



EPSOM SPEAKERS CLUB

A Guide to being the Ah Counter

Here is a simple pocket book guide to help you understand the role of Ah Counter at Epsom Speakers. If you are undertaking this role for the first time, it can feel more daunting without clear instruction. This guide can be used to supplement any advice given by your mentor.

During the meeting

The Toastmaster may ask you to briefly explain your role. For all speakers, listen to the number of ah, er, oh, um's or other filler words, count them for each speaker and make a note. Report back the results at the end of the evening when the Toastmaster calls upon you to do so. Listen out for common fillers such as you know, so, well, you see and so on and make a note of these too.

If you need help, ask a fellow club member. Enjoy yourself, have fun and be professional; learn by your mistakes, we've all made them and that is why Toastmasters is such a supportive environment.