



## Pathways Competencies by Path

The Pathways learning experience offers the opportunity to build more than 300 unique competencies. Find out what competencies you will build in each path as you complete projects!



# Dynamic Leadership

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>

<b>Level 2</b>	
<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Understanding Your Communication Style</b>	<ul style="list-style-type: none"> <li>• Understand different communication styles.</li> <li>• Identify your preferred communication style.</li> <li>• Recognize how your communication style may impact your interactions.</li> <li>• Determine how to improve your relationships by mastering and adapting your application of communication styles based on the situation.</li> <li>• Tailor your style to match situational expectations.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Negotiate the Best Outcome</b>	<ul style="list-style-type: none"> <li>• Foster agreement between parties from their current state to a new state.</li> <li>• Understand how different negotiation styles are applied.</li> <li>• Engage in meaningful conversations to reach a mutually beneficial goal.</li> <li>• Maintain professional or appropriate composure during negotiation.</li> <li>• Identify how and when to use different negotiation strategies.</li> </ul>
<b>Level 4</b>	
<b>Manage Change</b>	<ul style="list-style-type: none"> <li>• Establish a plan for implementing change.</li> <li>• Develop a communication plan for reaching all stakeholders affected by the change.</li> <li>• Recognize the biggest obstacles to success.</li> <li>• Establish processes to overcome these obstacles.</li> </ul>

## DYNAMIC LEADERSHIP

Level 5	
<b>Lead in Any Situation</b>	<ul style="list-style-type: none"><li>• Understand why leadership is situational.</li><li>• Identify situational leadership styles.</li><li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li><li>• Assess an individual's competence and commitment levels to guide the leadership style.</li><li>• Recognize and communicate when a specific leadership style is best.</li></ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>



# Effective Coaching

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>

<b>Level 2</b>	
<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Understanding Your Communication Style</b>	<ul style="list-style-type: none"> <li>• Understand different communication styles.</li> <li>• Identify your preferred communication style.</li> <li>• Recognize how your communication style may impact your interactions.</li> <li>• Determine how to improve your relationships by mastering and adapting your application of communication styles based on the situation.</li> <li>• Tailor your style to match situational expectations.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Reaching Consensus</b>	<ul style="list-style-type: none"> <li>• Recognize the importance of including all group members in the decision-making process.</li> <li>• Demonstrate a commitment to the process of incorporating feedback and ideas from all stakeholders.</li> <li>• Create an environment where all ideas are heard.</li> <li>• Lead conversations to reach a satisfactory outcome for the group.</li> </ul>
<b>Level 4</b>	
<b>Improvement Through Positive Coaching</b>	<ul style="list-style-type: none"> <li>• Recognize the positive impact your actions can have on others.</li> <li>• Nurture relationships with the people you coach.</li> <li>• Identify ways you can positively influence other individuals.</li> <li>• Demonstrate ways to assist an individual in accomplishing a goal or learning a skill.</li> <li>• Deliver effective feedback.</li> </ul>

## EFFECTIVE COACHING

Level 5	
<b>High Performance Leadership</b>	<ul style="list-style-type: none"><li>• Build a team by identifying skills and competencies necessary to complete project tasks.</li><li>• Motivate team members throughout the project, from inception to completion.</li><li>• Develop a plan, including well-defined goals.</li><li>• Delegate tasks to team members and provide support throughout.</li><li>• Lead with confidence to the successful completion of a project.</li></ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>



# Engaging Humor

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>
Level 2	
<b>Connect with Your Audience</b>	<ul style="list-style-type: none"> <li>• Use knowledge of audience characteristics to tailor your message.</li> <li>• Identify the ways in which audiences differ.</li> <li>• Build rapport with different types of audiences.</li> <li>• Project knowledge and expertise when speaking.</li> </ul>



