

DSTM - Script for Virtual Posture Monitor

“Thank You, Mister/Madam Toastmaster!

Fellow Toastmasters, and welcomed guests,

As Posture Monitor, I’ll be watching all meeting attendees to identify unusual or distracting posture, such as: head scratching, grasping the lectern, hands in pockets, hands clasping or wringing, forward or reverse “fig leaf”, hair flipping, foot tapping, or other distracting gestures.

I will also be looking for posture, gestures, and facial expressions which enhance the speakers’ points, and I will take notes accordingly.

Normally, when I see distracting posture and/or gestures, I would use the bell to notify the speaker, except during prepared speeches. However, currently, during these virtual times, not only will I not ring the bell during the prepared speeches, I may not ring the bell during the entire meeting (depending on my access to a bell and capability to do so).

I will however, keep track and notate these types of distractions in writing throughout the meeting, for each person who speaks (Big 3, Prepared Speakers, Table Topic Contestants, Evaluators, & Duty Holders).

I will also note any audience member’s posture if it indicates that he/she is not paying attention to the speaker.

I’ll report the results at the end of the meeting when called upon by the General Evaluator.

Thank you! ... Back to you, Mister/Madam Toastmaster”

****BELOW IS NOT PART OF SCRIPT!****

Note: Don’t feel embarrassed or feel like you are being too harsh by pointing out posture errors with the bell. Often, speakers don’t realize that they are using distracting gestures. It is your job to help us realize our mistakes so we can correct them!