

# AH COUNTER

“As the Ah Counter, I will be listening for distracting forms of speech. I will maintain a count of the number of times each member uses crutch words, (Ahs, Ums, Ers) Repeated words such as (I mean-I mean) and pause fillers such as (and, but, you know), or other terms of speech which detract from the speaker’s message. At the end of the meeting I will report my findings. For other than speakers giving prepared speeches, if you hear this sound (**demonstrate with appropriate sound producing device**), it will indicate use of a distracting element of speech.”

THE INFORMATION CONTAINED IN THE ABOVE TEXT BOX MAY BE EITHER READ OR PUT IN YOUR OWN WORDS.

## **AH Counter Notes — please review before meeting begins:**

The Toastmaster will introduce you at the beginning of the meeting. At that time, stand and explain your duty.

If anyone, other than the person leading **prayer or inspirational moment** or a **prepared speaker** (**theses individuals are exempt from having the device sounded, however, do maintain a record of infractions on speakers**), alert him/her to this by making the appropriate sound. Try to do this **as soon as you can** after you witness the infraction. **Table topics speakers are not exempt from the sound device.**

This process is meant to be a positive way of identifying a negative speaking habit. If we are not aware we are doing it, we cannot work to avoid it in the future.

Near the end of the meeting you’ll be called on to report your findings. Stand and share the infractions (name by type) each member had. Although this duty is strictly to help us become aware of patterns that can hinder our message, it could be unnerving if presented in such a way that people feel belittled or inferior. If you share that a person had 22 Ahs, you can also share that tomorrow is a new day and you know this person will improve! Keep it on the **positive** side, as we are all here to learn and grow in a nurturing environment.

You might record the infractions and their frequency. You might then inform the persons committing infractions that you will provide a complete list of them to the individual following the meeting so the persons can identify and work on removing the faulty speech items from future speeches.