Pathways Path and Project 2022 Matrix

Five Core Competencies
1. Public Speaking
2. Interpersonal Communication
3. Strategic Leadership
4. Management
5. Confidence

R Required | E Elective | Version 2023/01/01

My Path: 15 Projects minimum				
Level 1	R Ice Breaker	R Writing a Speech with Purpose	R Intro to Vocal Variety & Body Language	R Evaluation & Feedback
Level 2	R	R Introduction to TM Mentoring		
Level 3	R	E	E	
Level 4	R	E		
Level 5	R	E		
Path Completion		R Reflect on Your Path	This project is accessible after all levels 1 through 5 have been completed.	

Complexity level	Project number	Project name	DL Dynamic Leadership (1 2 3 5)	EC Effective Coaching (1 2 4 5)	EH Engaging Humor (1 5)	IP Innovative Planning (1 4 2 5)	LD Leadership Development (1 2 4 5)	MS Motivational Strategies (1 2 3 5)	PI Persuasive Influence (1 3 2 5)	PM Presentation Mastery (1 5)	SR Strategic Relationships (1 2 3 5)	TC Team Collaboration (1 4 2 5)	VC Visionary Communication (1 3 2 5)	PWMENTORPGM	# of Speech	Project description (Refer to full and latest version in your Base Camp.)
Level 1	8101	Ice Breaker	R	R	R	R	R	R	R	R	R	R	R	Complete L2 of any path	1	4-6-min speech of any topic to introduce yourself (humorous, informational, etc.) and learn the basic structure of a public speech.
	8103	Writing a Speech with Purpose	R	R	R	R	R	R	R	R	R	R	R		1	5-7-min well-organized speech on any topic in any style. Clearly define topic, consider goal of speech, and continue to refine it. Learn or review basic methods for writing a speech.
	8104	Introduction to Vocal Variety and Body Language	R	R	R	R	R	R	R	R	R	R	R		1	5-7-min speech on any topic in any style to practice using vocal variety OR body language. Tell your evaluator to focus on which of these skills you're working on before delivery.
	8100	Evaluation and Feedback	R	R	R	R	R	R	R	R	R	R	R		2+E	Two 5-7-min prepared speeches and one evaluation speech. Present a speech on any topic, receive feedback, and apply the feedback to a second speech.
Level 2 3R	8207	Understanding Your Leadership Style	R	R		R	R		R		R	R	R		1	5-7-min speech to share some aspect of your or in general leadership style(s). Identify your primary leadership style(s) using Discover Your Leadership Style questionnaire.
	8206	Understanding Your Communication Style	R	R				R		R			R		1	5-7-min speech on your communication style and impact relationships. Learn about different styles and identify your style using Discover Your Communication Style questionnaire.
	8204	Introduction to Toastmasters Mentoring	R	R	R	R	R	R	R	R	R	R	R		1	5-7-min speech about a time when you were a protégé and share the impact and importance of having a mentor. Clearly define how Toastmasters envisions mentoring.
	8205	Managing Time					R								1	5-7-min speech on any topic. As you develop speech, record time required for each task. Observe your own time management patterns. Submit Project Completion Form to VPE.
	8202	Cross-Cultural Understanding									R*				1	5-7-min speech about your cultures and impact of the stereotypes. Identify your own cultural identities and stereotypes that impact others' perceptions of you.
	8200	Active Listening	E	E	E	E	E	R	R	E	E	R	E		0	Demonstrate your ability to listen to what others say by serving as Topicsmaster and comment on each speaker's Table Topics speech at a club meeting.
	8201	Connect with Your Audience	E	E	R	R	E	E	E	E	E	E	E		1	5-7-min speech on a topic that is new or unfamiliar to the majority of your audience. Practice the skills needed to connect with an unfamiliar audience.
	8203	Effective Body Language	E	E	E	E	E	E	E	R	E	E	E		1	5-7-min speech. Deliver a speech with awareness of your intentional and unintentional body language. Learn, practice, and refine how you use nonverbal communication.
	8208	Know Your Sense of Humor	E	E	R	E	E	E	E	E	E	E	E		1	5-7 min speech on any topic with at least one anecdote or story intended to entertain or bring humor into your presentation. Story Collection tool is available in EH path.
Level 3 1R+2E minimum	8307	Negotiate the Best Outcome	R												1	5-7-min speech in any style on a past or future negotiation in your life that you are a part of. Reflect on the strategies you used or you believe would be beneficial.