## ENGAGING HUMOR

<p><b>Know Your Sense of Humor</b></p>	<ul style="list-style-type: none"> <li>• Understand your sense of humor.</li> <li>• Recognize the elements of a humorous story.</li> <li>• Identify the story you want to tell.</li> <li>• Recognize the elements of a well-organized story.</li> <li>• Determine the best story for your speech topic.</li> </ul>
<p><b>Introduction to Toastmasters Mentoring</b></p>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<p><b>Level 3</b></p>	
<p><b>Engage Your Audience with Humor</b></p>	<ul style="list-style-type: none"> <li>• Write a well-organized speech.</li> <li>• Develop a clear message and support with humorous stories.</li> <li>• Understand your preferences for speech development and delivery.</li> <li>• Identify strategies for managing an unexpected audience response.</li> <li>• Create a personal framework for the successful delivery of a humorous speech.</li> </ul>
<p><b>Level 4</b></p>	
<p><b>The Power of Humor in an Impromptu Speech</b></p>	<ul style="list-style-type: none"> <li>• Adjust speech to audience demographics.</li> <li>• Develop speech content for multiple possible topics/situations.</li> <li>• Effectively engage an audience with humor.</li> <li>• Respond effectively to an impromptu speaking situation.</li> <li>• Understand how to use humor to connect with an audience.</li> </ul>
<p><b>Level 5</b></p>	
<p><b>Deliver Your Message with Humor</b></p>	<ul style="list-style-type: none"> <li>• Construct a well-developed, humorous speech that reflects an understanding of the audience and audience demographics.</li> <li>• Deliver a keynote-length speech that incorporates humor.</li> <li>• Create and deliver a speech that incorporates humor and humorous stories or anecdotes into a strong message appropriate for an effective keynote address.</li> <li>• Engage an audience with humor that leads to an understanding of a well-developed underlying message.</li> </ul>
<p><b>Reflect on Your Path</b></p>	<ul style="list-style-type: none"> <li>• Describe your experience moving through a learning path, in detail.</li> <li>• Share how the learning has impacted your life outside of Toastmasters.</li> <li>• Compose a well-organized speech.</li> <li>• Demonstrate strong public speaking skills.</li> </ul>



# Innovative Planning

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>

<b>Level 2</b>	
<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Connect with Your Audience</b>	<ul style="list-style-type: none"> <li>• Use knowledge of audience characteristics to tailor your message.</li> <li>• Identify the ways in which audiences differ.</li> <li>• Build rapport with different types of audiences.</li> <li>• Project knowledge and expertise when speaking.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Present a Proposal</b>	<ul style="list-style-type: none"> <li>• Select key information to present in a proposal.</li> <li>• Organize information in an easy-to-follow format for an audience.</li> <li>• Build your case by developing a proposal with supporting evidence.</li> <li>• Prepare realistic solutions to be presented as part of your case.</li> <li>• Illustrate the benefits offered by the presented solution.</li> </ul>
<b>Level 4</b>	
<b>Manage Projects Successfully</b>	<ul style="list-style-type: none"> <li>• Recognize your strengths and areas for growth as a project manager.</li> <li>• Develop rapport with stakeholders.</li> <li>• Cultivate an appropriate relationship with your team.</li> <li>• Manage time to meet deadlines and milestones.</li> <li>• Recognize and communicate what is required to accomplish tasks.</li> <li>• Delegate to a team of people to complete tasks.</li> <li>• Assess your project's needs.</li> </ul>

## INNOVATIVE PLANNING

Level 5	
<b>High Performance Leadership</b>	<ul style="list-style-type: none"><li>• Build a team by identifying skills and competencies necessary to complete project tasks.</li><li>• Motivate team members throughout the project, from inception to completion.</li><li>• Develop a plan, including well-defined goals.</li><li>• Delegate tasks to team members and provide support throughout.</li><li>• Lead with confidence to the successful completion of a project.</li></ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>



# Leadership Development

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>
Level 2	
<b>Managing Time</b>	<ul style="list-style-type: none"> <li>• Identify and use a variety of time management techniques.</li> <li>• Employ time management strategies in speeches.</li> <li>• Apply time management methods.</li> <li>• Recognize the importance of time management skills.</li> </ul>

## LEADERSHIP DEVELOPMENT

<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Planning and Implementing</b>	<ul style="list-style-type: none"> <li>• Integrate clear, concise goals into your plan.</li> <li>• Establish a process for meeting milestones during the implementation of your plan.</li> <li>• Identify resources you have or that are needed.</li> <li>• Create a schedule to complete a project on time.</li> <li>• Delegate tasks to the most capable team members.</li> </ul>
<b>Level 4</b>	
<b>Leading Your Team</b>	<ul style="list-style-type: none"> <li>• Identify pertinent and relevant information to communicate to a group.</li> <li>• Successfully complete a project with the help of a small group.</li> <li>• Apply the basic skills of leadership.</li> </ul>
<b>Level 5</b>	
<b>Manage Successful Events</b>	<ul style="list-style-type: none"> <li>• Acknowledge the responsibilities and realities of serving as the primary point of contact for a coordinated team effort.</li> <li>• Demonstrate preparedness for the inevitable, unexpected nature of coordinating an event.</li> <li>• Use effective strategies to coordinate efforts between team members and provide an optimal experience for participants.</li> <li>• Delegate work by creating a plan and implementing it with the assistance of a team.</li> <li>• Manage budget and other resources necessary to the success of the event.</li> <li>• Set and achieve goals by overseeing and planning the necessary meetings and tasks prior to the event.</li> </ul>

