



A Division of
THE LEAGUE
FOR PEOPLE WITH DISABILITIES, Inc.

APHASIA FRIENDLY TOASTMASTERS

MISSION STATEMENT

EMPOWERING INDIVIDUALS **WITH APHASIA** TO BECOME MORE EFFECTIVE COMMUNICATORS
USING ANY AND ALL STRATEGIES THAT WORK FOR THEM



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Speech 1 The Ice Breaker

- Introduce yourself
- Speak before an audience
- Make yourself understood

Template

I was born
I grew up.....
Growing up my family.....
My school years.....
After school, I
My job
Married...
Children.....
Grandchildren.....
My stroke story.....
My progress
My goals for the future.....

Speech 3 Get to the Point

- Choose an inspiring topic
- Choose 5 key words/phrases
- Convince your audience

Speech 4 How To Say It

- Use your senses
- Choose your words
- Be clear and vivid

Template

Hello, my name is:
My topic is:
I compare it to:
3 things I see, hear, feel, taste, smell
3 describing words
Closing sentence

Word of the Day "SUNSHINE"

Speech 2 Organize Your Speech

- Put ideas in order
- Make an outline
- Make your message clear

Template

Greeting
My name is:
My topic is:
My goal in speaking to you:
Point #1: Statement a, b, c
Point #2: Statement a, b, c
Point #3: Statement a, b, c
I hope I have reached my goal of:
by telling you about: a, b, c
Closing statement, question, challenge:
Thank your audience