	8313	Reaching Consensus		R											1	20-min consensus practice at a club meeting + 2-3-min closing statement OR 5-7-min speech in any style - Leading non-TM group toward consensus + Project Completion Form.
	8320	Engage Your Audience with Humor			R										1	5-7-min speech revolving a central message with applying their style of humor. Use at least one anecdote/story intended to entertain/bring humor into your presentation.
	8312	Present a Proposal				R									1	5-7-min speech on entire or aspects of proposal. Develop a proposal to improve any area of your life. If a proposal is for TM club, talk with the appropriate officer.
	8309	Planning and Implementing					R								1	2-3-min report or 5-7-min speech on your experience. Develop a small-scale project and implement plan with or without help from others. Submit Project Completion form.
	8316	Understanding Emotional Intelligence						R							1	5-7-min speech on tracking your emotion by maintaining journal at least 2 weeks. Understand your own and others' emotions. Submit Project Completion Form to VPE.
	8315	Understanding Conflict Resolution							R						1	5-7-min speech in any style to discuss managing conflict, developing stronger strategy and best attributes in a conflict situation. A conflict resolution video activity.
	8308	Persuasive Speaking								R					1	5-7-min speech on any topic that can be spoken persuasively. Identify types of persuasive speech. If done outside club, VPE's approval and TM evaluator are required.
	8314	Successful Collaboration										R			1	5-7-min speech on you, your learning, and your perceptions of the experience of working with a small team to make a collaborative decision for a small-scale event. ★
	8303	Develop a Communication Plan											R		1	5-7-min speech on your experience of planning (process, benefits or impact). Plan can be any event either real or hypothetical. Practice developing a communication plan.
	8306	Make Connections Through Networking	E	E	E	E	E	E	E	E	R	E	E		1	5-7-min speech personal to you or networking informational. Develop and practice building connections through networking event. Project Completion Form if non-TM event.
	8300	Connect with Storytelling	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech of an established story, a story about your life or a fictional tale you create. Practice using a story within a speech or giving a speech that is a story.
	8301	Creating Effective Visual Aids	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech on topic that lends itself well to using 1-3 visual aids. Practice selecting and using a variety of visual aids during a speech.
	8302	Deliver Social Speeches	E	E	E	E	E	E	E	E	E	E	E		2	Two 3-4-min different types of social speeches (a toast, a eulogy, an acceptance speech, a speech praising an individual or group) at two separate meetings.
	8304	Focus on the Positive	E	E	E	E	E	E	E	E	E	E	E		1	2-3-min report or 5-7-min speech to share some aspect of your experience on at least 2 weeks of recording your moods and attitudes. Submit Project Completion Form to VPE.
	8305	Inspire Your Audience	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech on a topic with the intent of inspiring your audience to practice writing and delivering a speech that inspires others.
	8310	Prepare for an Interview	E	E	E	E	E	E	E	E	E	E	E		0	5-7-min role-play interview presentation at a club meeting to practice the skills needed to present yourself well in an interview such as a job or expert interview.
	8317	Understanding Vocal Variety	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech on any topic to practice using vocal variety to enhance a speech.
	8318	Using Descriptive Language	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech on any topic to practice writing a speech with an emphasis on adding language to increase interest and impact.
	8319	Using Presentation Software	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech using the slides you developed on topic (humorous, demonstrative, or informational) that lends well to a visual presentation using technology.