## LEADERSHIP DEVELOPMENT

<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>
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# Motivational Strategies

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>
Level 2	
<b>Active Listening</b>	<ul style="list-style-type: none"> <li>• Apply listening skills to increase comprehension and connection.</li> <li>• Acknowledge the need for active listening.</li> <li>• Recognize the difference between hearing and listening.</li> <li>• Improve basic listening skills.</li> </ul>



## MOTIVATIONAL STRATEGIES

<b>Understanding Your Communication Style</b>	<ul style="list-style-type: none"> <li>• Understand different communication styles.</li> <li>• Identify your preferred communication style.</li> <li>• Recognize how your communication style may impact your interactions.</li> <li>• Determine how to improve your relationships by mastering and adapting your application of communication styles based on the situation.</li> <li>• Tailor your style to match situational expectations.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Understanding Emotional Intelligence</b>	<ul style="list-style-type: none"> <li>• Learn the primary elements of emotional intelligence.</li> <li>• Assess your emotions honestly.</li> <li>• Determine how to appropriately express your emotions.</li> <li>• Display understanding of the importance of optimism in relation to motivation.</li> <li>• Discover techniques for increasing empathy.</li> </ul>
<b>Level 4</b>	
<b>Motivate Others</b>	<ul style="list-style-type: none"> <li>• Identify different ways individuals can be motivated.</li> <li>• Demonstrate the ability to strengthen and nurture relationships with others.</li> <li>• Construct a system of leadership that motivates others to accomplish a task, goal, or plan.</li> <li>• Demonstrate an understanding of how to promote internal growth in other individuals.</li> <li>• Provide encouragement and helpful feedback to others.</li> </ul>
<b>Level 5</b>	
<b>Team Building</b>	<ul style="list-style-type: none"> <li>• Create an environment that supports team success.</li> <li>• Understand and communicate the benefits of working with a team.</li> <li>• Strengthen relationships through collaboration.</li> <li>• Successfully delegate tasks to team members.</li> <li>• Design and facilitate an effective team-building event.</li> </ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"> <li>• Describe your experience moving through a learning path, in detail.</li> <li>• Share how the learning has impacted your life outside of Toastmasters.</li> <li>• Compose a well-organized speech.</li> <li>• Demonstrate strong public speaking skills.</li> </ul>



# Persuasive Influence

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>
Level 2	
<b>Active Listening</b>	<ul style="list-style-type: none"> <li>• Apply listening skills to increase comprehension and connection.</li> <li>• Acknowledge the need for active listening.</li> <li>• Recognize the difference between hearing and listening.</li> <li>• Improve basic listening skills.</li> </ul>

## PERSUASIVE INFLUENCE

<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Understanding Conflict Resolution</b>	<ul style="list-style-type: none"> <li>• Identify and explain conflict resolution techniques.</li> <li>• Place value on other points of view.</li> <li>• Practice positive interaction techniques.</li> <li>• Recognize an appropriate point to intervene in a conflict between others.</li> <li>• Employ active listening to facilitate conflict resolution.</li> </ul>
<b>Level 4</b>	
<b>Leading in Difficult Situations</b>	<ul style="list-style-type: none"> <li>• Analyze a situation to understand the reasons for challenges.</li> <li>• Apply strategies for coping with a challenge.</li> <li>• Demonstrate resourcefulness and flexibility in the face of adversity.</li> <li>• Maintain a positive attitude even when facing difficult situations.</li> <li>• Recognize the impact of leadership style when dealing with a difficult situation.</li> </ul>
<b>Level 5</b>	
<b>High Performance Leadership</b>	<ul style="list-style-type: none"> <li>• Build a team by identifying skills and competencies necessary to complete project tasks.</li> <li>• Motivate team members throughout the project, from inception to completion.</li> <li>• Develop a plan, including well-defined goals.</li> <li>• Delegate tasks to team members and provide support throughout.</li> <li>• Lead with confidence to the successful completion of a project.</li> </ul>

