



WHERE LEADERS ARE MADE

Role description: *Ah Counter*

Taking on this role improves observational and listening skills

The purpose of the *Ah Counter* is to note any overused words or filler sounds used as a crutch by anyone who speaks during the meeting. Words may be inappropriate interjections, such as *and, well, but, so* and *you know*. Sounds may be *ah, um* or *er*.

Your duties as *Ah Counter*:

Before the meeting:

- Prepare for taking notes during the meeting. You can:
 - Bring the [official ah-counter log](#) to take notes on
 - Use the printed agenda for making notes
 - Use the official [Toastmasters App](#) ([Android](#) / [Apple](#))

During the meeting:

- ***Shake hands with the General Evaluator when entering or leaving the stage***
- When introduced during the club meeting by the General Evaluator, briefly explain the role of the Ah Counter. Here is a sample script:
Fellow Toastmasters, Honoured Guests, my role as the Ah-Counter is to count the number of unnecessary sounds or repetitive words you use when you are speaking on the stage. For example “er”, “um”, “ah”, “you know”, “like”, “so”, “and”, “I mean” will be counted. These are fillers that would affect your effectiveness in delivering your speech. At the end of the meeting I will be back on this stage to present my report to you.
- In your Ah Counter’s log, record overlong pauses, overused words and filler sounds relied upon too often by all speakers.
- During the evaluation portion of the meeting, report your observations when called upon. Attend to each speaker in as much detail as time allows. Here is a sample script:
Fellow Toastmasters, Honoured Guests, here is my Ah-Counter report: David: 5, Betty: 2, Royce: 10... I observed Royce used a lot of “You know”, better be aware of that. Meanwhile Lawrence: 3. Samantha: 0, good job!

Many helpful resources are available by searching online for “Toastmasters Ah Counter”.

You can also find [more information about the Ah Counter role on the Toastmasters website](#).