Speech 5 Your Body Speaks

- Choose a strong feeling
- Communicate with gestures
- Use facial expressions

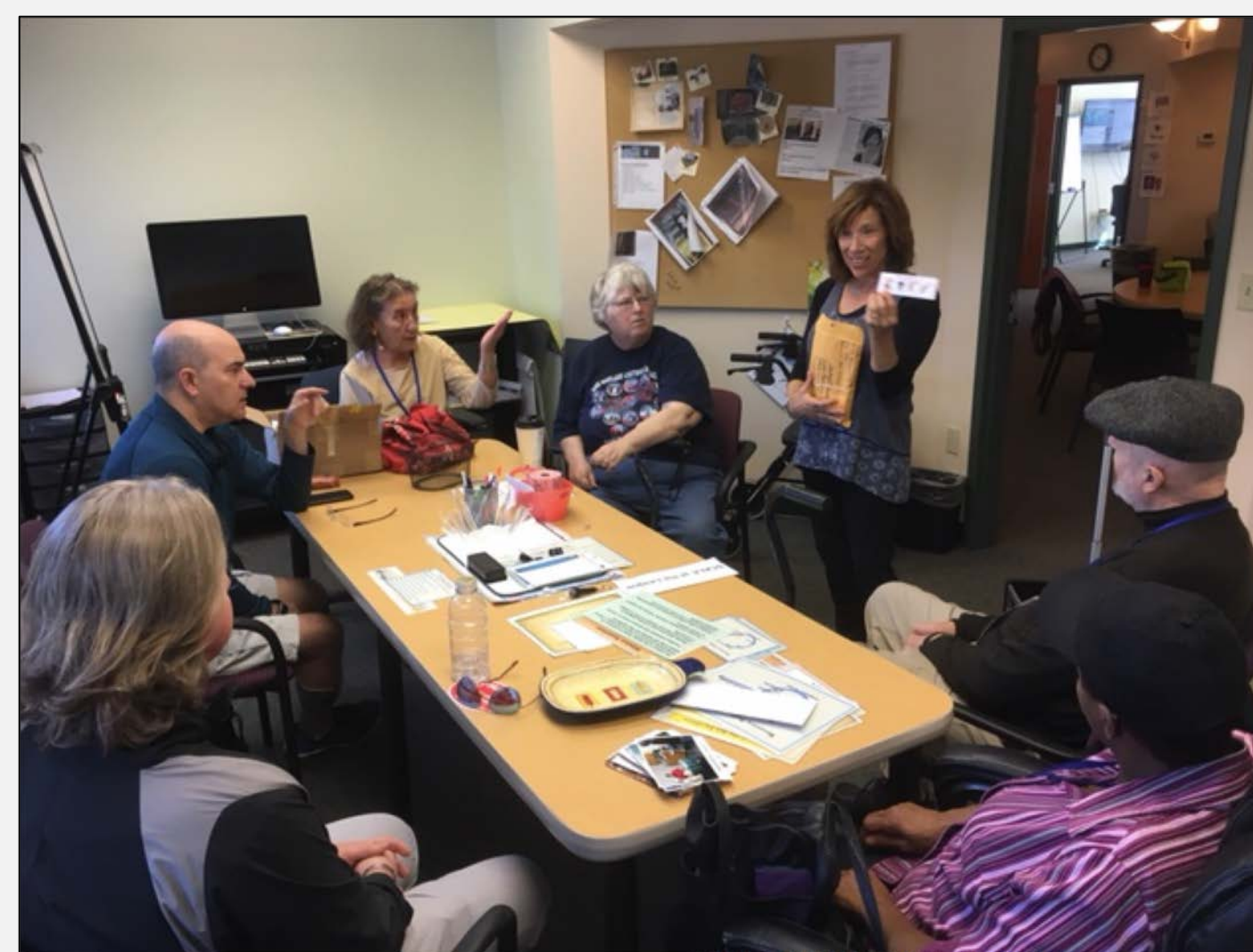
Speech 6 Research Your Topic

- What is your question?
- Collect information
- Identify the facts
- Share what you learned

Thought of the Day

"A good laugh is sunshine in the house."

**Come sit around our table.
We are just like you.
Choose your topic.
Share your thoughts.
We build stories together.**



What ToastMasters means to me:

**"Learn to live with aphasia"
"I can't talk but I can"
"I surprise myself"
"Sharing what I think"
"I have a good vocabulary"
"I can talk about God"
"Everyone should try"**

On Line Tools

www.toastmasters.org
positivewordsresearch.com
www.brainyquote.com
www.tabletopics.com

Table Topics

"What do you like to do on a sunny day?"

Speech 7 Vocal Variety

- Who has a unique voice?
- Experiment with your voice
- Use your voice to add meaning to your story

Template

Name someone who has unique voice
Imitate their voice

Describe their voice:

VOLUME quiet – loud
PITCH low – high
RATE slow - fast
QUALITY smooth – rough

Tell your story



Speech 10

Inspire Your Audience

- Understand mood / feelings
- Deliver a powerful message
- Inspire your listener

Template

Painful lesson in your life
Surprising lesson in your life
3 Things you believe
The audience picks the best

Speech 8

Using Visual Aids

- Bring in a photo or prop
- Tell what it means to you
- Tell your story

Speech 9

Persuade with Power

- State your position
- Present your argument
- Convince your audience

Template

The person I want to persuade is :
I want to convince them to:
This is a good idea because:
1.
2.
3.
4.
The next step is:
I can help:

Speech #10: Inspire Your Audience
Practice: I Believe

I believe something good can come from tragedy.
I didn't always feel this way.
I never thought about tragedy or loss.

I played football and never had any injuries.
I guess you could say I was pretty lucky in my life.

My grandmother died when I was 20 years old.
She was 95 and she lived with my mom and me.
I was pretty sad.
It was bound to happen but it was still shocking.
She had a good spirit, always upbeat.
I talked to her a lot.

In a matter of 6 months, I had a stroke and I had a heart attack.
One of my arteries was completely closed so I had 3 stents put in.
Then I had 2 seizures.
It was scary. I could hear everything but I could not respond.

I am still searching for the good that comes from all that.
People tell me it takes time, that God will help me.
People tell me I need to learn patience.
People tell me I am a survivor, that I will be fine.