	8321	Researching and Presenting	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech on topic not familiar with or wish to learn more (specific, well-organized and well-researched). Learn, review, refine research methods using worksheets.
		Meeting Role Requirements														Serve as speech evaluator, Toastmaster and Topicsmaster at least once each to complete level 3.
Level 4 1R+1E minimum	8406	Manage Change	R												1	5-7-min speech in any style on overview of plan and benefit you and group change affects. Create a management plan for past, future or hypothetical change in your life.
	8403	Improvement Through Positive Coaching			R										1	5-7-min speech in any style about your experience on coaching an individual (speak with VPE to choose TM or non-TM member) through a project outside of TM club meeting.
	8415	The Power of Humor in an Impromptu Speech				R									2	Two 2-3-min speeches in the same club meeting on the topics chosen randomly by Toastmaster from "Impromptu speech topic resource". Include at least one anecdote each.
	8405	Leading Your Team						R							1	5-7-min speech in any style about you or experience on leading a 2-4-people team to complete a project. With VPM and VPPR to choose a project for club, non-TM, or work. ★
	8411	Motivate Others							R				R		1	5-7-min speech about experience on building and motivating a 3-4-people team to complete a project that benefits your club. Develop motivational strategies for members. ★
	8404	Leading in Difficult Situations								R					2	5-7-min speech to share a detailed project plan, 2-3-min discussion of possible disruptions among members and impromptu speech on solutions. Total time is 15-20-min.
	8401	Communicate Change												R	1	5-7-min speech to communicate your plan for communicating change with evidence to support. The change may be real or hypothetical that affects your club or other group.
	8408	Manage Projects Successfully	E	E	E	R	E	E	E	E	E	E	E		2	2-3-min speech about plan, 5-7-min speech in any style reflects experience. Build 3-4 people team, develop rapport with stakeholders and strong relationships with team. ★
	8409	Managing a Difficult Audience	E	E	E	E	E	E	E	E	R	E	E		1	5-7-min speech (new or past) on any topic. Assign roles to play. Respond to disruptive audience in calm, effective and professional manner. Total time is 12-15 min.
	8412	Public Relations Strategies	E	E	E	E	E	E	E	E	E	R	E		1	5-7-min speech to share your real or hypothetical plan to promote awareness of an organization. Talk with VPPR and President on your plan if it's real for your club.
	8400	Building a Social Media Presence	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech to share your results, experience and benefits of social media presence through establishing or enhancing, e.g. Blog, SNS, etc. Project Completion Form.
	8402	Create a Podcast	E	E	E	E	E	E	E	E	E	E	E		1	2-3-min speech to introduce your podcast and play 5-10-min segment. Create interesting content and organize a cohesive program totally 60+ min. Learn to record and upload.
	8407	Manage Online Meetings	E	E	E	E	E	E	E	E	E	E	E		0	Conduct 20-25-min online meeting or webinar with visual aids. Research and use software that fits best. If outside club, VPE's approval and TM evaluator are required.
	8413	Question-and-Answer Session	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech and Q&A session totally 15-20-min. Prepare to answer questions clearly, concisely and with confidence on a topic you are knowledgeable. Use time effectively.
	8414	Write a Compelling Blog	E	E	E	E	E	E	E	E	E	E	E		1	2-3-min speech on impact of the blogging experience. Maintaining a blog and posting at least eight times in one month. Blog can be new or existing. Project Completion Form.
Level 5 1R+1E minimum	8504	Lead in Any Situation	R										R		1	8-10-min speech of any type on experience as a leader and/or the impact of the 360° evaluation. Serve as an any level of leader 6+ months. Peers to your 360° evaluation. ★
	8512	Deliver Your Message with Humor				R									1	18-22-min keynote style humorous speech. You may choose to use visual aids, Approval needed by VPE in advance if you may present your speech to a non-TM audience.
