



# Shanghai Yu-life Toastmasters Club

Meeting No. 491 Date: July 14th, 2024

## Theme: Power of idol



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### Yu-life Slogan:

Discover potential, shape ourselves

**Shanghai Yu-Life Toastmasters Club**  
Discover Potential, and Shape Ourselves  
491st Meeting

**Power of Idol**

Almost everyone has an idol in their hearts. It starts from our parents and ends up with the person that we wanna be. It's the power that shapes us the most.

TTM: Emma Yan  
Founding President of Cluster TMC  
2024 H2 VPE of Yu-Life TMC

**Special Session: Apprentice Ceremony**

Date: 2024/7/14, Sunday, 9:45-12:00  
Address: Wanyou Xingfu Book Store, 5F, Youyi Department Store, 7250 Haman Rd, 沪河路7250号友宜商城5楼万有幸福空间  
Direction: Lianhua Rd, Line 1

¥10/CAAS members  
¥10/Students  
¥20/TM Members from other clubs  
¥30/Guests

Please Contact VPM for any questions

- Printing volunteer: Cicy Cao
- Voting volunteer: Stephanie
- Tea-break volunteer: Selina Pan

### Entrance Fee:

¥ 0 /Yu-life & CAAS members

¥ 10/Students

¥ 20/TM members from other's club

¥ 30/Guests

(Role taker excluded)



山南水北(\*\*同)

### 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: Empower

Explanation: to give or delegate power or authority to...

Time Session	Duration			Role	Name	Edu. title
	Green	Yellow	Red			
<b>Opening(10') 09:40-09:50</b>						
9:40	SAA Warm up5'+ Opening2'	5'	6'	7'	SAA	Jasmine
09:47	President Opening	1'	2'	3'	President	Lisa Liu PM5
<b>Session 1: Introduction of agenda and evaluation team (12') 09:50-10:01</b>						
09:50	Introduction of Agenda	1'	2'	3'	TMD	Peter Yu PM4
09:53	GE Intro	1'	1'30"	2'	GE	Lao Xie PM5, MS5
09:55	Timer Intro	1'	1'30"	2'	Timer	Lisa Liu PM5
09:57	Ah-counter Intro	1'	1'30"	2'	Ah-Counter	Jasmine
09:59	Grammarians Intro	1'	1'30"	2''	Grammarians	David Zhou SR4, PI3@Lots&Sinology
<b>Session 2: Prepared Speech (50') 10:01-11:12</b>						
10:01	#1. How to prepare a speech with 3F Principle	15'	19'	20'	Speaker 1	Joker PM3
10:21	#2. Reason for being	18'	21'	22'	Speaker 2	Maggie PM4
10:44	#3. The Promotion Opportunity	5'	6'	7'	Speaker 3	Helen TM
10:52	#4. Running and shining	5'	6'	7'	Speaker 4	Cicy Cao TM
10:59	Speech Evaluation 1	2'	2'30"	3'	IE 1	Maggie PM4
11:02	Speech Evaluation 2	2'	2'30"	3'	IE 2	Wu Zhong DL2
11:06	Speech Evaluation 3	2'	2'30"	3'	IE 3	Stephanie TM
11:09	Speech Evaluation 4	2'	2'30"	3'	IE 4	Jason
<b>Session 3: Guests Introduction &amp; Break (10') 11:12-11:22</b>						
11:12	Guests Introduction	3'	4'	5'	VPM	Stephanie TM
11:17	Break	3'	4'	5'	Timer	Lisa Liu PM5
<b>Session 4: Table Topic (25') 11:22-11:47</b>						
11:22	TTM Introduction & String	1'	1'30"	2'	TTM	Emma Yan PM2
Table Topics Theme: Power of Idol						7-8 attendees
11:42	Table Topics Evaluation	3'	4'	5'	TTE	Vikki TM
<b>Session 5: General Evaluation (15') 11:48-11:12:02</b>						
11:48	Grammarians Report	1'	2'	3'	Grammarians	David Zhou SR4, PI3@Lots&Sinology
11:50	Ah-counter's Report	1'	1'30"	2'	Ah-counter	Jasmine
11:52	Timer's Report	1'	1'30"	2'	Timer	Lisa Liu PM5
11:54	GE's report	6'	7'	8'	GE	Lao Xie PM5, MS5
<b>Session 6: Voting &amp; Ending (10') 12:02-12:10</b>						
12:02	Voting & Announcements	1'	2'	3'	TMD	Peter Yu PM4
12:05	Awarding & Ending	3'	4'	5'	President	Lisa Liu PM5

Thanks photographer Sheila for leaving us wonderful moments ☺

Sheila says: Truly admire Lao Xie's energetic performance



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### Speech Objectives:

Joker	PM3	PM4-2, to learn about and practice facilitating a question-and-answer session.
Maggie	PM4	To practice developing and presenting a longer speech
Helen	TM	
Cicy	TM	

Time Rules	Green	Yellow	Red	Bell
TT Speaker, GE/Timer/Ah-counter/Grammarian 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: 9:40-12:10, Sunday, July 14<sup>th</sup>.

**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 H2

Officer Title	Name
President	Lisa Liu
Vice President Education	Emma Yan
Vice President Membership	Stephanie Zhang
Vice President Public Relations	Maggie Chen
Secretary	Selina Pan
Treasurer	Francis Ji
Sergeant At Arms	Yolanda Li
Key guide	XWS

## 11 specialized learning Paths and 5 core competencies

### Five Core Competencies

Public Speaking	Interpersonal Communication	Strategic Leadership	Management	Confidence
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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.



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