## PERSUASIVE INFLUENCE

<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>
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# Presentation Mastery

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>
Level 2	
<b>Understanding Your Communication Style</b>	<ul style="list-style-type: none"> <li>• Understand different communication styles.</li> <li>• Identify your preferred communication style.</li> <li>• Recognize how your communication style may impact your interactions.</li> <li>• Determine how to improve your relationships by mastering and adapting your application of communication styles based on the situation.</li> <li>• Tailor your style to match situational expectations.</li> </ul>

## PRESENTATION MASTERY

<b>Effective Body Language</b>	<ul style="list-style-type: none"> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> <li>• Identify gestures that show confidence when speaking in public.</li> <li>• Use gestures to enhance speech content.</li> <li>• Demonstrate awareness of unintentional movement.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Persuasive Speaking</b>	<ul style="list-style-type: none"> <li>• Understand methods for researching and supporting your viewpoint.</li> <li>• Identify the most appropriate type of persuasive speech for your topic.</li> <li>• Develop your viewpoint.</li> <li>• Develop a presentation that appeals to an audience.</li> <li>• Deliver your viewpoint with the intent of persuading an audience.</li> </ul>
<b>Level 4</b>	
<b>Managing a Difficult Audience</b>	<ul style="list-style-type: none"> <li>• Demonstrate the proper action for each type of difficult audience member.</li> <li>• Defuse tense or uncomfortable situations with an audience.</li> <li>• Identify a difficult audience member.</li> <li>• Exhibit professional behavior when addressing a difficult audience member.</li> </ul>
<b>Level 5</b>	
<b>Prepare to Speak Professionally</b>	<ul style="list-style-type: none"> <li>• Define the attributes of a professional speaker.</li> <li>• Determine your area of expertise.</li> <li>• Understand what your audience expects from you.</li> <li>• Tailor your speech to reflect your understanding of the audience.</li> <li>• Incorporate stories and anecdotes to support your message.</li> <li>• Develop a connection with the audience.</li> <li>• Understand how to market yourself as a professional-level speaker.</li> </ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"> <li>• Describe your experience moving through a learning path, in detail.</li> <li>• Share how the learning has impacted your life outside of Toastmasters.</li> <li>• Compose a well-organized speech.</li> <li>• Demonstrate strong public speaking skills.</li> </ul>



# Strategic Relationships

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>

Level 2	
<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Active Listening</b>	<ul style="list-style-type: none"> <li>• Apply listening skills to increase comprehension and connection.</li> <li>• Acknowledge the need for active listening.</li> <li>• Recognize the difference between hearing and listening.</li> <li>• Improve basic listening skills.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
Level 3	
<b>Make Connections Through Networking</b>	<ul style="list-style-type: none"> <li>• Present yourself as friendly and engaging.</li> <li>• Engage and interact with people to network effectively.</li> <li>• Maintain contact with those in your network.</li> <li>• Acknowledge the interests of others to cultivate mutually beneficial relationships.</li> <li>• Behave as a competent and professional ally to all people in your network.</li> </ul>
Level 4	
<b>Public Relations Strategies</b>	<ul style="list-style-type: none"> <li>• Formulate a public relations strategy.</li> <li>• Display an understanding of how to use various public relations tactics to communicate your message.</li> <li>• Demonstrate knowledge of how to promote awareness of an organization or event.</li> <li>• Identify various media channels that can be used to disseminate your message.</li> </ul>



## STRATEGIC RELATIONSHIPS

Level 5	
<b>Leading in Your Volunteer Organization</b>	<ul style="list-style-type: none"><li>• Exhibit an understanding of the skills required to lead in a volunteer organization.</li><li>• Demonstrate an understanding of the importance of recognition and reward in motivating volunteers.</li><li>• Build a strong environment of mutual respect with other members.</li><li>• Show integrity, competency, and character in decisions, leadership, and actions.</li></ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>



