



PATHWAYS

路径与作业项目录

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六个
互动性路径
崭新的界面
三个演讲路径
三个领导路径

五个
经典的路径
于 2024 年 8 月
登记的领导路径
仍可继续使用

超越你的
学习路径
卓越讲员 (DTM)
导师计划



PATHWAYS

路径与作业项目录

六个互动性路径



动态领导

DYNAMIC LEADERSHIP

此路径帮助你培养成为策略型领导者的技能。路线项目专注了解您的领导风格、冲突对团队的影响以及化解和管理冲突所需的技能。每个项目还注重制定并促进组织或团队中改革的策略、人际沟通以及公众演讲。本路径以注重运用你所学到的领导技能的项目而告终。



运用幽默

ENGAGING HUMOR

此路径旨在帮助您培养成为一名卓越的公众演讲者的技能。路线的项目重点侧重于学习观众如何对不同类型的幽默做出反应，并提高你用幽默传达信息的能力。这些项目有助于培养对有效的公共演讲技巧、演讲写作、演讲发表和使用幽默故事的理解。完成此路线让你可以运用所学的知识顺利发表一场长篇幽默演讲



激励策略

MOTIVATIONAL STRATEGIES

此路径帮助你培养成为一名强大而有效的沟通者的技能。路径项目专注在学习与周围的人建立联系、了解动机以及成功带领小型团队完成任务所需的技巧策略。路径以全面的团队建设项目而告终，该项目集中体现了你要加强的所有技能—包括公众演讲。



有说服力的影响

PERSUASIVE INFLUENCE

此路径帮助你培养成为创新沟通者和领导者的技能。路径项目专注于如何共同协商积极结果以及培养强大的人际沟通和公众演讲技能。路径所含项目均注重培养如何在复杂环境中学习使用领导技能以及制定应对挑战的创新解决方案。本路径以你设计的：“高效领导力”项目而告终。



精通演讲

PRESENTATION MASTERY

此路径帮助你培养成为一位卓越的公共演讲专家的技能。路径项目专注于了解听众如何响应您并加强你与听众的共鸣。路径所含项目均有助于理解有效的公众演讲技巧，包括撰写演讲稿和发表演讲。本路径以你顺利完成发表有一定长度的颇具专业的演讲而告终。



愿景沟通

VISIONARY COMMUNICATION

此路径帮助你培养成为策略型沟通者和领导者的技能。路径项目专注于培养和发展团队内的信息共享、计划沟通和制定创新沟通方案的技能。路径所含项目都注重演讲撰写和演讲发表。本路径以你学会制定和启动长期的个人或职业目标的项目而告终。



动态领导

本路径帮助您培养成为策略型领导者的技能。

本路径中项目的重点：了解你的领导风格、冲突对团队的影响以及化解和管理冲突所需的技能。

这些项目还注重制定并促进组织或团队中改革的策略、人际沟通以及公众演讲。

本路径以注重运用你所学到的领导技能的项目而告终。

一级项目：掌握基本知识

- [初试啼声演讲 \(CS8101\)](#)
- [撰写带有目的性的演讲稿 \(CS8103\)](#)
- [抑扬顿挫和肢体语言介绍 \(CS8104\)](#)
- [评估与反馈 \(CS8100\)](#)

二级项目：了解您的风格

- [了解你的领导风格 \(CS8207\)](#)
- [了解你的沟通风格 \(CS8206\)](#)
- [介绍 TOASTMASTERS 导师计划 \(CS8204\)](#)

三级项目：增长知识

- [商议最佳结果 \(CS8307\)](#)
- **选修 (选择 2 项)**
 - [发表社交演讲 \(CS8302\)](#)
 - [使用演示软件 \(CS8319\)](#)
 - [故事产生共鸣 \(CS8300\)](#)
 - [创建高效的视觉辅助工具 \(CS8301\)](#)
 - [使用描述性语言 \(CS8318\)](#)
 - [与听众交流 \(CS8201\)](#)
 - [通过社交建立关系 \(CS8306\)](#)
 - [关注积极的一面 \(CS8304\)](#)
 - [激励你的听众 \(CS8305\)](#)
 - [为面谈做好准备 \(CS8310\)](#)
 - [了解抑扬顿挫 \(CS8317\)](#)
 - [有效的身体语言 \(CS8203\)](#)
 - [主动倾听 \(CS8200\)](#)
 - [了解幽默感 \(CS8208\)](#)
 - [研究与展示 \(CS8102\)](#)

四级项目：培养技能

- [管理变化 \(CS8406\)](#)
- **选修 (选择 1 项)**
 - [创建播客 \(CS8402\)](#)
 - [建立社交媒体影响力 \(CS8400\)](#)
 - [应对棘手的听众 \(CS8409\)](#)
 - [创建引人入胜的博客 \(CS8414\)](#)
 - [在线会议管理 \(CS8407\)](#)
 - [问答环节 \(CS8413\)](#)
 - [公共关系策略 \(CS8412\)](#)
 - [成功管理项目 \(CS8408\)](#)

五级项目：展示专业知识

- [应对不同情形的领导力 \(CS8504\)](#)
- **选修 (选择 1 项)**
 - [有所认知 \(CS8506\)](#)
 - [主持专题讨论 \(CS8508\)](#)
 - [高尚领导力 \(CS8502\)](#)
 - [带领志愿者组织 \(CS8505\)](#)
 - [为职业演讲做好准备 \(CS8509\)](#)
 - [高效领导力 \(CS8503\)](#)

学习路线完成项目：

- [反思你的学习路径 \(CS8510\)](#)

副修课程：Pathways 导师计划

- [准备成为导师 \(CS8311\)](#)
- [指导 \(CS8410\)](#)
- [高级导师计划 \(CS8500\)](#)

