



www.toastmasters.org

Shanghai Yu-life Toastmasters Club

Meeting No. 489th Date: June 30th, 2024

Theme: Anxiety



Yu-life Slogan:

Discover potential, shape



Yulife Toastmasters Club

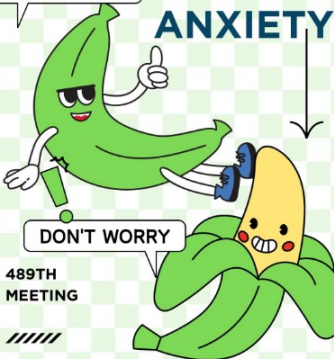
A president's distinguished club since 2012

Discover potential, Shape ourselves.

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LET'S TALK ABOUT:

ANXIETY



489TH MEETING

Date/Time: 9:50-12:00, 30th June 2024

Address: Wanyou Kingfu Book Store, 5F, Youyi Department Store, 7250
Humin Rd. 伊甸园7250年友宜百货5楼伊甸园
Direction: Lianhua Rd, Line1

Yulife & CAAS members
K10/Students
K12/ TM Members from other clubs
K20/Guests

Please Contact VPM
for any questions



Entrance Fee:

¥ 0 /Yu-life & CAAS members

¥ 10/Students

¥ 20/TM members from other's club

¥ 30/Guests

(Role taker excluded)



Meeting Taboos:

Sex
Politics
Religion
Low-Taste

Meeting Etiquettes:

No walking in/out
Cell phone in silent mode
Encourage everyone to bring their own cups and we will serve hot water.

Word of the day: Apprehensive

adj. 忧虑的, 担心的; (与) 领会 (有关) 的, (与) 理解 (有关) 的

Time	Session	Duration			Role	Yoland a	Edu. title
		Green	Yellow	Red			
Opening(10') 09:50-10:05							
9:50	Warm-up	8'	9'	10'	SAA	Peter	PM4
10:00	Opening & Meeting Rules Intro	3'	4'	5'	President	Maggie	PM3
Session 1: Introduction of agenda and evaluation team (15') 10:05-10:20							
10:05	Introduction of Agenda	3'	4'	5'	TMD	Maggie	PM3
10:10	GE Intro	2'	2'30"	3'	GE	Wu zhong	DL2
10:13	Timer Intro	1'	1'30"	2'	Timer	Peter	PM4
10:15	Ah-counter Intro	1'	1'30"	2'	Ah-Counter	Benjamin	Guest
10:17	Grammarian Intro	2'	2'30"	3'	Grammarian	Helen	TM
Session 2: Table Topics (32') 10:20-10:52							
10:20	Table Topics Theme: Anxiety	22'	23'	24'	TTM	Lisa	PM4
	Each speaker's speech time	1'	1'30"	2''			
10:44	Table Topics Evaluation	6'	7'	8'	TTE	Lele	Guest
Session 3: Guests Introduction & Break (10') 10:52-11:02							
10:52	Guests Introduction	3'	4'	5'	VPM	Joker	PM4
10:57	Break	3'	4'	5'	Timer	Peter	PM4
Session 4: Prepared Speech (30') 11:02-11:32							
11:02	#1.A eulogy	5'	6'	7'	Speaker 1	Grace	PM2
11:09	#2.Somebody	5'	6'	7'	Speaker 2	Lisa	PM4
11:16	#3.Annual target setup	5'	6'	7'	Speaker 3	Wu zhong	DL2
11:23	Speech Evaluation 1	2'	2'30"	3'	IE 1	Maggie	PM3
11:26	Speech Evaluation 2	2'	2'30"	3'	IE 2	Emma	PM2
11:29	Speech Evaluation 3	2'	2'30"	3'	IE 3	Stephanie	TM
Session 5: General Evaluation (18') 11:32-11:50							
11:32	Grammarian's Report	2'	3'	4'	Grammarian	Helen	TM
11:36	Ah-counter's Report	2'	2'30"	3'	Ah-counter	Benjamin	Guest
11:39	Timer's Report	2'	2'30"	3'	Timer	Peter	PM4
11:42	GE's report	6'	7'	8'	GE	Wu zhong	DL2
Session 6: Voting & Ending (10') 11:50-12:00							
11:50	Voting & Summary	3'	4'	5'	TMD	Maggie	PM3
11:55	Announcement & Ending	3'	4'	5'	President	Maggie	PM3



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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, June 30th.

Special attention! New address below

Add: 沪闵路 7250 号友谊商城 5 楼 万有幸福空间

Club Officers Team 2024 H1

Officer Title	Name
President	Maggie Chen
Vice President Education	Carol Li
Vice President Membership	Joker Xu
Vice President Public Relations	Yolanda Li
Secretary	Vikki Zhu
Treasurer	Selina Pan
Sergeant At Arms	Peter Yu

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.

