



## **Global Training for Contestants in DISTRICTED ONLINE CONTESTS**

Aaron Leung  
DTM, EH5 (11 Paths)  
D89 H1 Area Director  
Project Infinity Chairperson  
(Personal Capacity)

# Aaron Bio

## 13 years in Toastmasters

### District Roles

D70 Pathways Advisor & Virtual Training Chair  
D89 H1 Area Director  
D76 Pathways Matrix Team

### Mentor & Coach

Mentor:

【[Toastmasters](#)】 [MUSE](#), [Lohas](#), [Pros](#)  
& [Comms](#), [Gobeyond](#) etc.

【[TEDx](#)】 [TEDxYouth@Houshayu](#) etc.

【[Others](#)】 : JCI 2018 Chief Judge  
(Semi Finals)



### Project Infinity (9 Years)

Supporting 450+ online attendance clubs  
Coaching over 100 clubs &  
Visiting 650+ Toastmasters clubs  
YLP, Gavel Clubs & Prison Clubs

### Club

President: [Lohas & Health Century](#) (2019)  
Past President: [C.C.com](#) (2018) [Victoria](#) (2016)  
VPE: [C.C.com/Diversity](#) (2019)

### Recent Achievements

Completed 11 Paths in Pathways Program  
District 89 Table Topics Second Place  
Division D Evaluation(Second)  
Division D International (Third)  
Joint Online International Speech (Champion)  
Triple Crowns in 3 Districts within 1 year  
Highest Educational Award Achiever  
(2 years in a row)

## Appreciation

Please remember to Credit your  
Resources.

Aaron Leung, DTM EH5  
Project Infinity Chairperson  
D89 H1 Director, Hong Kong

# Agenda

1. Contest RULES & REGULATIONS

2. Contestant MUST-KNOWs

3. Contestant Tips to Excel in Online Contest

# Rules

# Eligibility and originality

## SPEAKER'S CERTIFICATION OF ELIGIBILITY AND ORIGINALITY



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**All contestants must complete this form before the contest and submit it to the chief judge at each level of competition.**

Club No. \_\_\_\_\_  
District \_\_\_\_\_

**Eligibility** (To be completed for all contests)

I certify that I am eligible to compete, under the current speech contest rules, I am a paid member of a club in good standing and meet all other eligibility requirements.

To be eligible to compete in any official Toastmasters speech contest, a member must be a paid member of a club in the area, division, and district in which he or she is competing. The club must also be in good standing. In addition, to be eligible to compete in the International Speech Contest, a member must have completed at least six speech projects in the Complete Communication manual or earned certificates of completion in Levels 1 and 2 of any path in the Toastmasters Pathways learning experience prior to the club contest. Contestants in speech contests other than the International contest do not need to meet this requirement.

The following are ineligible to compete in any Toastmasters speech contest:

- a) A member serving as a voting judge or tiebreaking judge beyond the club level for a contest type in which the member is still competing or intends to compete
- b) Incumbent international officers and directors
- c) Region advisors or region advisor applicants
- d) District officers whose terms expire June 30:
  1. District director
  2. Program quality director
  3. Club growth director
  4. Administration manager
  5. Finance manager
  6. Public relations manager
  7. Division director
  8. Area director
- e) International officer and director candidates
- f) Immediate past district governors
- g) District officers or candidates campaigning for elected positions for the term beginning the upcoming July 1
- h) Preservers of education sessions, contest chair, contest Toastmasters, chief judges and event committee chairs for the event at which the contest will be held, including area, division, and district events, as well as the International Convention

Contest chair, chief judges, voting judges, tiebreaking judges, timers, counters, signposts at area and test speakers may not compete in the contest at which they are serving.

Toastmasters who are members in more than one club and who meet all other eligibility requirements are permitted to compete in each club contest in which paid membership is held. No contestant can compete in more than one area speech contest of a given type, even if the two areas are in different divisions or districts.

Contestants must maintain eligibility at all levels of any contest. If at any level it is determined that a contestant was ineligible to compete at any previous level, the contestant must be disqualified. This disqualification must occur even if the ineligibility is discovered at a later level and has been corrected.