备注：（1）完成等级一和二可开启副修课程 Pathways 导师计划。（2）等级三结束时担任即兴演讲主持人、会议主持人和评估员。（3）会员只有在完成学习路线项目-反思你的学习路径后方可申请该学习路线等级五的教育头衔。



培育领袖的摇篮



运用幽默

本路径旨在帮助你培养成为一名卓越的公众演讲者的技能。

路径的项目重点侧重于学习观众如何对不同类型的幽默做出反应，并提高你用幽默传达信息的能力。这些项目有助于培养对有效的公共演讲技巧、演讲写作、演讲发表和使用幽默故事的理解。完成此路线让您可以运用所学的知识顺利发表一场长篇幽默演讲。

一级项目：掌握基本知识

- [初试啼声演讲 \(CS8101\)](#)
- [撰写带有目的的演讲稿 \(CS8103\)](#)
- [抑扬顿挫和肢体语言介绍 \(CS8104\)](#)
- [评估与反馈 \(CS8100\)](#)

二级项目：了解您的风格

- [了解幽默感 \(CS8208\)](#)
- [与听众交流 \(CS8201\)](#)
- [介绍 TOASTMASTERS 导师计划 \(CS8204\)](#)

三级项目：增长知识

- [通过幽默感吸引听众 \(CS8320\)](#)
- **选修（选择 2 项）**
 - [发表社交演讲 \(CS8302\)](#)
 - [使用演示软件 \(CS8319\)](#)
 - [故事产生共鸣 \(CS8300\)](#)
 - [创建高效的视觉辅助工具 \(CS8301\)](#)
 - [使用描述性语言 \(CS8318\)](#)
 - [通过社交建立关系 \(CS8306\)](#)
 - [关注积极的一面 \(CS8304\)](#)
 - [激励你的听众 \(CS8305\)](#)
 - [为面谈做好准备 \(CS8310\)](#)
 - [了解抑扬顿挫 \(CS8317\)](#)
 - [有效的身体语言 \(CS8203\)](#)
 - [主动倾听 \(CS8200\)](#)
 - [研究与展示 \(CS8102\)](#)

四级项目：培养技能

- [即兴演讲中增添幽默的威力 \(CS8415\)](#)
- **选修（选择 1 项）**
 - [创建播客 \(CS8402\)](#)
 - [建立社交媒体影响力 \(CS8400\)](#)
 - [应对棘手的听众 \(CS8409\)](#)
 - [创建引人入胜的博客 \(CS8414\)](#)
 - [在线会议管理 \(CS8407\)](#)
 - [问答环节 \(CS8413\)](#)
 - [公共关系策略 \(CS8412\)](#)
 - [成功管理项目 \(CS8408\)](#)

五级项目：展示专业知识

- [发表包含幽默内容的演讲 \(CS8512\)](#)
- **选修（选择 1 项）**
 - [有所认知 \(CS8506\)](#)
 - [主持专题讨论 \(CS8508\)](#)
 - [高尚领导力 \(CS8502\)](#)
 - [带领志愿者组织 \(CS8505\)](#)
 - [高效领导力 \(CS8503\)](#)
 - [为职业演讲做好准备 \(CS8509\)](#)

学习路线完成项目：

- [反思你的学习路径 \(CS8510\)](#)

副修课程：Pathways 导师计划

- [准备成为导师 \(CS8311\)](#)
- [指导 \(CS8410\)](#)
- [高级导师计划 \(CS8500\)](#)

备注：（1）完成等级一和二可开启副修课程 Pathways 导师计划。（2）等级三结束时担任即兴演讲主持人、会议主持人和评估员。（3）会员只有在完成学习路线项目-反思你的学习路径后方可申请该学习路线等级五的教育头衔。



培育领袖的摇篮



激励策略

本路径帮助你培养成为一名强大而有效的沟通者的技能。

本路径中项目的重点：学习与周围的人建立联系、了解动机以及成功带领小型团队完成任务所需的技巧策略。

本路线以全面的团队建设项目而告终，该项目集中体现了您要加强的所有技能—包括公众演讲。

一级项目：掌握基本知识

- [初试啼声演讲 \(CS8101\)](#)
- [撰写带有目的性的演讲稿 \(CS8103\)](#)
- [抑扬顿挫和肢体语言介绍 \(CS8104\)](#)
- [评估与反馈 \(CS8100\)](#)

二级项目：了解您的风格

- [主动倾听 \(CS8200\)](#)
- [了解你的沟通风格 \(CS8206\)](#)
- [介绍 TOASTMASTERS 导师计划 \(CS8204\)](#)

三级项目：增长知识

- [了解情商 \(CS8316\)](#)
- **选修 (选择 2 项)**
 - [发表社交演讲 \(CS8302\)](#)
 - [使用演示软件 \(CS8319\)](#)
 - [故事产生共鸣 \(CS8300\)](#)
 - [创建高效的视觉辅助工具 \(CS8301\)](#)
 - [使用描述性语言 \(CS8318\)](#)
 - [与听众交流 \(CS8201\)](#)
 - [通过社交建立关系 \(CS8306\)](#)
 - [关注积极的一面 \(CS8304\)](#)
 - [激励你的听众 \(CS8305\)](#)
 - [为面谈做好准备 \(CS8310\)](#)
 - [了解抑扬顿挫 \(CS8317\)](#)
 - [有效的身体语言 \(CS8203\)](#)
 - [了解幽默感 \(CS8208\)](#)
 - [研究与展示 \(CS8102\)](#)

