



Shanghai Yu-life Toastmasters Club

Meeting No. 472nd Date: Jan. 7th, 2024

Theme: Let's embrace change

www.toastmasters.org

Yu-life Slogan:

Discover potential, shape yourself



Entrance Fee:

¥ 0 /Yu-life & CAAS members

¥ 10/Students

¥ 20/TM members from other's club

¥ 30/Guests

(Role taker excluded)



Prepared Speech:

#1. PM L1-1 (4-6') Cecelia TM
Why You Procrastinate (Even When It Feels Bad)

#2. EH1-4 (5-7') Alex TM
What I learned from Toads

#3. EH1-2 (5-7') James TM
Raisin scones

Meeting Taboos:

Sex

Politics

Religion

Low-Taste

Meeting Etiquettes:

No walking in/out

Cell phone in silent mode

Word of the day: embrace

v. 拥抱; 欣然接受, 乐意采纳; 包括, 涉及; 围绕, 环绕 n. 拥抱; 接受, 信奉

Eg: He embraces the new information age.



Time	Session	Duration			Role	Name	Edu. title
		Blue	Yellow	Red			
Opening(10') 09:50-10:00							
09:50	Warm-up	8'	9'	10'	SAA	Yolanda	PM2
10:00	Opening & Meeting Rules Intro	3'	4'	5'	President	Maggie	PM1
Session 1: Introduction of agenda and evaluation team (15') 10:05-10:20							
10:05	Introduction of Agenda	3'	4'	5'	TMD	Lisa	PM3
10:10	GE Intro	2'	2'30"	3'	GE	Vikki	TM
10:13	Timer Intro	1'	1'30"	2'	Timer	Sherry Xiao	Guest
10:15	Ah-counter Intro	1'	1'30"	2'	Ah-counter	Danny Yu	Guest
10:17	Grammarian Intro	2'	2'30'	3"	Grammarian	Grace	TM
Session 2: Table Topics (30') 10:20-10:50							
10:20	Table Topics Theme: Change	20'	21'	22'	TTM	Maggie	PM1
	Each speaker's speech time	1'	1'30"	2"			
10:42	Table Topics Evaluation	6'	7'	8'	TTE	XWS	PM5&MS5
Session 3: Guests Introduction & Break (10') 10:50-11:00							
10:50	Guests Introduction	3'	4'	5'	VPM	Joker	PM3
10:55	Break	3'	4'	5'	Timer	Sherry Xiao	Guest
Session 4: Prepared Speech (30') 11:00-11:29							
11:00	#1: Why You Procrastinate (Even When It Feels Bad)	4'	5'	6'	Speaker 1	Cecelia	TM
11:06	#2: What I learned from Toads	5'	6'	7'	Speaker 2	Alex	TM
11:13	#3: Raisin scones	5'	6'	7'	Speaker 3	James	TM
11:20	Speech Evaluation 1	2'	2'30"	3'	IE 1	Yolanda	PM2
11:23	Speech Evaluation 2	2'	2'30"	3'	IE 2	Henry	TM
11:26	Speech Evaluation 3	2'	2'30"	3'	IE 3	Cecelia	TM
Session 5: General Evaluation (20') 11:30-11:50							
11:30	Grammarian's Report	2'	3'	4'	Grammarian	Grace	TM
11:34	Ah-counter's Report	2'	2'30"	3'	Ah-counter	Danny Yu	Guest
11:37	Timer's Report	2'	2'30"	3'	Timer	Sherry Xiao	Guest
11:40	GE's report	8'	9'	10"	GE	Vikki	TM
Session 6: Voting & Ending (10') 11:50-12:00							
11:50	Voting & Summary	3'	4'	5'	TMD	Lisa	PM3
11:55	Announcement & Ending	3'	4'	5'	President	Maggie	PM1



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Time Rules:

Role Taker	Green	Yellow	Red	Bell
TT Speaker, GE/Timer/Ah-counter/Grammarians Intro, IE etc. (for any session ≤3mins)	1 min left	30 secs left	Time out	Extra 30 secs after red card
Prepared Speech, Sharing Master, TTM, TTE/GE report etc. (for any session > 3mins)	2 mins left	1 min left	Time out	Extra 30 secs after red card

How to join Yu-life TMC Club?

- Attend meeting for 3 times.
- Deliver at least 1 Table Topic speech.
- Contact our VPM for application.
- Deliver 1 min entrance speech and pass the club vote.

Contact our VPM



When and Where to meet us?

Time: 9:50-12:00, Sunday, Jan. 7th

Special attention! New address below

Add: No. 7250, Humin RD, F5.

沪闵路7250号友谊商城5层万有幸福空间地铁1号线莲花路站

Club Officers Team 2024 H1

Officer Title	Name
President	Maggie Chen
V P Education	Carol Li
V P Membership	Joker Xu
V P Public Relations	Henry Wang
Secretary	Vikki Zhu
Treasurer	Selina Pan
Sergeant At Arms	Peter Yu
Key guide	XWS

11 specialized learning Paths and 5 core competencies

Five Core Competencies



There are more than 300 unique sub-competencies in Pathways that build on the five above.

11 Specialized Learning Paths

After taking an online assessment, you will be guided to the ideal path, based on your current goals. There are at least 14 projects in each path.

