

How to Master Table Topics in Toastmasters

Think Fast. Speak Smart.

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Understand the Game

What are Table Topics?

- 1-2 minute impromptu speeches
- Tests your ability to think and speak on the spot
- Builds confidence and spontaneity

Goal:

- ✓ Structure your thoughts quickly
- ✓ Speak clearly and confidently
- ✓ Engage the audience



Key Tip: Every Table Topic is an opportunity in disguise!

Tools to Tackle Topics

Use a Simple Structure:

- PREP: Point – Reason – Example – Point
- OREO : Opinion– Reason – Example – Opinion

Other Tips:

- Start with a strong opening line
- Tell a mini-story or personal example
- Wrap up with a punchy conclusion

💡 Practice Tip: Record yourself answering random questions in 1 minute daily.

Mindset & Mastery

Overcome Fear:

- Think of it as a conversation, not a performance
- There's no 'wrong' answer—only your unique answer

Practice Opportunities:

- Participate in every session
- Watch seasoned speakers
- Take feedback seriously



Remember: Confidence is built one topic at a time.