四级项目：培养技能

- [激励他人 \(CS8411\)](#)
- **选修 (选择 1 项)**
 - [创建播客 \(CS8402\)](#)
 - [建立社交媒体影响力 \(CS8400\)](#)
 - [应对棘手的听众 \(CS8409\)](#)
 - [创建引人入胜的博客 \(CS8414\)](#)
 - [在线会议管理 \(CS8407\)](#)
 - [问答环节 \(CS8413\)](#)
 - [公共关系策略 \(CS8412\)](#)
 - [成功管理项目 \(CS8408\)](#)

五级项目：展示专业知识

- [团队建设 \(CS8511\)](#)
- **选修 (选择 1 项)**
 - [有所认知 \(CS8506\)](#)
 - [主持专题讨论 \(CS8508\)](#)
 - [高尚领导力 \(CS8502\)](#)
 - [带领志愿者组织 \(CS8505\)](#)
 - [为职业演讲做好准备 \(CS8509\)](#)
 - [高效领导力 \(CS8503\)](#)

学习路线完成项目：

- [反思你的学习路径 \(CS8510\)](#)

副修课程：Pathways 导师计划

- [准备成为导师 \(CS8311\)](#)
- [指导 \(CS8410\)](#)
- [高级导师计划 \(CS8500\)](#)

备注：（1）完成等级一和二可开启副修课程 Pathways 导师计划。（2）等级三结束时担任即兴演讲主持人、会议主持人和评估员。（3）会员只有在完成学习路线项目-反思你的学习路径后方可申请该学习路线等级五的教育头衔。



培育领袖的摇篮



有说服力的影响

本路径帮助你培养成为创新沟通者和领导者的技能。

本路径中项目的重点：如何共同协商积极结果以及培养强大的人际沟通和公众演讲技能。

每个项目注重培养如何在复杂环境中学习使用领导技能以及制定应对挑战的创新解决方案。

本路线以你的设计的“高效领导力”项目而告终。

一级项目：掌握基本知识

- [初试啼声演讲 \(CS8101\)](#)
- [撰写带有目的性的演讲稿 \(CS8103\)](#)
- [抑扬顿挫和肢体语言介绍 \(CS8104\)](#)
- [评估与反馈 \(CS8100\)](#)

二级项目：了解您的风格

- [了解你的领导风格 \(CS8207\)](#)
- [主动倾听 \(CS8200\)](#)
- [介绍 TOASTMASTERS 导师计划 \(CS8204\)](#)

三级项目：增长知识

- [掌握解决冲突的方法 \(CS8315\)](#)
- **选修（选择 2 项）**
 - [发表社交演讲 \(CS8302\)](#)
 - [使用演示软件 \(CS8319\)](#)
 - [故事产生共鸣 \(CS8300\)](#)
 - [创建高效的视觉辅助工具 \(CS8301\)](#)
 - [使用描述性语言 \(CS8318\)](#)
 - [与听众交流 \(CS8201\)](#)
 - [通过社交建立关系 \(CS8306\)](#)
 - [关注积极的一面 \(CS8304\)](#)
 - [激励你的听众 \(CS8305\)](#)
 - [为面谈做好准备 \(CS8310\)](#)
 - [了解抑扬顿挫 \(CS8317\)](#)
 - [有效的身体语言 \(CS8203\)](#)
 - [了解幽默感 \(CS8208\)](#)
 - [研究与展示 \(CS8102\)](#)

四级项目：培养技能

- [在困境中领导 \(CS8404\)](#)
- **选修（选择 1 项）**
 - [创建播客 \(CS8402\)](#)
 - [建立社交媒体影响力 \(CS8400\)](#)
 - [应对棘手的听众 \(CS8409\)](#)
 - [创建引人入胜的博客 \(CS8414\)](#)
 - [在线会议管理 \(CS8407\)](#)
 - [问答环节 \(CS8413\)](#)
 - [公共关系策略 \(CS8412\)](#)
 - [成功管理项目 \(CS8408\)](#)

五级项目：展示专业知识

- [高效领导力 \(CS8503\)](#)
- **选修（选择 1 项）**
 - [有所认知 \(CS8506\)](#)
 - [主持专题讨论 \(CS8508\)](#)
 - [高尚领导力 \(CS8502\)](#)
 - [带领志愿者组织 \(CS8505\)](#)
 - [为职业演讲做好准备 \(CS8509\)](#)

学习路线完成项目：

- [反思你的学习路径 \(CS8510\)](#)

副修课程：Pathways 导师计划

- [准备成为导师 \(CS8311\)](#)
- [指导 \(CS8410\)](#)
- [高级导师计划 \(CS8500\)](#)

备注：（1）完成等级一和二可开启副修课程 Pathways 导师计划。（2）等级三结束时担任即兴演讲主持人、会议主持人和评估员。（3）会员只有在完成学习路线项目-反思你的学习路径后方可申请该学习路线等级五的教育头衔。



精通演讲

本路径帮助你培养成为一位卓越的公共演讲专家的技能。

本路径中项目的重点：了解听众如何响应你并加强你与听众的共鸣。

这些项目有助于理解有效的公众演讲技巧，包括撰写演讲稿和发表演讲。

完成本路径体现在你顺利完成发表有一定长度的颇具专业的演讲。

一级项目：掌握基本知识

- [初试啼声演讲 \(CS8101\)](#)
- [撰写带有目的的演讲稿 \(CS8103\)](#)
- [抑扬顿挫和肢体语言介绍 \(CS8104\)](#)
- [评估与反馈 \(CS8100\)](#)

二级项目：了解您的风格

- [了解你的沟通风格 \(CS8206\)](#)
- [有效的身体语言 \(CS8203\)](#)
- [介绍 TOASTMASTERS 导师计划 \(CS8204\)](#)

