



Exercises for Levels 2–5 Projects

Connect with Storytelling

[Folktales](#) [Touching Story](#) [Personal Story](#) [Speaking after Dinner](#) [Bringing History to Life](#)

Connect with Your Audience

[Sell a Product](#) [The Briefing](#) [Winning Proposal](#) [Delivering Bad News](#)

Creating Effective Visual Aids

[Sell a Product](#) [Winning Proposal](#) [Bringing History to Life](#) [Demonstration Talk](#)

Deliver Social Speeches

[The Roast](#) [Introduce the Speaker](#)

Effective Body Language

[Sell a Product](#) [Folktales](#) [Touching Story](#) [Personal Story](#) [Story with a Moral](#) [Bringing History to Life](#)
[Make Info Interesting](#) [Assert Yourself Effectively](#) [Successful Negotiator](#)

Ethical Leadership

[Brainstorming Session](#) [Reaching a Consensus Session](#) [Professional Seminar](#)

Inspire Your Audience

[Folktales](#) [Touching Story](#) [Story with a Moral](#) [Speaking after Dinner](#) [Successful Negotiator](#)

Introduction to TM Mentoring

[Personal Story](#) [The Roast](#)

Leading in Your Volunteer Organization [session/seminar is the project]

[Brainstorming Session](#) [Reaching a Consensus Session](#) [Professional Seminar](#)

Manage Online Meetings

[Brainstorming Session](#) [Reaching a Consensus Session](#) [Professional Seminar](#)

Managing a Difficult Audience

[Delivering Bad News](#) [Crisis Management Speech](#)

Moderate a Panel Discussion

[Brainstorming Session](#) [Reaching a Consensus Session](#)

Prepare to Speak Professionally

[Motivational Address](#)

Public Relations Strategies

[Persuasive Approach](#)

Question-and-Answer Session

[The Briefing](#) [Crisis Management Speech](#)

Understanding Vocal Variety

[Sell a Product](#) [Folktales](#) [Touching Story](#) [Personal Story](#) [Story with a Moral](#) [Speaking after Dinner](#) [Bringing History to Life](#)
[Monodrama](#) [Make Info Interesting](#)

Using Descriptive Language

[Winning Proposal](#) [Folktales](#) [Touching Story](#) [Personal Story](#) [Story with a Moral](#) [Speaking after Dinner](#) [Bringing History to Life](#)
[Make Info Interesting](#) [Demonstration Talk](#) [Abstract Talk](#)

Using Presentation Software

[The Briefing](#) [Make Info Interesting](#) [Abstract Talk](#)

Level 1: Writing a Speech with Purpose: See Intro to Vocal Variety & Body Lang: See or

[Connect with Your Audience](#) [Understanding Vocal Variety](#) [Effective Body Language](#)

