

It's Like a Shot of Adrenaline

Oh the applause. It is a beautiful sound. This is one of the many things that we as Toastmasters do that is seen as unusual by those we have yet to convert. People just don't applaud much these days. Especially not for people they really don't know very well. In our meetings, a guest or new member gets the same enthusiastic applause as do our seasoned Toastmasters. We share the wealth on this one. No need to wonder if the person wants everybody to clap when they are introduced - they do! I know that I personally get a boost from applause when I am about to speak in any role.



I believe that applause is of vital importance beyond what it does for our speakers. It is hard to argue that when a group of people are applauding, there is more energy in the room. It is hard to be grumpy when you are applauding. It is also hard to have a frowny face when you are applauding. That point is bound to be scientifically verified. This dynamic can greatly influence our club meetings. This is particularly true if you have a meeting with lower attendance. Let's clap it up. Show them how it is done. All the way until the handshake exchange. All the way. It's just one of those things that we do.