三级项目：增长知识

- [说服型演讲 \(CS8308\)](#)
- **选修（选择 2 项）**
 - [发表社交演讲 \(CS8302\)](#)
 - [使用演示软件 \(CS8319\)](#)
 - [故事产生共鸣 \(CS8300\)](#)
 - [创建高效的视觉辅助工具 \(CS8301\)](#)
 - [使用描述性语言 \(CS8318\)](#)
 - [与听众交流 \(CS8201\)](#)
 - [通过社交建立关系 \(CS8306\)](#)
 - [关注积极的一面 \(CS8304\)](#)
 - [激励你的听众 \(CS8305\)](#)
 - [为面谈做好准备 \(CS8310\)](#)
 - [了解抑扬顿挫 \(CS8317\)](#)
 - [主动倾听 \(CS8200\)](#)
 - [了解幽默感 \(CS8208\)](#)
 - [研究与展示 \(CS8102\)](#)

四级项目：培养技能

- [应对棘手的听众 \(CS8409\)](#)
- **选修（选择 1 项）**
 - [创建播客 \(CS8402\)](#)
 - [建立社交媒体影响力 \(CS8400\)](#)
 - [创建吸引人的博客 \(CS8414\)](#)
 - [在线会议管理 \(CS8407\)](#)
 - [问答环节 \(CS8413\)](#)
 - [公共关系策略 \(CS8412\)](#)
 - [成功管理项目 \(CS8408\)](#)

五级项目：展示专业知识

- [为职业演讲做好准备 \(CS8509\)](#)
- **选修（选择 1 项）**
 - [有所认知 \(CS8506\)](#)
 - [主持专题讨论 \(CS8508\)](#)
 - [高尚领导力 \(CS8502\)](#)
 - [带领志愿者组织 \(CS8505\)](#)
 - [高效领导力 \(CS8503\)](#)

学习路线完成项目：

- [反思你的学习路径 \(CS8510\)](#)

副修课程：Pathways 导师计划

- [准备成为导师 \(CS8311\)](#)
- [指导 \(CS8410\)](#)
- [高级导师计划 \(CS8500\)](#)

备注：（1）完成等级一和二可开启副修课程 Pathways 导师计划。（2）等级三结束时担任即兴演讲主持人、会议主持人和评估员。（3）会员只有在完成学习路线项目-反思你的学习路径后方可申请该学习路线等级五的教育头衔。



愿景沟通

本路径帮助你培养成为策略型沟通者和领导者的技能。

本路径中项目的重点：培养和发展团队内的信息共享、计划沟通和制定创新沟通方案的技能。

每个项目都注重演讲撰写和演讲发表。

你能学会制定和启动长期的个人或职业目标是完成本路线的成功标志。

一级项目：掌握基本知识

- [初试啼声演讲 \(CS8101\)](#)
- [撰写带有目的性的演讲稿 \(CS8103\)](#)
- [抑扬顿挫和肢体语言介绍 \(CS8104\)](#)
- [评估与反馈 \(CS8100\)](#)

二级项目：了解您的风格

- [了解你的领导风格 \(CS8207\)](#)
- [了解你的沟通风格 \(CS8206\)](#)
- [介绍 TOASTMASTERS 导师计划 \(CS8204\)](#)

三级项目：增长知识

- [制定沟通方案 \(CS8303\)](#)
- **选修（选择 2 项）**
 - [发表社交演讲 \(CS8302\)](#)
 - [使用演示软件 \(CS8319\)](#)
 - [故事产生共鸣 \(CS8300\)](#)
 - [创建高效的视觉辅助工具 \(CS8301\)](#)
 - [使用描述性语言 \(CS8318\)](#)
 - [与听众交流 \(CS8201\)](#)
 - [通过社交建立关系 \(CS8306\)](#)
 - [关注积极的一面 \(CS8304\)](#)
 - [激励你的听众 \(CS8305\)](#)
 - [为面谈做好准备 \(CS8310\)](#)
 - [了解抑扬顿挫 \(CS8317\)](#)
 - [有效的身体语言 \(CS8203\)](#)
 - [主动倾听 \(CS8200\)](#)
 - [了解幽默感 \(CS8208\)](#)
 - [研究与展示 \(CS8102\)](#)

四级项目：培养技能

- [传达变化 \(CS8401\)](#)
- **选修（选择 1 项）**
 - [创建播客 \(CS8402\)](#)
 - [建立社交媒体影响力 \(CS8400\)](#)
 - [应对棘手的听众 \(CS8409\)](#)
 - [创建引人入胜的博客 \(CS8414\)](#)
 - [在线会议管理 \(CS8407\)](#)
 - [问答环节 \(CS8413\)](#)
 - [公共关系策略 \(CS8412\)](#)
 - [成功管理项目 \(CS8408\)](#)

五级项目：展示专业知识

- [完善愿景 \(CS8501\)](#)
- **选修（选择 1 项）**
 - [有所认知 \(CS8506\)](#)
 - [主持专题讨论 \(CS8508\)](#)
 - [高尚领导力 \(CS8502\)](#)
 - [高效领导力 \(CS8503\)](#)
 - [带领志愿者组织 \(CS8505\)](#)
 - [为职业演讲做好准备 \(CS8509\)](#)

学习路线完成项目：

- [反思你的学习路径 \(CS8510\)](#)

副修课程：Pathways 导师计划

- [准备成为导师 \(CS8311\)](#)
- [指导 \(CS8410\)](#)
- [高级导师计划 \(CS8500\)](#)