# Team Collaboration

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>

<b>Level 2</b>	
<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Active Listening</b>	<ul style="list-style-type: none"> <li>• Apply listening skills to increase comprehension and connection.</li> <li>• Acknowledge the need for active listening.</li> <li>• Recognize the difference between hearing and listening.</li> <li>• Improve basic listening skills.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Successful Collaboration</b>	<ul style="list-style-type: none"> <li>• Understand the benefit of collaboration.</li> <li>• Recognize the personal strengths you bring to a collaborative group</li> <li>• Place value on the strengths of other members of the group.</li> <li>• Build an environment of trust within the group.</li> <li>• Encourage creative, passionate debate from all members of the group.</li> <li>• Allow all members to have a voice in the decision-making process.</li> </ul>
<b>Level 4</b>	
<b>Motivate Others</b>	<ul style="list-style-type: none"> <li>• Identify different ways individuals can be motivated.</li> <li>• Demonstrate the ability to strengthen and nurture relationships with others.</li> <li>• Construct a system of leadership that motivates others to accomplish a task, goal, or plan.</li> <li>• Demonstrate an understanding of how to promote internal growth in other individuals.</li> <li>• Provide encouragement and helpful feedback to others.</li> </ul>

## TEAM COLLABORATION

Level 5	
<b>Lead in Any Situation</b>	<ul style="list-style-type: none"><li>• Understand why leadership is situational.</li><li>• Identify situational leadership styles.</li><li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li><li>• Assess an individual's competence and commitment levels to guide the leadership style.</li><li>• Recognize and communicate when a specific leadership style is best.</li></ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"><li>• Describe your experience moving through a learning path, in detail.</li><li>• Share how the learning has impacted your life outside of Toastmasters.</li><li>• Compose a well-organized speech.</li><li>• Demonstrate strong public speaking skills.</li></ul>



# Visionary Communication

## Required Project Competencies

Level 1	
<b>Ice Breaker</b>	<ul style="list-style-type: none"> <li>• Recognize the elements of a basic speech structure.</li> <li>• Balance preparation and spontaneity when delivering your speech.</li> <li>• Demonstrate self-confidence when speaking in front of an audience.</li> <li>• Identify your communication and leadership skills.</li> <li>• Recognize communication and leadership skills in need of development.</li> <li>• Define communication and leadership goals.</li> </ul>
<b>Writing a Speech with Purpose</b>	<ul style="list-style-type: none"> <li>• Write an engaging speech on any topic.</li> <li>• Organize a speech clearly to maximize audience understanding.</li> <li>• Establish and fulfill a clear purpose for your speech.</li> <li>• Design and write a speech with meaningful content.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> </ul>
<b>Introduction to Vocal Variety and Body Language</b>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> </ul>
<b>Evaluation and Feedback</b>	<ul style="list-style-type: none"> <li>• Deliver tactful and constructive feedback.</li> <li>• Use positive language when delivering feedback.</li> <li>• Understand the need to be open to receiving feedback.</li> <li>• Implement feedback in future projects.</li> <li>• Show respect by staying engaged with the speaker's presentation.</li> <li>• Accept feedback from evaluators.</li> <li>• Acknowledge the importance of being open-minded.</li> </ul>

<b>Level 2</b>	
<b>Understanding Your Leadership Style</b>	<ul style="list-style-type: none"> <li>• Understand different leadership attributes and styles.</li> <li>• Identify your own leadership behaviors and style.</li> <li>• Recognize how behaviors and leadership styles may impact those whom you lead and your desired outcomes.</li> <li>• Recognize the need to adapt your leadership style based on the situation and the people being led.</li> <li>• Understand the purpose of effective leadership.</li> <li>• Recognize the qualities that define a good leader.</li> </ul>
<b>Understanding Your Communication Style</b>	<ul style="list-style-type: none"> <li>• Understand different communication styles.</li> <li>• Identify your preferred communication style.</li> <li>• Recognize how your communication style may impact your interactions.</li> <li>• Determine how to improve your relationships by mastering and adapting your application of communication styles based on the situation.</li> <li>• Tailor your style to match situational expectations.</li> </ul>
<b>Introduction to Toastmasters Mentoring</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the definition, purpose, and benefits of mentoring and virtual mentoring.</li> <li>• Identify and express the qualities of successful, effective mentors and virtual mentors.</li> <li>• Demonstrate knowledge of the definition, purpose, and benefits of being a protégé.</li> <li>• Recognize the difference between coaching and mentoring.</li> </ul>
<b>Level 3</b>	
<b>Develop a Communication Plan</b>	<ul style="list-style-type: none"> <li>• Formulate a central message around which to develop your communication plan.</li> <li>• Identify the target audience for your message.</li> <li>• Develop a communication plan that would effectively deliver the central message to the intended audience.</li> <li>• Define the steps of the communication plan for the intended audience.</li> <li>• Tailor the tone of the message to match audience and situational expectations.</li> </ul>

