

## Andela Toastmasters

### RECORD SHEET FOR AH COUNTER

While introducing your role, clearly state what you will be doing. Example, as your Ah Counter, I will be looking out for words and sounds that are used as crutches or as pause fillers by any speaker during the meeting. Words may include inappropriate interjections such as *and, well, but, so, basically, like, you know, right*. Sounds may include *ah, um, er*. Also note repeated words.

You will be provided with something to tap anytime someone does any of these violations. You are expected to tap it without delay which means you must listen carefully during the meeting.

Record all the speakers who use crutch words including visitors on the sheet below. Nothing should be left out. It is only by getting this feedback by tapping during the speech and the report that members improve their speaking skills.

[illegible]


**Other Notes**

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