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5项核心技能

5项核心技能融入在每条路线，来扩展学习技能。

1 公众演说

2 人际沟通

3 策略领导

4 组织管理

5 建立自信

5个路线级别

每条路线根据复杂性分为5个等级。每阶段帮助您巩固和应用所学知识。

1 第一级：掌握基本知识

2 第二级：了解您的风格

3 第三级：增长知识

4 第四级：培养技能

5 第五级：展示专业知识

沟通技能



精通演讲

培养掌握当众演讲技能

1 5



运用幽默

建立公开演讲和演讲写作技能

1 5



有说服力的影响

培养领导能力，在复杂的情况下发挥技能

1 3 2 5

领导技能



动态领导

培养策略型领导者及提升化解冲突的技能

1 2 3 5



激励策略

培养和提升激励领导和沟通技能

1 2 3 5



愿景沟通

建立和提升创新、沟通和领导技能

1 3 2 5

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PATHS (Projects listed are not according to sequence)	Tasks	 Presentation Mastery 精通演讲	 Engaging Humor 运用幽默	 Persuasive Influence 有说服力的影响	 Dynamic Leadership 动态领导	 Motivational Strategies 激励策略	 Visionary Communication 愿景沟通
Level 1 Mastering Fundamentals 掌握基本知识 【5次演讲 + 1次评论】							
<u>Required Project 所需作业</u>							
初试啼声 (4-6分钟) Ice Breaker - 4-6min speech 自我介绍,了解公众演说的基本结构 Speech to introduce yourself to the club		✓	✓	✓	✓	✓	✓
撰写带有目的性的演讲稿 (5-7分钟) Writing a Speech With Purpose - 5-7min speech 本项目的目的是学习或复习撰写带有具体目的演讲稿的基本方法,并围绕任意主题发表一篇结构严谨的演讲 The purpose of this project is for the member to learn or review basic methods for writing a speech with a defined purpose and to present a well-organized speech on any topic.		✓	✓	✓	✓	✓	✓
抑扬顿挫和肢体语言简介 (5-7分钟) Introduction to Vocal Variety and Body Language - 5-7min speech 本项目的目的是练习运用抑扬顿挫及肢体语言来强化演讲效果。 The purpose of this project is for the member to practice using vocal variety or body language to enhance a speech		✓	✓	✓	✓	✓	✓
评估与反馈 Evaluation & Feedback - 5-7min speech This project addresses the skills needed to give and receive feedback. You will learn about giving, receiving and applying feedback. 1. 第一次演讲 (5-7分钟) 任何主题发表演讲 2. 第二次演讲 (5-7分钟) 运用第一次演讲的反馈并将反馈运用第二次演讲中 3. 评估员演讲 (2-3分钟) 担任评论员,发表和反馈的技能 - Serve as Speech evaluator		✓	✓	✓	✓	✓	✓

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Level 2 Learning Your Style 了解您的风格 【两项所需作业 + 介绍Toastmasters导师计划】							
Two Required Project 两个所需作业 了解你的领导风格 (5-7分钟) Understanding Your Leadership Style - 5-7min speech	通过介绍不同风格问卷,确定自己的领导风格在某个方面或总体探讨领导力 - This project is designed to introduce the different styles of leadership and help you identify your preferred style.			✓	✓		✓
了解你的沟通风格 (5-7分钟) Understanding Your Communication Style - 5-7min speech	通过了解不同沟通风格问卷,确定自己的主要风格, 分享自己的风格对他人的影响 This project focuses on recognizing your preferred communication style and understanding how your style impacts your interactions with others.	✓			✓	✓	✓
了解幽默感 (5-7分钟) Know Your Sense of Humor - 5-7min speech	学习撰写幽默的故事, 增强演讲本身的幽默感 This project focuses on understanding what makes you laugh and how to share that with an audience.		✓				
与听众交流 (5-7分钟) Connect with Your Audience - 5-7min speech	练习与不熟悉的听众交流所需的技能 This project focuses on different audience types and how to address them effectively.		✓				
主动倾听 (5-7分钟) Active Listening - 5-7min speech	展现主动倾听技巧, 在俱乐部会议担任·即席主持 This project covers the difference between hearing and listening, & steps for exploring the ways listening helps build strong, lasting connections.			✓		✓	
有效的身体语言 (5-7分钟) Effective Body Language - 5-7min speech	留意自己有意和无意识肢体语言的情况下发表演讲, 以及学习和改进在运用非言语沟通的方式。发表演讲时 This project focuses on how to recognize body language used when speaking publicly and how to use gestures to enhance speech content.	✓					
介绍 TOASTMASTERS 导师计划 (5-7分钟) Intro to TM Mentoring - 5-7min speech	导师计划的价值以及导师与学员的视角 This project introduces the value of 'mentorship and the Toastmasters view of mentors and protégés.	✓	✓	✓	✓	✓	✓

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Level 3 Increasing Knowledge 增长知识 【一个所需作业(1) + 至少两项选修项目(2 & 3)】							
<u>A Required Project 一个所需作业</u> 商议最佳结果 (5-7分钟) Negotiate the Best Outcome - 5-7min speech 通过幽默感吸引听众 (5-7分钟) Engage Your Audience with Humor - 5-7min speech 了解情商 (5-7分钟) understanding Emotional Intelligence - 5-7min speech 掌握解决冲突的方法 (5-7分钟) understanding Conflict Resolution - 5-7min speech 说服型演讲 (5-7分钟) Persuasive Speaking - 5-7min speech 开发沟通方案 (5-7分钟) Develop a Communication Plan - 5-7min speech							
分析个人生活中过去或未来的商议 Analyze a past or future negotiation in your life - “商议目标设定”资源 Negotiation Goal Setting resource This project focuses on identifying negotiation styles, engaging in mutually beneficial discussions, and finding and building common ground.					1		
确定自己的幽默风格，运用围绕某个核心信息的演讲中 This project focuses on using humor to enhance the message you deliver in your speech.			1				
在于培养对情感影响人际关系的理解 -至少两周时间的记录 Maintain a journal for min 2 week - 项目完成表 Project Completion Form This project addresses elements of emotional intelligence. It is designed to help you understand your own emotions and the emotions of others.						1	
培养或增强对冲突解决步骤和策略的了解。 This project is designed to introduce conflict resolution strategies and provide an opportunity to resolve a conflict scenario within an interactive activity.				1			
了解说服型演讲的类型并在俱乐部会议上发表说服型演讲 -说服型演讲大纲工作表 Persuasive Speech Outline Worksheet This project focuses on helping you to develop and support a viewpoint, and identify the most appropriate type of persuasive speech for your topic.		1					
重点介绍如何组织中心思想并开发沟通方案 -制定沟通方案 Develop a communication plan -“撰写沟通方案”资源 Write a Communication Plan resource This project focuses on how to formulate a central message and develop a communication plan for a target audience.							1