<b>Level 4</b>	
<b>Communicate Change</b>	<ul style="list-style-type: none"> <li>• Gather and organize evidence to support the need for adopting the change.</li> <li>• Craft your findings into communications that create logical and emotional arguments for change.</li> <li>• Communicate the need for the change clearly.</li> <li>• Focus on the possible positive outcomes of the change.</li> <li>• Empathize with those for whom this change may not be welcome.</li> <li>• Support those whom the change affects.</li> <li>• Follow up with action.</li> <li>• Illustrate your plan for the change through your communication.</li> </ul>
<b>Level 5</b>	
<b>Develop Your Vision</b>	<ul style="list-style-type: none"> <li>• Develop a vision for your professional or personal life.</li> <li>• Organize the proposed vision into several achievable tasks.</li> <li>• Develop a timeline and a plan for implementing your vision.</li> <li>• Relate your message in succinct, memorable, and active language.</li> </ul>
<b>Reflect on Your Path</b>	<ul style="list-style-type: none"> <li>• Describe your experience moving through a learning path, in detail.</li> <li>• Share how the learning has impacted your life outside of Toastmasters.</li> <li>• Compose a well-organized speech.</li> <li>• Demonstrate strong public speaking skills.</li> </ul>

## Elective Projects

Electives are available on all paths. Some electives are included as a required project on a path. For paths where this occurs, the project will not be available as an elective and will only appear once as the required project for that path. To review path structure and the number of electives needed to complete each level, please see the [Paths and Core Competencies](#) document.

Level 3	
<b>Deliver Social Speeches</b>	<ul style="list-style-type: none"> <li>• Compose a speech appropriate for a social occasion.</li> <li>• Recognize the characteristics of a toast, a eulogy, an acceptance speech, and a speech to praise an individual or group.</li> <li>• Adapt and personalize anecdotes for speeches in different situations.</li> </ul>
<b>Using Presentation Software</b>	<ul style="list-style-type: none"> <li>• Identify topics that could benefit from the use of presentation software.</li> <li>• Recognize and describe best practices for designing engaging and informative slides.</li> <li>• Create clear, concise, and visually pleasing slides.</li> <li>• Demonstrate the ability to present using presentation software as a tool.</li> </ul>
<b>Connect with Storytelling</b>	<ul style="list-style-type: none"> <li>• Apply storytelling techniques and descriptive skills to make the presentation relatable and interesting.</li> <li>• Understand the elements of a good story.</li> <li>• Use vivid descriptions and appropriate tone to tell an engaging story.</li> <li>• Create stories that have the desired emotional impact on the audience.</li> </ul>
<b>Connect with Your Audience</b>	<ul style="list-style-type: none"> <li>• Use knowledge of audience characteristics to tailor your message.</li> <li>• Identify the ways in which audiences differ.</li> <li>• Build rapport with different types of audiences.</li> <li>• Project knowledge and expertise when speaking.</li> </ul>
<b>Creating Effective Visual Aids</b>	<ul style="list-style-type: none"> <li>• Demonstrate effective application of media and visual aids.</li> <li>• Create effective visual aids to enhance presentations.</li> <li>• Determine how to best present visual aids to benefit the audience.</li> </ul>
<b>Using Descriptive Language</b>	<ul style="list-style-type: none"> <li>• Recognize the difference between literal and figurative language.</li> <li>• Identify the best use of literal and figurative language when presenting to an audience.</li> <li>• Use literary elements to enhance your speeches.</li> <li>• Correctly implement verbs, adjectives, and adverbs in your speech to create vivid descriptions.</li> <li>• Use evocative language to create memorable speeches.</li> </ul>