	8507	Manage Successful Events					R								1	5-7-min speech of any style about impact on planning, team and organization. Plan, coordinate and complete an event of your choice. ★
	8511	Team Building						R							2	2-3-min report before event and 5-7-min speech after event on impact of event, leading or team. Work with a small team to design and host a team-building event. ★
	8501	Develop Your Vision												R	2	Two 5-7-min speeches (1:explain vision and 2: plan for vision). Develop a detailed vision and establish a plan to implement it. Submit Project Completion Form to VPE.
	8503	High Performance Leadership	E	R	E	R	E	E	R	E	E	E	E		2	Two 5-7-min speeches (1: plan and 2: complete). Select, lead and complete a project with defined goals with a team (3+ members). Form and meet with committee 5+ times. ★
	8509	Prepare to Speak Professionally	E	E	E	E	E	E	E	R	E	E	E		1	18-22-min of any style of keynote speech. Exemplify the point of view or message you would convey as a professional level speaker. If for non-TM group, get VPE's approval.
	8505	Leading in Your Volunteer Organization	E	E	E	E	E	E	E	E	R	E	E		1	5-7-min speech to reflect experience. Serve in a leadership role for at least 6 months in TM or other volunteer organization. Create succession plan for transition. ★
	8502	Ethical Leadership	E	E	E	E	E	E	E	E	E	E	E		0	Organizing and moderating 20-40-min panel discussion on ethical framework followed by Q&A session. Provide discussion opportunity on ethics to organization or community.
	8506	Lessons Learned	E	E	E	E	E	E	E	E	E	E	E		1	5-7-min speech. Facilitate a lessons learned meeting after completion of a separate, larger teamwork project on this path. Record meeting results. 360° evaluation by team. ★
	8508	Moderate a Panel Discussion	E	E	E	E	E	E	E	E	E	E	E		0	Plan and moderate 20-40-min panel discussion of any topic to practice facilitating. If outside TM club meeting, get approval and submit Project Completion Form to VPE.
	8510	Reflect on Your Path (After completing L1-5)	R	R	R	R	R	R	R	R	R	R	R		1	10-12-min speech of any style reflecting on your growth on completing a path. Summarize skills you have learned, developed. Celebrate your achievements at the end of path.
PWMENTOR	8311	Prepare to Mentor (After L1 and L2 of any path)	Pathways Mentor Program Project 1/3											R	0	No speech. Clarify your personal goals and interests related to Mentoring. Meet with VPE to discuss your readiness to mentor. Submit Project completion form to VPE.
	8410	Mentoring (After Project 8311)	Pathways Mentor Program Project 2/3											R	1	5-7-min speech on what you have learnt as a mentor. Work with a protégé to complete a project (VPE pairs you with protégé), set goals and develop a plan to help protégé.
	8500	Advanced Mentoring (After Project 8410)	Pathways Mentor Program Project 3/3											R	1	5-7-min speech on what you have gained as a mentor. 6-month mentoring commitment, communicate regularly with protégé, record meeting dates and times and giving feedback.
		Pathways Mentor Designation													-	Submit the Pathways Mentor award after completing Pathways Mentor Program and an entire path.
DTM	8599	Distinguished Toastmaster (educationawards@toastmasters.org or +1 720-439-5050 after completing the 1st path and the Levels 1, 2 and 3 of the 2nd path.)												R	2	5-7-min speech (Plan), 8-10-min speech (Review). Select, lead & complete a project that benefits an organization with a team. Peer 360° evaluation by team & organization. ★
		DTM Award													-	Submit award after completing: two paths; club officer and district officer for 1 year; club mentor or coach; club sponsor or Speechcraft or Youth Leadership program; DTM project.

*** Strategic Relationships path update: In January 2022, Cross-Cultural Understanding project in Level 2 was removed. Instead, Active Listening project has been relocated from Level 3 Elective to Level 2 Required.**

★: These projects require a team.

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All project description merged
Evaluation resources

Latest version is available at
https://musashiurawa.toastmastersclubs.org/pathways.html