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Level 3 Increasing Knowledge 增长知识 【一个所需作业(1) + 至少两项选修项目(2 & 3)】							
Choose an Elective 一个选修作业 与听众交流 (5-7分钟) 练习与不熟悉的听众交流所需的技能 Connect with Your Audience - 5-7min speech 通过社交建立关系 (5-7分钟) Make Connections Through Networking - 项目完成表 Project Completion Form This project focuses on how to network effectively and understanding the importance of being a professional ally to people in your network. 主动倾听(5-7分钟) Active Listening - 5-7min speech 发表社交演讲 (两次3到4分钟) Deliver Social Speeches - 2x3-4min speeches 使用演示软件 (5-7分钟) Using Presentation Software - 5-7min speech 故事产生共鸣 (5-7分钟) Connect with Storytelling - 5-7min speech 创建高效的视觉辅助工具 (5-7分钟) Creating Effective Visual Aids - 5-7min speech							
		2&3		2&3	2&3	2&3	2&3
		2&3	2&3	2&3	2&3	2&3	2&3
		2&3	2&3		2&3		2&3
		2&3	2&3	2&3	2&3	2&3	2&3
		2&3	2&3	2&3	2&3	2&3	2&3
		2&3	2&3	2&3	2&3	2&3	2&3
		2&3	2&3	2&3	2&3	2&3	2&3
		2&3	2&3	2&3	2&3	2&3	2&3

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Level 3 Increasing Knowledge 增长知识 【一个所需作业(1) + 至少两项选修项目(2 & 3)】							
Choose an Elective 一个选修作业							
使用描述性语言 (5-7分钟) Using Descriptive Language - 5-7min speech - 撰写演讲，以增添语言修饰来提高关注度和影响为重点。 This project addresses the difference between literal and figurative language along with how to determine when to use each to create vivid descriptions.		2&3	2&3	2&3	2&3	2&3	2&3
关注积极的一面 (5-7分钟) Focus on the Positive -2-3min report or 5-7min speech -每天记下自己的情绪和态度，至少持续两周时间 (Record your daily moods & attitudes for minimum of 2 weeks) -项目完成表 Project Completion Form -2到3分钟的报告，5到7分钟的演讲 This project addresses strategies for improving your personal interactions by understanding the impact of your attitudes and thoughts on daily interactions.		2&3	2&3	2&3	2&3	2&3	2&3
激励你的观众 (5-7分钟) Inspire Your Audience - 5-7min speech -撰写演讲稿并发表激励他人的演讲。选择意在激励听众的主题 This project addresses how to present a speech in an enthusiastic and inspiring fashion to establish a strong rapport with your audience.		2&3	2&3	2&3	2&3	2&3	2&3
为面谈做好准备 (5-7分钟) Prepare for an Interview - 5-7min speech -在面谈中恰当地展现自我所要求的技能。 -确认你的技能工作表，面谈须知资料 -在俱乐部会议上做一次5至7分钟的角色扮演访谈 This project addresses the skills you need to identify and speak about personal strengths and present yourself well in an interview of any type.		2&3	2&3	2&3	2&3	2&3	2&3
了解抑扬顿挫 (5-7分钟) Understanding Vocal Variety - 5-7min speech -运用抑扬顿挫来强化演讲效果 This project addresses the importance of vocal variety when giving a speech and provides activities to develop and nurture its use.		2&3	2&3	2&3	2&3	2&3	2&3
有效的身体语言 (5-7分钟) Effective Body Language - 5-7min speech -留意自己有意和无意识肢体语言的情况下发表演讲，以及学习、练习和改进在运用非言语沟通的方式。发表演讲时 This project focuses on how to recognize body language used when speaking publicly and how to use gestures to enhance speech content.			2&3	2&3	2&3	2&3	2&3
了解幽默感 (5-7分钟) Know Your Sense of Humor - 5-7min speech -学习撰写幽默的故事，增强演讲本身的幽默感 This project focuses on understanding what makes you laugh and how to share that with an audience.		2&3		2&3	2&3	2&3	2&3
研究与展示 (5-7分钟) Researching & Presenting - 5-7min speech 主题研究演讲 围绕任何主题发表组织有序、做充分研究与展示的演讲 This project addresses strategies for selecting a topic, suggestions for research and methods for producing a well-organized speech.		2&3	2&3	2&3	2&3	2&3	2&3

