 | E 14 | E 14 | E 14 | E 14 F | 14 F | 14 F | 14 | E | 1 5-7-min speech to share your results, experience and benefits of social media presence through establishing or enhancing, e.g. Blog, SNS, etc. Project Completion Form. |
| 8402 Create a Podcast | | 4 F | 14 6 | 14 | F 14 | F 14 | F 14 | F 14 | F 14 F | 14 E | 14 | 14 | F | 1 2-3-min speech to introduce your podcast and play 5-10-min segment. Create interesting content and organize a cohesive program totally 60+ min. Learn to record and upload. |
| 8407 Manage Online Meetings | 1 | 4 F | 14 6 | 14 | F 14 | F 14 | F 14 | F 14 | F 14 F | 14 E | 14 5 | 14 | F | |
| 8413 Question-and-Answer Sessi | sion | 4 5 | 14 - | 1.4 | E 1.4 | E 14 | E 14 | E 14 | E 14 E | 14 6 | 14 | 1.4 | E | 0 Conduct 20-25-min online meeting or webinar with visual aids. Research and use software that fits best. If outside club, VPE's approval and TM evaluator are required. 1 5-7-min speech and O&A session totally 15-20-min. Prepare to answer questions clearly concisely and with confidence on a tonic you are knowledgeable. Use time effectively |
| 8414 Write a Compelling Blog | SIO(1 | 4 5 | 14 - | 1.4 | E 1.4 | E 14 | E 14 | E 14 | E IA E | 14 6 | 14 | 1.4 | E | 1 5-7-min speech and Q&A session totally 15-20-min. Prepare to answer questions clearly, concisely and with confidence on a topic you are knowledgeable. Use time effectively. |
| 8504 Lead in Any Situation | | 5 D | | | | - | | | - L-1 | | 15 . | 2 | - | 1 2-3-min speech on impact of the blogging experience. Maintaining a blog and posting at least eight times in one month. Blog can be new or existing. Project Completion Form. 1 8-10-min speech of any type on experience as a leader and/or the impact of the 360° evaluation. Serve as an any level of leader 6+ months. Peers to your 360° evaluation. ★ |
| 8504 Lead III Ally Situation E 8512 Deliver Your Message with | Humor | K | | 15 | 2 | e e | v | | | v | K | Ę. | \vdash | |
| | | - <u>-</u> - | | | <u>و</u> | E . | - E | 9 | <u> </u> | - j- | Ĕ | la g | $\vdash\vdash$ | 1 18-22-min keynote style humorous speech. You may choose to use visual aids, Approval needed by VPE in advance if you may present your speech to a non-TM audience. |
| 8507 Manage Successful Events | | - L | - jë - | - j | - <u>-</u> - | <u> </u> | ţe 🕌 | R E | st | la l | | = = | \vdash | 1 5-7-min speech of any style about impact on planning, team and organization. Plan, coordinate and complete an event of your choice. * |
| 8511 Team Building | | _ ভূ | a - | - 5 | <u>a</u> | - S | F E | · | Σ _ | | ora — | Ē | | 2 2-3-min report before event and 5-7-min speech after event on impact of event, leading or team. Work with a small team to design and host a team-building event. * |
| 8501 Develop Your Vision | hin | e – | Š | <u> </u> | <u>-</u> | ے ا | N N | 두 | <u> </u> | <u>a</u> | Ω | E . | K | Two 5-7-min speeches (1:explain vision and 2: plan for vision). Develop a detailed vision and establish a plan to implement it. Submit Project Completion Form to VPE. |
| 8503 High Performance Leadersh | | J E | e 🖳 | i ci | ive in | 를 _ | | | tic C | 8 E | IS E | Ő | E | Two 5-7-min speeches (1: plan and 2: complete). Select, lead and complete a project with defined goals with a team (3+ members). Form and meet with committee 5+ times. |
| 8509 Prepare to Speak Profession | | mic E | i | lag | at | ž ž | 유 | a Si | | ig E | ر ا | ar, | E | 1 18-22-min of any style of keynote speech. Exemplify the point of view or message you would convey as a professional level speaker. If for non-TM group, get VPE's approval. |
| 8505 Leading in Your Volunteer (| organization | e E | je je | n g | ဉ် ဉ် | e e | | L IS IS | L LS O | re g sr | a E | 0 | E | 1 5-7-min speech to reflect experience. Serve in a leadership role for at least 6 months in TM or other volunteer organization. Create succession plan for transition. ★ |
| OFOR FHILLS I II | L | A E | 15 m E | L5 | L5 E | - e | - OF | Pe Pe | o L | tra E | F E | S | E | Organizing and moderating 20-40-min panel discussion on ethical framework followed by Q&A session. Provide discussion opportunity on ethics to organization or community. |
| 8502 Ethical Leadership | 1. | .5 E | L5 E | L5 | L5 | L L5 | Σ | E L5 | L L5 | S E | L5 E | 1.5 | E | 1 5-7-min speech. Facilitate a lessons learned meeting after completion of a separte, larger teamwork project on this path. Record meeting results. 360° evaluation by team. * |