Signature

Printed Name

**Originality** (To be completed for all contests)

Name of Contest (check one):     Humorous     Tall Tales     International     Evaluation     Table Topics\*

Contest Level:     Club     Area     Division     District     Semifinal     World Championship

Date of Contest: \_\_\_\_\_

<https://toastmasters53.org/wp-content/uploads/ti-all-districts-online-speech-exception-03122020.pdf>

# CONTEST TIMINGS

Evaluation (Prep time: 5 mins)

Evaluation – (2, 2.30, 3 mins) -/+ 30 secs

Table Topics – (1, 1.30, 2 mins) + 30 secs (below 1 min = disqualification\*\*)

International – (5, 6, 7 mins) -/+ 30 secs

OTHERS – (5, 6, 7 mins) -/+ 30 secs

Pass the timer record to  
Chief Judge -



# Test your sound and video system

**Audio → Use a headset / Check sound system**

**Video → Check video settings**

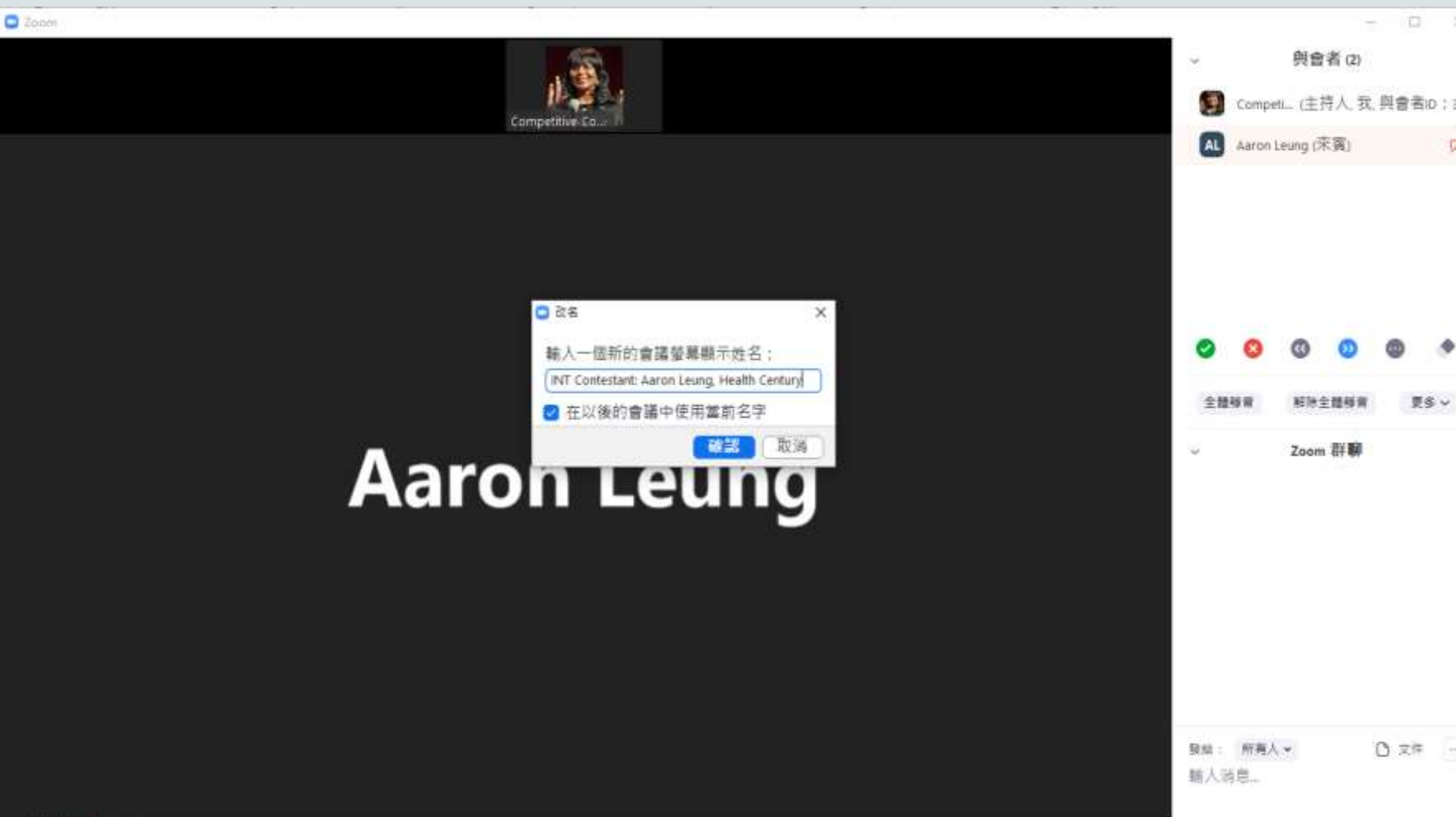
**(Check on the upper arrow button)**



If their audio / webcam  
Not working

Last resort:  
Use your phone!

# Basic Zoom Skills



Rename:  
(Short forms)