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Level 4 Building Skills 培养技能 【一个所需作业(1) + 至少一项选修项目(2)】							
A Required Project 一个所需作业							
应对变化 (5-7分钟) Manage Change - 5-7min speech	重点介绍如何制定变化管理计划 - 制定“变化管理”计划 Create a change management plan - “为变化做准备”工作表 Prepare for Change worksheet - “写下沟通方案”资源 Write a Communication Plan resource This project focuses on how to plan for change, develop a communication plan, and identify obstacles to success.				1		
即兴演讲中增添幽默的威力 (两次2到3分钟) The Power of Humor in an Impromptu Speech 2x2-3min speeches	掌握发表即兴演讲和练习在演讲中调整预先编排好的故事的方法，添加幽默感策略 This project focuses on developing strategies for adding humor to any speech, especially impromptu speeches.		1				
激励他人 (5-7分钟) Motivate Others - 5-7min speech	- 建立团队并激励团队完成可让你的俱乐部受益的项目 Build & motivate a team to complete a project that benefits your club - “团队建设活动”资源 The TB Activities Resource - 360°评估 360° evaluation This project focuses on how people are motivated. It is designed to help you build your leadership skills by effectively motivating team members					1	
在困境中领导 (5-7分钟) Leading in Difficult Situations - 5-7min speech	针对意外变化进行调整以确定最终计划的策略 - 构思详细的项目计划 Design a detailed project plan - “项目计划”资源 Project Plan resource - “项目计划概述”资源 Project Plan Overview resource - “意外情景假设”资源 Plan Disruption Ideas resource - 表述解决意外情况方案的即兴演讲 An impromptu speech to present solutions to disruptions This project focuses on the fundamentals of managing challenges, analyzing difficult situations and identifying best strategies for overcoming adversity.			1			
传达变化 (5-7分钟) Communicate Change - 5-7min speech	锻炼如何有效向群体或组织传达变化的技能 - 制定“传达变化”的方案 Develop a plan for Communicating Change This project focuses on creating a communication plan by gathering evidence to support the need for change and communicating change with your audience.						1
应对棘手的听众 (5-7分钟) Managing a Difficult Audience - 5-7min speech	在 Toastmasters 俱乐部之外发表演讲时应对棘手听众所需的技能 This project covers common behaviors of difficult audience members and how to address each behavior in a calm, effective and professional way.	1					

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Level 4 Building Skills 培养技能 【一个所需作业(1) + 至少一项选修项目(2)】							
Choose an Elective 一个选修作业							
公共关系策略 (5-7分钟) Public Relations Strategies - 5-7min speech	针对某一群体或情况有效使用公共关系策略所需的技能 -制定公共关系策略 Create a PR strategy This project focuses on how to promote awareness of an organization, formulate a public relations strategy & use various public relations tactics.	2	2	2	2	2	2
应对棘手的听众 (5-7分钟) Managing a Difficult Audience - 5-7min speech	在 Toastmasters 俱乐部之外发表演讲时应对棘手听众所需的技能 This project covers common behaviors of difficult audience members and how to address each behavior in a calm, effective and professional way.		2	2	2	2	2
创建播客 (2-3分钟) Create a Podcast - 2-3min speech	阐述开发播客、创建有趣内容和组织连贯节目所需的技能 -录制60分钟的播客内容 Record 60min of podcast content -2到3分钟的介绍演讲 2-3min introduction speech This project addresses the skills you need to develop a podcast, create interesting content & organize a cohesive program. You will learn how to record and upload it to the internet.	2	2	2	2	2	2
建立社交媒体影响力 (5-7分钟) Building a Social Media Presence - 5-7min speech	通过运用对社交媒体的理解来增强社交媒体的影响力 -建立或增强社交媒体影响 Establish or enhance a social media presence - 项目完成表 Project Completion Form This project addresses how best to use different types of online communication. You will create and maintain an online profile to promote yourself or an organization.	2	2	2	2	2	2
创建引人入胜的博客 (2-3分钟) Write a Compelling Blog - 2-3min speech	创建引人入胜的博客并成功建立互动关系的基本要素 -每个月都要维护博客，并且至少发八篇帖子 Maintain a blog & posting at least 8 times in 1 month - 博客评估表格 Blog Evaluation Form & 项目完成表 Project Completion Form This project addresses the basics of developing a compelling blog and successfully engaging a readership.	2	2	2	2	2	2
在线会议管理 (20-25分钟)会议 Manage Online Meetings 20-25min online meeting or webinar	- “在线会议议程”资源 Online Meeting Agenda resource - “在线会议基本要素”资源 Online Meeting Basics resource -计划和举行一场20到25分钟的在线会议或网络研讨会 Plan & conduct a 20-25min online meeting or webinar This project addresses how to effectively conduct online meetings and webinars, prepare and organize necessary visual aids, & lead w/confidence.	2	2	2	2	2	2
问答环节 (5-7分钟) Q&A Session	在于了解并练习保证问答环节顺利进行 A Q&A session after the speech This project addresses how to prepare to answer questions and provide information clearly, concisely and with confidence.	2	2	2	2	2	2
成功管理项目 (5-7分钟) Manage Projects Successfully - 5-7min speech	-建立团队 Build a team -制定项目计划 Create a project plan -项目计划资源 Project Plan resource -围绕计划做一次2到3分钟的演讲 2-3min speech of your plan -与你的团队一起完成计划 Complete the plan with your team This project focuses on skills needed to effectively manage a project,develop rapport with stakeholders andcultivate strong relationships with a team.	2	2	2	2	2	2