## ELECTIVE PROJECTS

<p><b>Make Connections Through Networking</b></p>	<ul style="list-style-type: none"> <li>• Present yourself as friendly and engaging.</li> <li>• Engage and interact with people to network effectively.</li> <li>• Maintain contact with those in your network.</li> <li>• Acknowledge the interests of others to cultivate mutually beneficial relationships.</li> <li>• Behave as a competent and professional ally to all people in your network.</li> </ul>
<p><b>Focus on the Positive</b></p>	<ul style="list-style-type: none"> <li>• Reflect upon negative thoughts that may disrupt happiness and productivity.</li> <li>• Acknowledge the need for active listening.</li> <li>• Recognize the impact of different types of behaviors when interacting with others.</li> <li>• Display confidence when talking to others.</li> <li>• Demonstrate confidence in your ability to build positive relationships and environments.</li> <li>• Reframe interactions with others in a positive light.</li> </ul>
<p><b>Inspire Your Audience</b></p>	<ul style="list-style-type: none"> <li>• Present a speech in an enthusiastic and inspiring fashion.</li> <li>• Demonstrate an understanding of the value of gaining audience trust.</li> <li>• Present a speech that inspires an audience to adopt a new perspective or goals.</li> <li>• Design a speech with the potential to motivate audience members to improve themselves personally, emotionally, professionally, or spiritually.</li> <li>• Use body language to maintain audience engagement.</li> </ul>
<p><b>Prepare for an Interview</b></p>	<ul style="list-style-type: none"> <li>• Convey your best qualities in an interview.</li> <li>• Assess yourself fairly and nonjudgmentally.</li> <li>• Identify personal strengths and areas for growth.</li> <li>• Speak about personal strengths and plans for developing new skills and knowledge.</li> </ul>
<p><b>Researching and Presenting</b></p>	<ul style="list-style-type: none"> <li>• Research and present an unfamiliar topic.</li> <li>• Organize the speech clearly to maximize audience understanding.</li> <li>• Craft clear and engaging transitions between main sections of your speech.</li> <li>• Use and cite credible sources to support speech content.</li> <li>• Create and provide a thorough source list for audience members.</li> </ul>
<p><b>Understanding Vocal Variety</b></p>	<ul style="list-style-type: none"> <li>• Recognize the impact of vocal variety on audience members' reception of a presentation.</li> <li>• Identify changes in pitch, tone, volume, and pace when listening to a speaker.</li> <li>• Effectively adjust pitch, tone, volume, and pace to emphasize different sections of a speech.</li> <li>• Use vocal variety to enhance a speech.</li> <li>• Demonstrate knowledge of personal vocal patterns and adjust them to meet the needs of audience members and improve the quality of a speech.</li> </ul>

## ELECTIVE PROJECTS

<b>Effective Body Language</b>	<ul style="list-style-type: none"> <li>• Understand how body language expresses emotion and attitude.</li> <li>• Recognize the body language used when speaking publicly.</li> <li>• Identify gestures that show confidence when speaking in public.</li> <li>• Use gestures to enhance speech content.</li> <li>• Demonstrate awareness of unintentional movement.</li> </ul>
<b>Active Listening</b>	<ul style="list-style-type: none"> <li>• Apply listening skills to increase comprehension and connection.</li> <li>• Acknowledge the need for active listening.</li> <li>• Recognize the difference between hearing and listening.</li> <li>• Improve basic listening skills.</li> </ul>
<b>Know Your Sense of Humor</b>	<ul style="list-style-type: none"> <li>• Understand your sense of humor.</li> <li>• Recognize the elements of a humorous story.</li> <li>• Identify the story you want to tell.</li> <li>• Recognize the elements of a well-organized story.</li> <li>• Determine the best story for your speech topic.</li> </ul>
<b>Level 4</b>	
<b>Create a Podcast</b>	<ul style="list-style-type: none"> <li>• Identify personal interests and use them as subject matter for a podcast.</li> <li>• Assemble interesting content into a cohesive program.</li> <li>• Apply public speaking skills to present a clear, engaging program for listeners.</li> <li>• Upload podcasts to the Internet for distribution to listeners.</li> </ul>
<b>Building a Social Media Presence</b>	<ul style="list-style-type: none"> <li>• Determine how best to use social media.</li> <li>• Create and maintain an online profile to promote yourself or an organization.</li> <li>• Recognize the importance of Internet privacy.</li> <li>• Understand how to safeguard your personal information.</li> <li>• Participate in positive interactions with others online.</li> <li>• Present an appropriate personal image that aids in the accomplishment of your promotional goals.</li> </ul>
<b>Managing a Difficult Audience</b>	<ul style="list-style-type: none"> <li>• Demonstrate the proper action for each type of difficult audience member.</li> <li>• Defuse tense or uncomfortable situations with an audience.</li> <li>• Identify a difficult audience member.</li> <li>• Exhibit professional behavior when addressing a difficult audience member.</li> </ul>
<b>Write a Compelling Blog</b>	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the basic writing structure for blog posts.</li> <li>• Develop well-written material for posting on your personal blog.</li> <li>• Identify and manage information appropriate to share online.</li> <li>• Display an understanding of how to properly engage readers online.</li> </ul>

