

FIVE CORE COMPETENCIES



*Confidence is unique because it cannot be taught, but is gained in every path.

11 PATHS

The primary core competencies represented in each path are listed in order of emphasis next to the path name.

- Dynamic Leadership**
 - Build strategic leadership and conflict resolution skills
 - Competencies: 1, 2, 3, 5
- Effective Coaching**
 - Build interpersonal communication, leadership and coaching skills
 - Competencies: 1, 2, 4, 5
- Engaging Humor**
 - Build public speaking and speech writing skills.
 - Competencies: 1, 5
- Innovative Planning**
 - Build creative project management and communication skills
 - Competencies: 1, 4, 2, 5
- Leadership Development**
 - Build communication and leadership skills
 - Competencies: 1, 2, 4, 5
- Motivational Strategies**
 - Build motivational leadership and communication skills
 - Competencies: 1, 2, 3, 5
- Persuasive Influence**
 - Build skills to lead in complex situations
 - Competencies: 1, 3, 2, 5
- Presentation Mastery**
 - Build public speaking skills
 - Competencies: 1, 5
- Strategic Relationships**
 - Build networking, leadership and communication skills
 - Competencies: 1, 2, 3, 5
- Team Collaboration**
 - Build collaborative leadership skills
 - Competencies: 1, 4, 2, 5
- Visionary Communication**
 - Build innovative communication and leadership skills
 - Competencies: 1, 3, 2, 5

Level 1: Mastering Fundamentals

01 **02** **03**

01: The Ice Breaker

A 4 to 6 minute speech to introduce yourself to the club. Your speech may be humorous, informational, or any other style that appeals to you.

02: Evaluation & Feedback

A 5 to 7 minute speech on any topic, then review and incorporate feedback from your first speech into a second 5 to 7 minute speech. After completing both speeches, serve as a speech evaluator.
(May be used as credit for Level 4 requirement)

03: Researching & Presenting

Select and research a topic you are not familiar with, or you wish to learn more about, and present a 5 to 7 minute speech.

Level 3: Increasing Your Knowledge

07 **08** **09**

07: A required Project

- List of projects in Level 3:
- Negotiate the Best Outcome
- Reaching Consensus
- Engage Your Audience With Humor
- Understanding Emotional Intelligence
- Understanding Conflict Resolution
- Present a Proposal
- Planning & Implementing
- Persuasive Speaking
- Successful Collaboration
- Develop a Communication Plan
- Make Connections through Networking

08, 09: Choose an Elective

- List of 14 electives in Level 3:
- Active Listening
- Connect with Storytelling
- Connect with Your Audience
- Creating Effective Visual Aids
- Deliver Social Speeches
- Effective Body Language
- Focus on the Positive
- Inspire Your Audience
- Know Your Sense of Humor
- Make Connections Through Networking
- Prepare for an Interview
- Understanding Vocal Variety
- Using Descriptive Language
- Using Presentation Software

Level 2: Learning Your Style

04 **05** **06**

04, 05: A required Project

- List of projects in Level 2:
- Understanding Your Communication Style
- Understanding Your Leadership Style
- Know Your Sense of Humor
- Connect with Your Audience
- Active Listening
- Managing Time
- Effective Body Language
- Cross-Cultural Understanding

06: Introduction to Toastmasters Mentoring

Reflect upon a time when you were a mentee, and present a 5 to 7 minute speech. Share the impact and importance of having a mentor. This speech is not a report on the content of this project.

Level 4: Building Skills

***** **10** **11**

*Serve as Toastmaster, Topicsmaster, and Project Evaluator before beginning Level 4

10: A required Project

- List of projects in Level 4:
- Manage Change
- Manage Projects Successfully
- The Power of Humor in an Impromptu Speech
- Leading your Team
- Motivate Others
- Leading in Difficult Situations
- Managing a Difficult Audience
- Public Relations Strategies
- Communicate Change
- Improvement through
- Positive Coaching

11: Choose an Elective

- List of 8 electives in Level 4:
- Building a Social Media Presence
- Create a Podcast
- Manage Online Meetings
- Manage Projects Successfully
- Managing a Difficult Audience
- Public Relations Strategies
- Question-and-Answer Session
- Write a Compelling Blog

Level 5: Demonstrating Expertise

12 **13** **14**

12: A required Project

- List of projects in Level 5:
- Lead in Any Situation
- Leading in your Volunteer Organization
- Deliver Your Message With Humor
- Manage Successful Events
- Team Building
- High Performance Leadership
- Prepare to Speak Professionally
- Develop your Vision

13: Choose an Elective

- List of electives in Level 5:
- Ethical Leadership
- High Performance Leadership
- Leading in Your Volunteer Organization
- Lessons Learned
- Moderate a Panel Discussion
- Prepare to Speak Professionally

14: Reflect on your Path

At a club meeting, present a 10 to 12 minute speech to share your experience completing your path. Your speech may be in any style that appeals to you and supports your speech content.

LEGEND

- Projects common to all Paths
- Required Project, specific to your Path
- Choose an Elective

REQUIRED

- ▶ Complete 2 paths
- ▶ Serve as Club Officer
- ▶ Serve as District Officer

ELECTIVES

- ▶ Club Mentor OR Club Coach
- ▶ YLP OR Speechcraft OR Club Sponsor

DTM PROJECT

Plan and complete a project that benefits an organization. Develop a team, design a plan and deliver a 5 to 7 minute speech. Organize the project and lead the team to complete it. Ask members of your team, the organization, and a peer to complete a 360° evaluation. Deliver a 8 to 10 minute speech.