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PATHS (Projects listed are not according to sequence)	Tasks	 Presentation Mastery 精通演讲	 Engaging Humor 运用幽默	 Persuasive Influence 有说服力的影响	 Dynamic Leadership 动态领导	 Motivational Strategies 激励策略	 Visionary Communication 愿景沟通
Level 5 Demonstrating Expertise 展示专业知识 【一个所需作业(1) + 反思您的学习路线项目(2) + 至少一项选修项目(3)】							
A Required Project 一个所需作业							
应对不同情形的领导力 (8-10分钟) Lead in Any Situation - 8-10min speech - 担任志愿者领导至少六个月 Serve in a leadership for min 6 months - 360° 评估 360° evaluation This project focuses on leadership and recognizing the need to adapt your style based on the situation and the people you lead.					1		
发表包含幽默内容的演讲 (18-22分钟) Deliver Your Message with Humor - 18-22min speech - 发表一篇18到22分钟的主题式幽默演讲，可以选择使用视觉辅助工具。 This project focuses on creating a keynote-length speech that effectively delivers a message and humor to an audience.			1				
团队建设 (2-3分钟的报告) (5-7分钟的演讲) Team building - 2-3min report or 5-7min speech - 与一支小型团队共同构思和举办团队建设活动 Work with a small team to design & host a TB Event - 团队建设活动资源 TB Activities resource - 团队建设活动评估资源 TB Event Evaluation resource This project addresses the benefits of team building. It is designed to help you build a sense of collaboration and within a team completing a project, trust						1	
高效领导力 (两次5到7分钟) High Performance Leadership - 2x5-7min speeches - 选择，引导项目以及与团队共同完成项目 Select, lead & complete a project with a team - 组建指导委员会并与指导委员会至少召开五次会议 Form & meet with a guidance committee at least 5 times - 指导委员会介绍资源 Guidance Committee intro resource - 会议议程资源 Meeting Agenda resource - 项目计划概述资源 Project Plan Overview resource - 项目计划 Project Plan resource - 愿景计划 Vision Plan resource - 活动策划表 Event Planning Worksheet - 360° 评估资源 360° Evaluation resource The focus of this project is to design and complete a project with well-defined goals, lead a team and be accountable to a guidance committee.				1			
为职业演讲做好准备 (18-22分钟) Prepare to Speak Professionally - 18-22min speech - 撰写和发表较长的演讲 - 18到22分钟的主题演讲 18-22min Keynote-style speech - 演讲大纲工作表 Speech Outline Worksheet This project is designed to help you define the attributes of professional speakers and apply that understanding to your own skills as a speaker.		1					
完善愿景 (两次5到7分钟) Develop Your Vision - 2x5-7min speeches - 制定愿景并设定实施愿景的计划 Develop a vision & establish a plan to Implement it - 想法图工作表 Idea Map Worksheet - 目标设定工作表 Goal Setting Worksheet - 目标任务列表 Goal Task List - 愿景计划资源 Vision Plan resource - 项目完成表 Project Completion Form							1

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Level 5 Demonstrating Expertise 展示专业知识 【一个所需作业(1) + 反思您的学习路线项目(2) + 至少一项选修项目(3)】								
A Required Project 一个所需作业								
反思你的学习路线 (10-12分钟) Reflect On Your Path - 10-12min speech -10-12分钟演讲分享完成学习路线过程中个人成长，选择的演讲风格跟演讲内容相符合 -At a club meeting, present a 10 to 12 min speech to share your experience completing your path. Your speech may be in any style that appeals to you and supports yr speech content. This project is designed to give you an opportunity to share your experience at the end of your path.			2	2	2	2	2	2
Choose an Elective 一个选修作业								
有所认知 (5-7分钟) Lessons Learned - 5-7min speech -协调"有所认知"会议 Facilitate a lessons learned meeting -记录"有所认知"会议 的成果 Document the results of the lessons learned meeting -360° 评估资源 360° Evaluation Resource -有所认知回复日志 Lessons Learned Response Log -指标日志 Metrics Log This project addresses how to identify the discussion points of a large group meeting, encourage a culture of contribution and voicing opinions, and...			3	3	3	3	3	3
主持专题讨论 (20-40分钟) Moderate a Panel Discussion - 20-40min speech -概述: 计划和主持一场20到40分钟的专题讨论 Plant & moderate a 20-40min panel discussion -"在线会议基本要素"资源 Panelist Basics resource -项目完成表 Project Completion Form This project addresses the skills needed to successfully moderate a panel discussion and how to be an effective participant on a panel.			3	3	3	3	3	3
高尚领导力 (20-40分钟) Ethical Leadership - 20-40min speech -"道德框架"资源 Ethical Framework resource -组织并主持专题讨论和问答环节 Organize & moderate a pane lDiscussion as well as a Q&A session This project addresses the importance of recognizing the effect of decisions that impact ethics, best practices for making ethical decisions and developing an...			3	3	3	3	3	3
高效领导力 (两次5到7分钟) High Performance Leadership - 2x5-7min speeches -选择, 引导项目 以及与团队共同完成项目 Select, lead & complete a project with a team -组建指导委员会并与指导委员会至少召开五次会 Form & meet with a guidance committee at least 5 times -指导委员会介绍资源 Guidance Committee intro resource -会议议程资源 Meeting Agenda resource -项目计划概述资源 Project Plan Overview resource -项目计划 Project Plan resource -愿景计划 Vision Plan resource -活动策划表 Event Planning Worksheet -360° 评估资源 360° Evaluation resource The focus of this project is to design and complete a project with well-defined goals, lead a team and be accountable to a 'guidance committee.			3	3		3	3	3
为职业演讲做好准备 (18-22分钟) Prepare to Speak Professionally - 18-22min speech -撰写和发表较长的演讲 - 18到22分钟的主题演讲 18-22min Keynote-style speech -演讲大纲工作表 Speech Outline Worksheet This project is designed to help you define the attributes of professional speakers and apply that understanding to your own skills as a speaker.				3	3	3	3	3
带领志愿者组织 (5-7分钟) Leading in Your Volunteer Organization - 5-7min speech -担任志愿者领导至少6个月 Serve in a volunteer leadership role for a min of 6 mths -针对你的领导技能进行360°评估 Conduct a 360° evaluation of r leadership skills -制定继任计划 Creating a succession plan, "继任计划"资源 Succession Plan resource, "360°评估"资源 360° Evaluation resource This project focuses on the skills required to lead in a volunteer organization and the importance of recognition and reward in motivating volunteers.			3	3	3	3	3	3

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