## ELECTIVE PROJECTS

<b>Manage Online Meetings</b>	<ul style="list-style-type: none"> <li>• Facilitate a webinar or online meeting via communication software.</li> <li>• Interact skillfully with web tools in order to assist participants.</li> <li>• Adapt to participants' feedback during your webinar or online meeting.</li> </ul>
<b>Question-and-Answer Session</b>	<ul style="list-style-type: none"> <li>• Answer questions and provide information clearly, concisely, and with confidence.</li> <li>• Build impromptu speaking skills.</li> <li>• Effectively balance time during a presentation that includes a speech and question-and-answer session.</li> <li>• Develop strategies for responding to challenging questions.</li> <li>• Recognize the different types of difficult audience members.</li> </ul>
<b>Public Relations Strategies</b>	<ul style="list-style-type: none"> <li>• Formulate a public relations strategy.</li> <li>• Display an understanding of how to use various public relations tactics to communicate your message.</li> <li>• Demonstrate knowledge of how to promote awareness of an organization or event.</li> <li>• Identify various media channels that can be used to disseminate your message.</li> </ul>
<b>Manage Projects Successfully</b>	<ul style="list-style-type: none"> <li>• Recognize your strengths and areas for growth as a project manager.</li> <li>• Develop rapport with stakeholders.</li> <li>• Cultivate an appropriate relationship with your team.</li> <li>• Manage time to meet deadlines and milestones.</li> <li>• Recognize and communicate what is required to accomplish tasks.</li> <li>• Delegate to a team of people to complete tasks.</li> <li>• Assess your project's needs.</li> </ul>
<b>Level 5</b>	
<b>Lessons Learned</b>	<ul style="list-style-type: none"> <li>• Develop a vision for your professional or personal life.</li> <li>• Organize the proposed vision into several achievable tasks.</li> <li>• Develop a timeline and a plan for implementing your vision.</li> <li>• Relate your message in succinct, memorable, and active language.</li> </ul>
<b>Moderate a Panel Discussion</b>	<ul style="list-style-type: none"> <li>• Describe your experience moving through a learning path, in detail.</li> <li>• Share how the learning has impacted your life outside of Toastmasters.</li> <li>• Compose a well-organized speech.</li> <li>• Demonstrate strong public speaking skills.</li> </ul>

## ELECTIVE PROJECTS

<p><b>Ethical Leadership</b></p>	<ul style="list-style-type: none"> <li>• Identify the key elements of ethical leadership.</li> <li>• Demonstrate an understanding of ethical leadership.</li> <li>• Recognize and address the impact of ethical and unethical decisions both professionally and personally.</li> <li>• Demonstrate a clear understanding of the value of ethics in every decision.</li> <li>• Identify the steps and considerations involved in making difficult decisions.</li> <li>• Develop an ethical framework and demonstrate how it can be used to make difficult decisions.</li> </ul>
<p><b>High Performance Leadership</b></p>	<ul style="list-style-type: none"> <li>• Build a team by identifying skills and competencies necessary to complete project tasks.</li> <li>• Motivate team members throughout the project, from inception to completion.</li> <li>• Develop a plan, including well-defined goals.</li> <li>• Delegate tasks to team members and provide support throughout.</li> <li>• Lead with confidence to the successful completion of a project.</li> </ul>
<p><b>Leading in Your Volunteer Organization</b></p>	<ul style="list-style-type: none"> <li>• Exhibit an understanding of the skills required to lead in a volunteer organization.</li> <li>• Demonstrate an understanding of the importance of recognition and reward in motivating volunteers.</li> <li>• Build a strong environment of mutual respect with other members.</li> <li>• Show integrity, competency, and character in decisions, leadership, and actions.</li> </ul>
<p><b>Prepare to Speak Professionally</b></p>	<ul style="list-style-type: none"> <li>• Define the attributes of a professional speaker.</li> <li>• Determine your area of expertise.</li> <li>• Understand what your audience expects from you.</li> <li>• Tailor your speech to reflect your understanding of the audience.</li> <li>• Incorporate stories and anecdotes to support your message.</li> <li>• Develop a connection with the audience.</li> <li>• Understand how to market yourself as a professional-level speaker.</li> </ul>