



**TOASTMASTERS | INTERNATIONAL**

## Baltimore Leidos Toastmasters Youth Leadership Program (YLP)

### Give Today's Youth the Gift of Toastmasters!

Teenagers are often more comfortable communicating electronically than speaking face to face. Yet many events in teenagers' lives require interpersonal communication skills to be resolved successfully. Now, more than ever, they need guidance in developing their communication skills.

#### Through Toastmasters Youth Clubs, participants learn to:

- ✓ Overcome nervousness when speaking before an audience.
- ✓ Organize and present ideas logically and convincingly.
- ✓ Listen carefully to others' ideas.
- ✓ Participate in and lead group discussion or meetings.
- ✓ Offer advice to help others improve their speaking and leadership skills.

*All these skills are necessary for earning a living in today's competitive job market, but are also essential for maintaining healthy personal relationships and achieving academic goals in middle & high school and college.*

**The Sponsor:** A local Toastmasters club serves as sponsor and provides the materials and experienced leaders needed to present the program. The adult with **overall responsibility** for the program is the **coordinator**. He or she works closely with any cooperating organization and attends each meeting, conducting most of the training and counseling participants. The coordinator has an **assistant** who conducts discussions and substitutes for the coordinator, should he or she be unable to attend a meeting.

### The Sessions in a YLP:

The program is presented in **eight sessions** during or after school, or on weekends. Each session usually lasts **two hours**.

#### Session One:

##### Introduction to Chairmanship

Evaluation of present speaking ability

#### Session Two:

##### Introduction to Public Speaking

Presentation of Speeches

Group Evaluation

**Session Three:**

**Impromptu Speaking**

Impromptu talks

Presentation and evaluation of speeches

Review of group discussion principles

**Session Four:**

**Organizing Your Speech**

Impromptu talks

Presentation and evaluation of speeches

Discussion of speech organization

**Session Five:**

**Listening**

Impromptu talks

Presentation and evaluation of speeches

Discussion and practice in listening

**Session Six:**

**Gestures in Speaking**

Impromptu talks

Presentation and evaluation of speeches

Discussion of gestures in speaking

Exercise in chairmanship

**Session Seven:**

**Voice and Vocabulary**

Impromptu talks

Presentation and evaluation of speeches

Discussion of voice and vocabulary

Planning for session eight

Review of progress

**Session Eight:**

**Show Your Skills**

Presentation of special program