Z. Master – Zoom Master

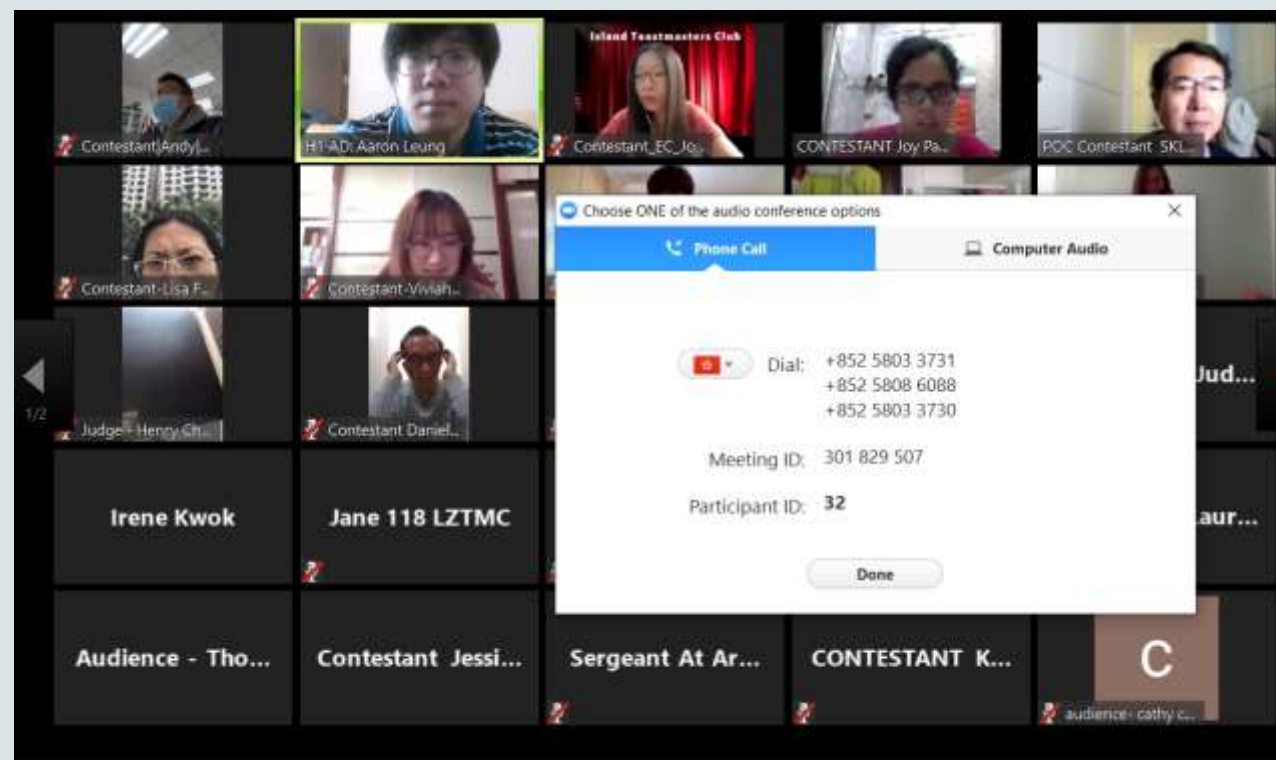
INT.- International

E. - Evaluation

TT. – Table Topics

M. - Mandarin

# Speaker v Gallery



I have been assigned to the contest room  
