



MINDFULNESS TOASTMASTERS



Developing better communication & leadership skills through mindfulness

Center for Spiritual Living • 611 Veterans Blvd. Suite 106, Redwood City, CA 94065



Meeting Agenda – May 27, 2019 6:30pm – 8:00pm



Meeting Theme: Memories

Word of the day: reminisce (v)

Meaning: to recall long-forgotten experiences or facts. To think or talk about past experiences.

Example: "I love to reminisce about joyful things, and go brain dead on the unpleasant ones."

Grammarian: OPEN

Timer: OPEN

Ah-counter: OPEN

06:30 Call to Order – Sergeant-at-Arms Kegeng Liu
Knocks gavel, calls meeting to order; Introduce Club President

06:33 Welcome – Mindfulness Toastmasters, Club Mentor Elliotte Mao
Acknowledge Guests; Introduce Meeting and Toastmaster of the Day



06:37 Toastmaster: Elliotte Mao
General Introduction of meeting and functionaries
(Grammarian, Timer, Ah Counter briefly describe their roles):

06:42 Prepared Speeches
Evaluators read Speech Objectives, then TM introduces the Speaker & Speech Title

	Speaker Name	Speech Title and Project#	Time	Evaluator
1	Carmina Chavez	Title: "Who is Carmina? Quien es?" Pathways Level 1 IceBreaker	5 - 7min	Denise Mostowfi
2	Linda Anson	Title: "Protect the Vulnerable!" Pathways Level 1 Speech#1	5 - 7min	Jenny Liu
3	Neha Pawar	Title: "Emotional Intelligence" Pathways Level 1 Speech#2	8 - 10min	Elliotte Mao

07:05 Table Topics Master: PJ Hardin
Explain the importance of Impromptu speaking. Ask 'unknown' questions to non-speaking attendees.
Speakers have 1-2 mins (qualifying time is 45 sec - 2'min 15 sec)

07:35 General Evaluator: Jenny Liu
Explain the importance of evaluations. Introduce Speech Evaluators
Speakers have 2-3 mins (qualifying time 1'45"-3'15")
Call for functionary reports: Timer, Ah Counter, Grammarian.
Make general comments on quality/timeliness/organization of the meeting.

07:55 Closing Comments: Mindfulness Club Mentor Elliotte Mao
Invite guests to comment, give closing remarks. Set new agenda.

08:00 Adjourn – Networking afterwards

Mindfulness Toastmasters meets 2nd & 4th Mondays from 6:30-8:00pm. Next meeting: June 10, 2019.
If you are interested in participating at the next meeting, please ask to join our excellent Toastmasters

program. The membership is \$75 fee every 6 months. For more information about this club contact Elliotte Mao @ elliottemao@hotmail.com. About Toastmasters, go to www.Toastmasters.org or www.D4TM.org.