



Victoria Toastmasters Club Ah Counter Guide, Instructions, and Script

When called upon by the Toastmaster to explain your role, say:

“Greetings Mr./Madam Toastmaster, Fellow Toastmasters, and Guests. The purpose of the “AH COUNTER” is to note words and sounds that are used as a “crutch” or “pause filler” by anyone who speaks. During the meeting I will listen for words AND COUNT that may be inappropriate expressions such as “well, so, you know.” Sounds may be “ah, um, er.” I will also note when a speaker repeats a word or phrase, such as “I, I” or “This means, this means.” This is known as a “double clutch.” At the end of the meeting, I will report the number of times that each speaker used these expressions.

Thank you Mr./Madam Toastmaster.”

