



Ah Counter



Sample Script

Introduction

“Thank you Madam/Mister Toastmaster of the Day. Good morning fellow Toastmasters and guests. My role as the Ah-Counter is to count the number of unnecessary sounds or repetitive words you may use when you are speaking on stage. I will be observing and taking note of words such as “Ah”, “Um”, “You Know”, “Like”. These are filler words that affect the effectiveness of a speech. I will present my report when called upon by the General Evaluator. Back to you Madam/Mister Toastmasters of the Day.”

Reporting

“Thank you Madam/Mister Toastmasters of the Day. Fellow Toastmasters and guests, here is my Ah-Counter report: John had 5 “ums”, Lee had 2 “ahs” and 3 “ums”, Raj used the word “you know” 4 times in his speech. Jack and Phil had no filler words. That’s all from me. Back to you Madam/Mister Toastmasters of the Day.”

PS: The next page includes an Ah Counter’s Report template. Feel free to print it out and take it to your Toastmaster’s meetings for ease of reporting.

Ah Counter Report

Speaker Role	Name of the speaker	Number of Ahs and Ums	Number of fillers (and so, you know, etc.)	Repetition of words (and...and)	Other filler words	Comments (if any)
Toastmaster of the Day						
Prepared Speaker 1						
Prepared Speaker 2						
Prepared Speaker 3						
Table Topics Master						
Table Topics Speaker 1						
Table Topics Speaker 2						
Table Topics Speaker 3						
Table Topics Speaker 4						
Table Topics Speaker 5						
General Evaluator						
Evaluator 1						
Evaluator 2						
Evaluator 3						



Helping anxious public speakers move from
frantic towards confidence

Thank You!

Hope you have found some value here for your journey
as a public speaker.

*For more tips on Toastmasters and Public Speaking, go to
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