



# Shanghai Yu-life Toastmasters Club

Meeting No. 497 Date: Aug 25, 2024

## Speech Craft Ep.4: Release your inner Power on your stage

### Yu-life Slogan:

Discover potential, shape ourselves



**Shanghai Yu-Life Toastmasters Club**  
Discover Potential and Shape Ourselves  
497th Meeting  
DATE 2024/8/25 9:40-12:00

**Release your inner Power on your stage**

**Coco Ji**

- Founding President of HOST & HR TMC
- 2024 MC of D85 Shanghai Conference Opening Ceremony
- 2025 D85 International Speech Contest Finalist
- 2022 MC of D85 Carnival Opening Ceremony

**Yu-Life '4+1' Workshop ep.4**

Address: Wanyou Xingfu Book Store, 5F, Youyi Department Store, 7250 Humin Rd 沪明路7250号友谊商城5楼万有幸福空间  
Direction: Lianhua Rd, Line1

0/Yulife & CAAS members & Workshop trainees  
¥10/Students  
¥20/TM members from other clubs  
¥30/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)



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: Chill out 放轻松

Explanation/illustration: They sometimes meet up to chill out and watch a movie.

Time	Session	Duration			Role	Name	Edu. title
		Green	Yellow	Red			
<b>Opening(10') 09:40-09:50</b>							
09:40	Warm up2'+ SAA Opening 5'	5'	6'	7'	SAA	Stephanie	TM
09:47	President Opening	1'	2''	3'	President	Lisa Liu	PM5,DL1
<b>Session 1: Introduction of agenda and evaluation team (12') 09:50-10:02</b>							
09:50	Introduction of Agenda	1'	2'	3'	TMD	Lanlan	PM5
09:53	GE Intro	2'	2'30''	3'	GE	Jason	PM2@Intel
09:56	Timer Intro	1'	1'30''	2'	Timer	Lisa Liu	PM5,DL1
09:58	Ah-counter Intro	1'	1'30''	2'	Ah-Counter	Jasmine Wu	Guest
10:00	Grammarians Intro	1'	1'30''	2''	Grammarians	Emma He	Guest
<b>Session 2: Table Topic (25') 10:02-10:27</b>							
10:02	TT rule introduction	1'	1'30''	2'	TTM	Calin	PM2
	theme: Summer Holidays	12'	15'	18'	Speakers		
10:22	Table Topic Evaluation	3'	4'	5'	TTE	Carol	PM2
<b>Session 3: Master Sharing(30') 10:27-10:57</b>							
10:27	Release your inner Power on your stage	20'	25'	30'	Sharer	Coco Ji	
<b>Session 4: Guests Introduction &amp; Break (8') 10:57-11:15</b>							
10:57	Guests Introduction	1'	2'	3'	Former VPM	Joker	PM4
11:00	Break	3'	4'	5'	Timer	Lisa Liu	PM5,DL1
<b>Session 5: Prepared Speech (33') 11:15-11:48</b>							
11:15	#1. Different communication styles · different outcomes	5'	6'	7'	Speaker 1	Stephanie	TM
11:23	#2. Big technology simple life	5'	6'	7'	Speaker 2	Jason	TM
11:30	#3. My story with Toastmasters	5'	6'	7'	Speaker 3	Sam Yan	TM
11:38	Speech Evaluation 1	2'	2'30''	3'	IE 1	Lisa Liu	PM5,DL1
11:41	Speech Evaluation 2	2'	2'30''	3'	IE 2	XWS	PM5,MS5
11:44	Speech Evaluation 3	2'	2'30''	3'	IE 3	Vikki	IP1
<b>Session 6: General Evaluation (15') 11:44-12:00</b>							
11:44	Grammarians Report	1'	2'	3'	Grammarians	Emma He	Guest
11:47	Ah-counter's Report	1'	1'30''	2'	Ah-counter	Jasmine Wu	Guest
11:49	Timer's Report	1'	1'30''	2'	Timer	Lisa Liu	PM5,DL1
11:51	GE's report	6'	7'	8'	GE	Jason	PM2@Intel
<b>Session 7: Voting &amp; Ending (10') 12:00-12:10</b>							
12:00	Voting & Summary	3'	4'	5'	TMD	Lanlan	PM5
12:05	Announcement & Ending	3'	4'	5'	President	Lisa Liu	PM5,DL1

Thanks photographer **Helen** for leaving us wonderful moments ☺



# Shanghai Yu-life Toastmasters Club

Meeting No. 497 Date: Aug 25, 2024

## Speech Craft Ep.4: Release your inner Power on your stage

### Speech Objectives:

Stephanie	PM1-3, Introduction to Vocal Variety and Body Language	The purpose of this project is to practice using vocal variety or body language to enhance a speech.
Jason	PM1-3, Producing a well-organized speech	This project addresses strategies for selecting a topic, suggestions for research and methods for producing a well-organized speech.
Sam Yan	PM1-1, Ice breaker	The purpose of this project is to introduce yourself to the club and learn the basic structure of a public speech.

Time Rules	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: 9:40-12:00, Every Sunday

Add: 沪闵路7388号百联南方购物中心二区5楼 万有幸福空间书店 (1号线莲花路站)

### 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	Lao Xie

## 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.