But I cannot see it 😞

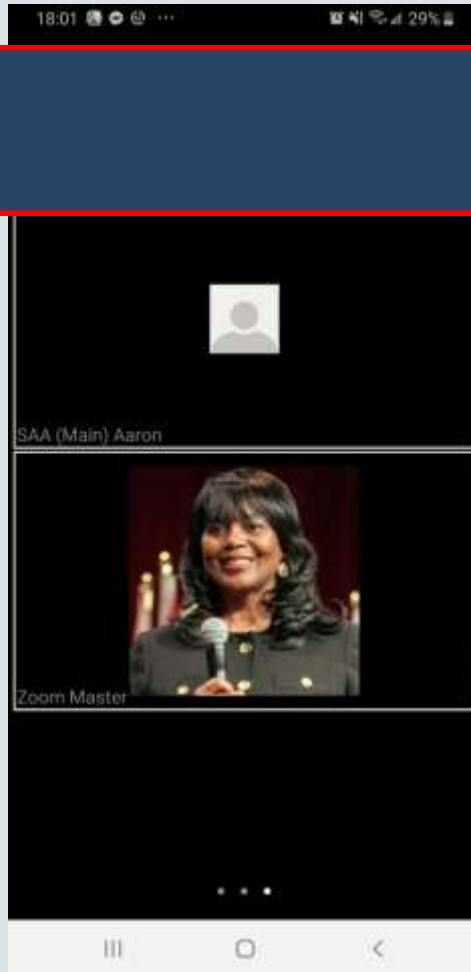


Mobile



Laptop

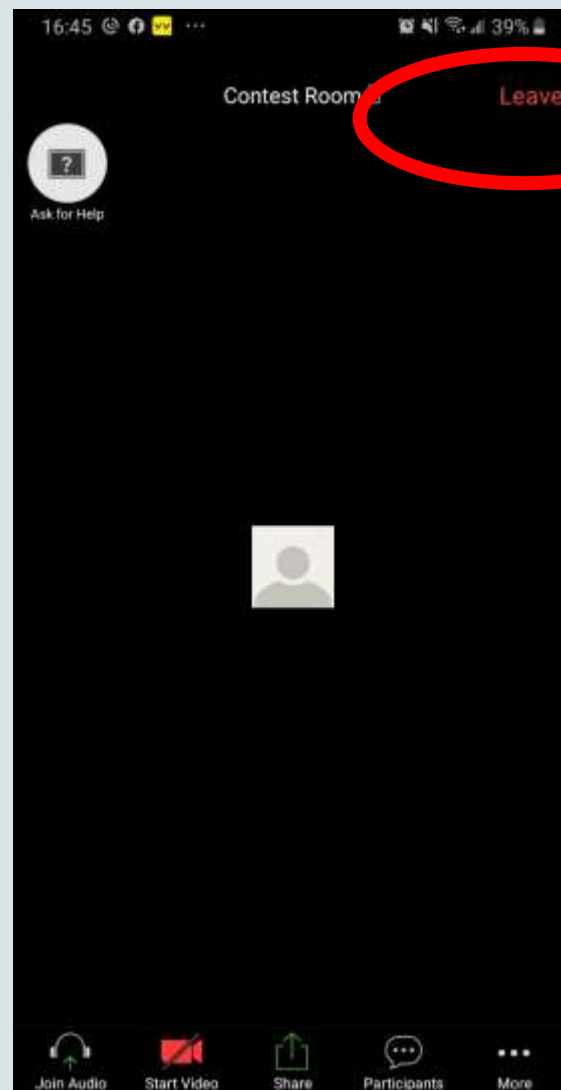
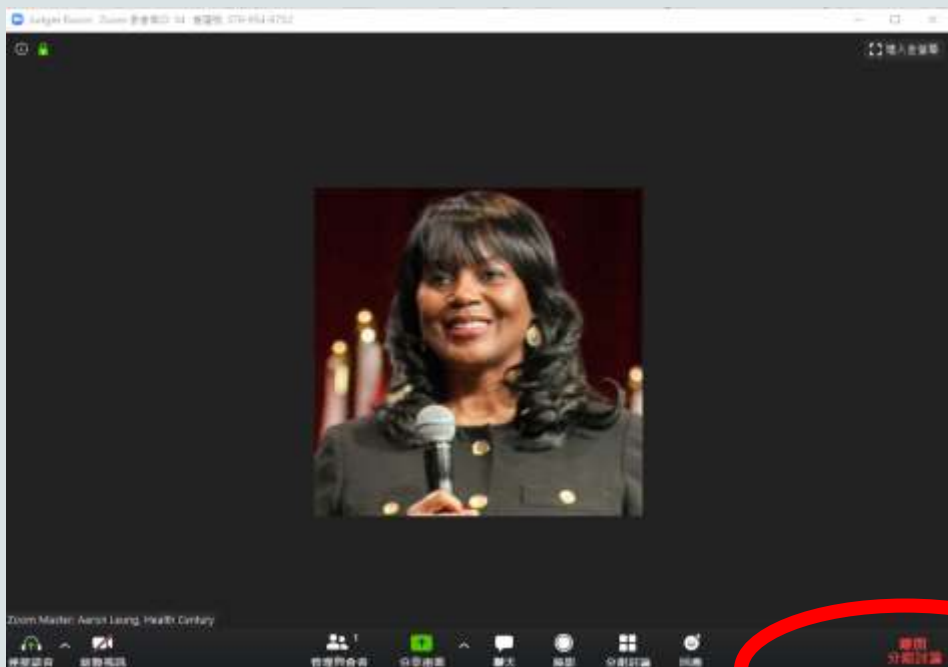
# To some: Pin Video on Timer



