



WHERE LEADERS ARE MADE
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Mentor's Moment

Today's Topic: Applause

Three quick thoughts about Applause during a Toastmasters Meeting/Session:

1. Purpose

- To recognize other Toastmasters for their participation in the meeting/session
- Because Toastmasters is a Learning Laboratory, **we practice customs and techniques** we may not commonly use elsewhere, **which is why we clap or applaud** lots of things during a Toastmasters meeting/session
- Some of us, sadly, have had few times in our lives where others have visibly and audibly cheered on us for an accomplishment
- But as speakers and leaders, we need to be comfy when an audience breaks out in applaud and not so startled we lose our focus
- Also, as speakers and leaders, we should be on "autopilot" in leading applause for others by initiating the applause when and where warranted

2. Best Practices and Our Heritage

- In a Toastmasters meeting/session, **always clap (applaud) when a person is introduced and after that person is finished speaking**
- For example, when the Meeting/Session Toastmaster calls on someone to speak, clap (applaud) for a few seconds. When they are done, clap again.
- Rinse. Repeat. For every other speaker during the meeting/session...
- For online meetings, wave your hands, wave your fingers, or clap (which may not be very visible since we usually clap with our hands in front of our bodies, obscuring the view of our hands)

3. Business Application

- Everything we do in Toastmasters has a direct application to the business world
 - This includes applause
 - **As leaders, we need to celebrate any and all accomplishments** of those we lead, those we serve, and those we love
 - Whether serving as a meeting/session Toastmaster or an Emcee as a company function, lead by example. Thus, we must lead the applause, we must be the ones who concentrate and those being recognized, not distracted by our smartphones or someone in the audience. **We lead by example**
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