

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 | | | | |
| ELECTIVE PROJECTS | Elective Projects: Choose 2 | | | |
| Active Listening | | | | |
| 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 | | | | |
| 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 (12-15 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 | | | | |
| Reflect on Your Path | | | | |
| ELECTIVE PROJECTS | Elective Projects: Choose 1 | | | |
| Ethical Leadership (20-40 min) | | | | |
| Leading in Your Volunteer Organization | | | | |
| Lessons Learned | | | | |
| Moderate a Panel Discussion | | | | |
| Prepare to Speak Professionally (18-22 min) | | | | |