WAIKIKI TOASTMASTERS

Script for Ah Counter

Description: The Ah Counter helps all the people who speak in the meeting with filler words and other language ticks.
Actual script (words you would say aloud) are in *italics*.

Beginning of the Meeting

Good evening, fellow toastmasters and dear guests.

As the ah-counter, I will be listening for things that detract from our speech such as inappropriate words or sounds used as a 'space filler.'

*'Space fillers' can be words such as **and**, **well**, **but**, **so** and **you know**.*

*Inappropriate sounds may be things like **ah**, **um** or **er**.*

I will also note when a speaker repeats a word or phrase such as "I, I" or "This means, this means."

At the end of the meeting, I'll provide my report.

WHAT TO LOOK FOR AS 'AH COUNTER'

- Does the overused word actually detract from the flow of the speech? For example, if the sentence can work without the word, it likely is a filler word. If it flows in the sentence, it may not be a filler as you should use your judgement.

- Filler sounds like 'ah' and 'um' always detract but overused words only sometimes detract.

- If a member - particularly an experienced member - has a habit of overusing a particular word and addressing it would help them speak better, it's usually good to point it out even if it is not a filler sound.

USE THE OTHER SIDE OF THIS PAGE AS A TRACKER

Set this page up however you like (e.g. one speaker per line, using columns as you see fit)

Giving your Report (aim for under 2 minutes)

- For most speakers, group into **"A lot"(>=10), "Some"(5-10)** and **"A few" (<5)**.
  - "Bill, you used a lot of filler words" is better than "Bill, 17 'ums', 13 'ahs' ...".
  - For Guests who do Table Topics, it's much better to use 'some' or 'a lot'.

- *Exception*: If you hear a member that struggles with a particular filler, you can point that out. "Bill, you used some filler words. For you, 'you know' is one to work on."

- If someone used no filler words, point that out!

- You can combine people in the report as well: "Bill, Dave and Steve, you each used a lot of filler words".

If you want to work on your filler words, volunteer for the Ah Counter role.
When the email agenda comes out, the link by the role will take you to some tips.