| 8506 Lessons Learned | | | 1 5 F | L5 | L5 | E L5 | E 1.5 | E L5 | E L5 E | L5 E | L5 E | L5 | Е | 0 Plan and moderate 20-40-min panel discussion of any topic to practice facilitating. If outside TM club meeting, get approval and submit Project Completion Form to VPE. |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio | | .5 E | _ | | | | R m | R 🚗 | R P | R | L (♂) R | | R | 1 10-12-min speech of any style reflecting on your growth on completing a path. Summarize skills you have learned, developed. Celebrate your achievements at the end of path. |
| 8506 Lessons Learned | | D R | R | | | K Tito | 10000 | | | | | | | |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After | r completing L1-5) | D R | R | | | K THO | | | | | | _ | | |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After | r completing L1-5) 1 and L2 of any path) | | | | m Project | | | | | | | | | 0 No speech. Clarify your personal goals and interests related to Mentoring. Meet with VPE to discuss your readiness to mentor. Submit Project completion form to VPE. |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After 8311 Prepare to Mentor (After L1 8410 Mentoring (After Project 83 | r completing L1-5) 1 and L2 of any path) 311) | Pathw | ays Ment | or Progra | | 1/3 | | | | | | | R | No speech. Clarify your personal goals and interests related to Mentoring. Meet with VPE to discuss your readiness to mentor. Submit Project completion form to VPE. 5-7-min speech on what you have learnt as a mentor. Work with a protégé to complete a project (VPE pairs you with protégé), set goals and develop a plan to help protégé. |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After | r completing L1-5) 1 and L2 of any path) 311) | Pathw Pathw | ays Ment | or Progra or Progra | m Project | 1/3 2/3 | | | | | | | R | |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After 8311 Prepare to Mentor (After L1 8410 Mentoring (After Project 83 | 1 and L2 of any path) 311) r Project 8410) | Pathw Pathw | ays Ment | or Progra or Progra | m Project m Project | 1/3 2/3 | | | | | | | R | 5-7-min speech on what you have learnt as a mentor. Work with a protégé to complete a project (VPE pairs you with protégé), set goals and develop a plan to help protégé. |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After 8311 Prepare to Mentor (After L1 8410 Mentoring (After Project 83 8500 Advanced Mentoring (After Pathways Mentor Design | 1 and L2 of any path) 311) r Project 8410) nation | Pathw Pathw Pathw | ays Mento ays Mento ays Mento | or Progra or Progra or Progra | m Project m Project m Project | 1/3 2/3 3/3 | | | | | | | R R R | 5-7-min speech on what you have learnt as a mentor. Work with a protégé to complete a project (VPE pairs you with protégé), set goals and develop a plan to help protégé. 5-7-min speech on what you have gained as a mentor. 6-month mentoring commitment, communicate regularly with protégé, record meeting dates and times and giving feedbar submit the Pathways Mentor award after completing Pathways Mentor Program and an entire path. |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After 8311 Prepare to Mentor (After L1 8410 Mentoring (After Project 83 8500 Advanced Mentoring (After Pathways Mentor Design | 1 and L2 of any path) 311) r Project 8410) nation | Pathw Pathw Pathw | ays Mento ays Mento ays Mento | or Progra or Progra or Progra | m Project m Project m Project | 1/3 2/3 3/3 | | | | | | | R R R | 5-7-min speech on what you have learnt as a mentor. Work with a protégé to complete a project (VPE pairs you with protégé), set goals and develop a plan to help protégé. 5-7-min speech on what you have gained as a mentor. 6-month mentoring commitment, communicate regularly with protégé, record meeting dates and times and giving feedbar submit the Pathways Mentor award after completing Pathways Mentor Program and an entire path. |
| 8506 Lessons Learned 8508 Moderate a Panel Discussio 8510 Reflect on Your Path (After 8311 Prepare to Mentor (After L1 8410 Mentoring (After Project 83 8500 Advanced Mentoring (After Pathways Mentor Design | 1 and L2 of any path) 311) r Project 8410) nation | Pathw Pathw Pathw | ays Mento ays Mento ays Mento | or Progra or Progra or Progra | m Project m Project m Project | 1/3 2/3 3/3 | | | | | | | R R R | 5-7-min speech on what you have learnt as a mentor. Work with a protégé to complete a project (VPE pairs you with protégé), set goals and develop a plan to help protégé. 5-7-min speech on what you have gained as a mentor. 6-month mentoring commitment, communicate regularly with protégé, record meeting dates and times and giving feedba |