The Motivator	Objective: Sell a Product Exercise: • Understand the relationship of sales techniques to persuasion. • Skillfully use the four steps in a sales presentation: attention, interest, desire, action. • Identify and promote a unique selling proposition in a sales presentation. • Be able to handle objections and close a prospective buyer. Pathways Target:* Conn., V.Aid, VV, Body	The Manager	Objective: The Briefing Exercise: • Select a specific scenario or situation (imaginary or real) which you must present to a large group. • Organize your briefing materials, tailoring it to your audience's needs. • Give a briefing according to a specific objective so the audience will have an understanding of the information. Pay special attention to organization and clarity. • Effectively handle a question-and-answer session following the briefing. Pathways Target:* QA, Conn., Pres.
	Objective: Winning Proposal Exercise: • Prepare a proposal advocating an idea or course of action (imaginary or real). • Organize the proposal using the six-step method. • Understand the Audience's Needs. • Personalize Your Approach. Craft a Story. • Be Specific. • Showcase All Aspects – Good and Bad. • Provide a Clear and Logical Solution. • Deliver a Compelling Closing. Pathways Target:* D.Lang, Conn., V.Aid		Objective: Delivering Bad News Exercise: • Deliver bad news with tact and sensitivity. Select a specific situation (imaginary or real). • Decide on a direct appeal or an approach that slowly and carefully avoids any landmines. • Organize your speech appropriately for your audience. Keep in mind how they will receive the news. • Conclude with a pleasant note and maintain the audience's goodwill. Pathways Target:* Diff., Conn.
	Objective: Crisis Management Speech Exercise: • Adopt strategies for communicating to the media about a company crisis. • Prepare a speech for the media about a crisis that builds and maintains a positive image for the company. • Answer questions from the media in a manner that reflects positively on the company. Pathways Target:* QA, Diff.		Objective: Brainstorming Session Exercise: • Select a problem for a brainstorming session for which you serve as facilitator. • Topic should be narrow enough and appropriately worded so that the group can accomplish its goal within the allotted time. • Use open-ended questions and comments to stimulate and guide appropriate discussion. • Effectively handle any behavioral problems that may interfere with the goal. • Have participants reduce the list of ideas to the three best. Pathways Target:* Eth.L, O.Mtg, Panel, Vol. (seminar is the project)
	Objective: Motivational Address Exercise: • Understand the concept and nature of motivational speaking. Use words and gestures to persuade an audience to emotionally commit to an action. • Create mutual understanding. Appeal to the listeners' beliefs and values. • Apply a four-step method (need, drive, incentive, goal/reward) with the purpose of persuading and inspiring. Pathways Target:* Prof.		Objective: Reaching a Consensus Session Exercise: • Select a problem for the group to discuss and resolve. Select a narrow topic on which participants might agree or disagree. Deftly handle any behavioral issues. • Use different types of questions to encourage participants to contribute ideas, opinions and suggestions. Help the group identify areas of agreement & disagreement. • As facilitator, help the group reach a consensus. Pathways Target:* Eth.L, O.Mtg, Panel, Vol. (seminar is the project)

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The Entertaining Speaker	Objective: Introduce the Speaker Exercise: • Focus on the special occasion talk from the standpoint of the introducer (Toastmaster, master of ceremonies). • Become knowledgeable and skilled in the functions associated with introducing presenters. Ask the speaker why they chose this topic; make sure the audience is completely ready and encouraged to hear the speech. • Handle the introduction of all presenters at a club meeting. Create a compelling theme that is interspersed throughout the meeting. Pathways Target:* Being the TM, S.Sp	The Dramatic Speaker	Objective: Folktale Exercise: • Select a folk tale that is entertaining and enjoyable for a specific age group. Deliver it extemporaneously. • Use vivid imagery and voice (tempo, rhythm, inflection, pause, volume) to enhance the tale. • Use all the elements of a good story (plot, setting, characters, action, a twist, etc). Pathways Target:* VV, Body, D.Lang, Insp., Story
	Objective: Touching Story Exercise: • Understand the techniques used to arouse emotion: vivid description and dialogue, along with clear and effective facial and body movement. • Become skilled in arousing emotions while telling a story. Take the audience on a roller coaster ride that culminates in a powerful and inspirational climax. Pathways Target:* VV, Body, D.Lang, Insp., Story		Objective: Personal Story Exercise: • Create and tell an original story based on a personal experience. • Use vivid imagery, characters and dialogue. Use facial and body expressions for maximum effect. • Develop a strong narrative, including highs, lows, and a thoughtful climax. Pathways Target:* VV, Body, D.Lang, Story, Ment.
	Objective: Speaking after Dinner Exercise: • Prepare an entertaining after-dinner talk on a specific theme. Include jokes, stories or anecdotes. • Deliver the talk with maximum impact, as well as strong imagery, vocal variety and gestures. Remember to capture their attention, which may not be easy. Pathways Target:* VV, D.Lang, Insp., Story		Objective: Monodrama Exercise: • Assume the identity of an actor alone on a stage. Deliver a rehearsed reading enhanced with vocal variety, as well as facial and body gestures. Eye contact will be minimal, if at all. • The public library provides many examples, such as Hamlet's "To Be or Not To Be," or Scrooge in "A Christmas Carol." Portray the physical and emotional aspects of this character to an audience. Pathways Target:* VV
	Objective: Professional Seminar Exercise: • Plan and present a seminar with specific learning outcome(s). • Relate to the audience by using a seminar presentation style. Be sensitive to their needs and learning pace. • Use seminar presentation techniques to promote group participation, learning and personal growth. • Grab their attention and guide them toward your goal. Use humor or personal stories. Show enthusiasm; encourage feedback. Pathways Target:* Eth.L, O.Mtg., Vol. (seminar is the project)		Objective: Bringing History to Life Exercise: • Understand the purpose of stories about historical events or people. Educate and uplift the audience. Create a story with peaks, valleys, and an effective climax. Make the audience members imagine they are there. • Use vivid imagery and your voice and body to enhance the tale, along with clearly defined characters. Pathways Target:* VV, V.Aid, D.Lang, Body, Story

