

# 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 during the meeting.

### How To Perform as Ah Counter:

- When called upon by the Toastmaster of the meeting, explain to the audience that the Ah Counter's role is to note any overused words or filler sounds used by anyone who speaks during the meeting. Sounds include ah, um and er, Words may be inappropriate interjections, such as *and, well, but, so* and *you know*.
- During the meeting, make note of filler sounds and overused words for each speaker, and how many times each is used.
- At the end of the meeting, the Toastmaster will call upon you to report on the filler words and sounds used by each person.

That's it!

Have fun, get involved, and thanks for helping us run the meeting!