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The Technical Speaker	Objective: Make Info Interesting Exercise: • Select new and useful information for presentation to the audience. • Focus your presentation at the audience's level of knowledge. • Organize the information for easy understandability and retention. • Present the information in a way that will help motivate the audience to learn. Pathways Target:* VV, Body, D.Lang, Pres.	The Personal Speaker	Objective: Story with a Moral Exercise: • Develop a story that both entertains and offers a lesson or moral. • Use vivid imagery, characters and dialogue. Use facial and body expressions for maximum effect. • Include a strong narrative, including highs, lows, and a high-impact or unexpected (twist) conclusion. Pathways Target:* VV, Body, D.Lang, Insp., Story
	Objective: Demonstration Talk Exercise: • Prepare a demonstration speech to clearly explain a process, product or activity. • Focus your speech topic and its organization based on the audience's self-interests and needs. • Conduct the demonstration as part of a speech delivered without notes. Pathways Target:* V.Aid, D.Lang		Objective: Assert Yourself Effectively Exercise: • Enjoy the physical and mental benefits of being assertive. Engage a contrary situation with a partner. • Employ the four-step method for addressing a problem and asking for help. • Clear, concise, confident and controlled: Express your thoughts and feelings in a straightforward, brief, self-assured and calm manner while respecting others. • Overcome resistance to your requests. Use "I" statements. Practice saying No. Pathways Target:* Body
	Objective: Abstract Concept Exercise: • Research and analyze an abstract concept, theory, historical force or social/political issue. • Consider the audience's level of understanding and self-interests. Narrow the topic and organize the speech for maximum entertainment and retention. • Present the ideas in a clear, interesting manner. Pathways Target:* Pres., D.Lang		Objective: The Roast Exercise: • Poke fun at a particular individual in a good-natured way. This could be another club member or mentor. • Adapt and personalize humorous material. Use anecdotes and vivid storytelling. • Deliver jokes and humorous stories effectively. Use vocal variety, facial expressions and gestures to enhance the presentation. Pathways Target:* Ment., S.Sp
	Objective: Persuasive Approach Exercise: • Direct a persuasive appeal to the audience's self-interests using a combination of fact and emotion in a speech delivered in such a manner that it appears extemporaneous. • Persuade the audience to adopt your viewpoint by the use of standard persuasive techniques. • Use at least one visual aid to enhance the audience's understanding. Pathways Target:* V.Aid, PR, Insp.		Objective: Successful Negotiator Exercise: • Present a situation with a partner which requires you to negotiate an effective outcome for both parties. • Employ win/win negotiating strategies to achieve your goals. Consider the other's point-of-view. • Be clear and assertive, as well as sensitive. Pathways Target:* Insp., Body

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