**Mobile:**  
Swipe Left, double tap “timer”

**Laptop:**  
Find timer → Pin video

# Avoid itchy-touchy



Contestants do **NOT to click** leave the meeting.

You only leave when their contests have been completed.

# **DISCONNECTION**

Notify the Contest Chair/ Chief Judge  
Immediately



# 10 AMAZING CONTEST TIPS



# Tip 1: Your webcam is your friend😊 (Eye-Contact)



# Poor Examples



## Tip 2: Test your stage



ABCspeakingSkills.com

Dan Howden

## Tip 2: Test your stage



## Tip 3: Avoid Speaking/ Moving too fast (Power of Pauses)



## Tip 3: Avoid Speaking/ Moving too fast (Power of Pauses)



# Tip 4: The power of Connection





## Tip 5: Simplicity is always the key



## Tip 6: Speak Genuinely



## Tip 7: Widen your stage?



## Tip 7: Impact



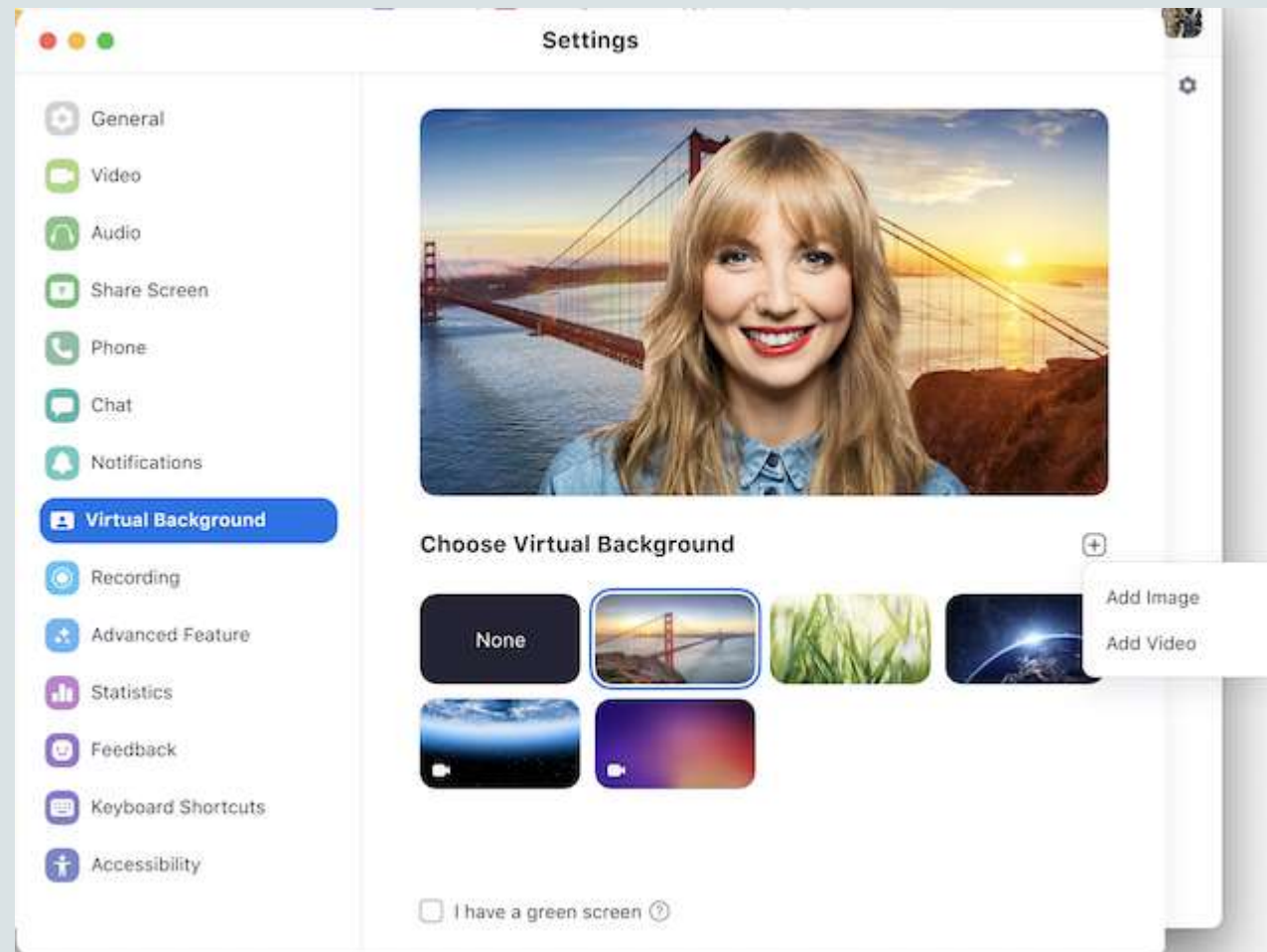
## Tip 7: Camera



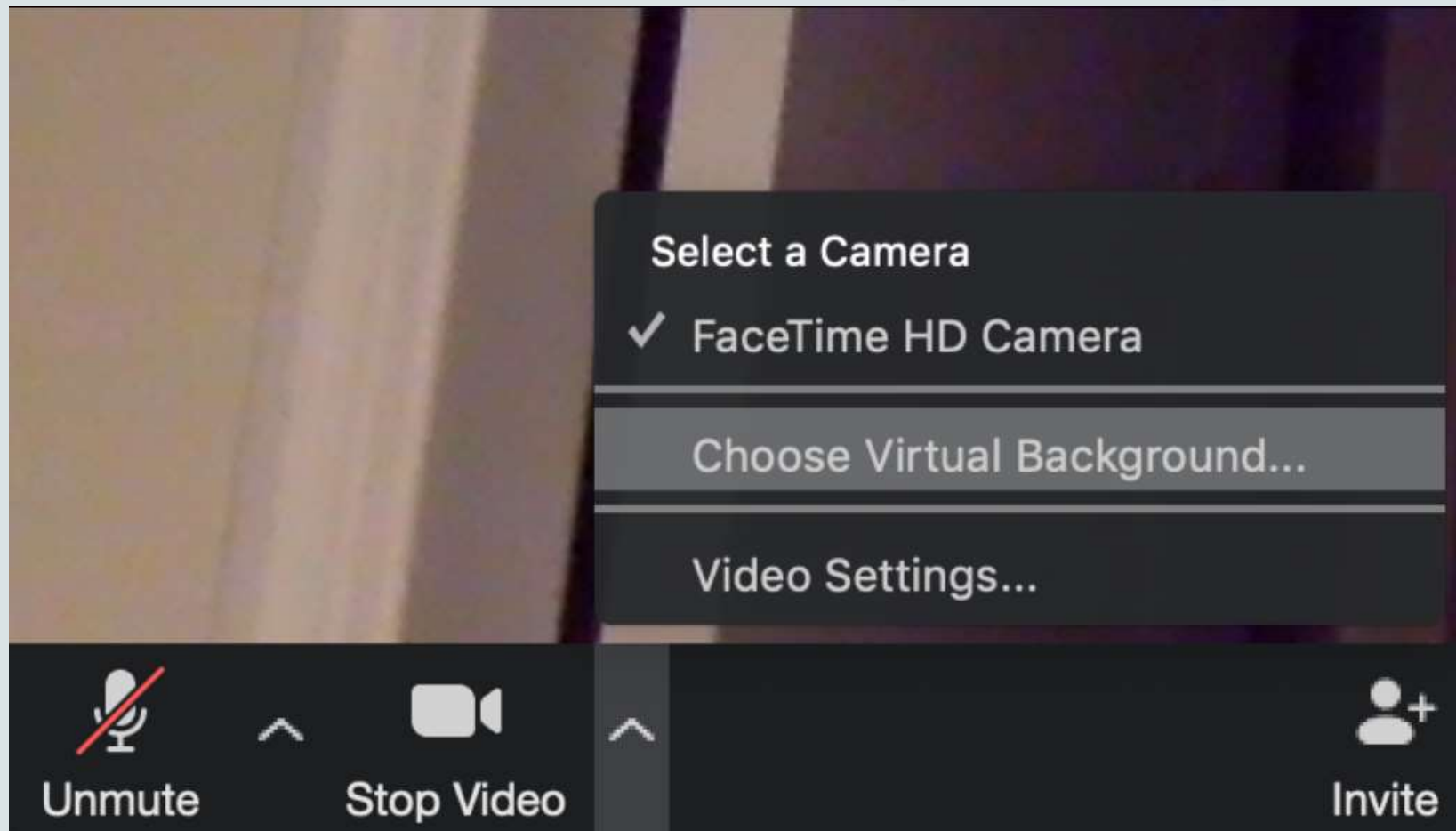
### 3 Recommendations

Logitech, Microsoft LifeCam, Genius

# Tip 8: Personalize your stage



## Tip 8: Personalize your stage

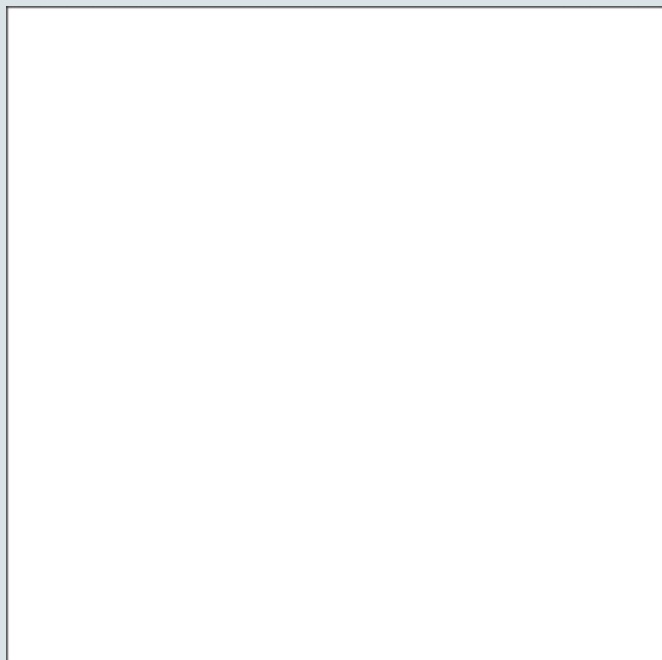


# Tip 8: Personalize your stage





# BEWARE! (Requirements)



# BEWARE! (Requirements)

Good  
Lighting



# Other options



ManyCam



Sparkocam

# Tip 9: Dress Appropriately / Appear Professionally



# Tip 9: Dress Appropriately / Appear Professionally



## Tip 10: Smile & Have fun



# Bonus Tip 11: Keep Rehearsing & Be Comfortable



## Bonus Tip 12: VISUALISE YOUR WIN 😊





# Contestant Training😊

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Q & A

# Credits & Recommendations

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Special Thanks to:

Emily Ho & Jim Wan from D89 (On assisting on the flowchart)

Molly Yip, Angela Lee (D89) & Sheryl Poirier (D64) For inspiring me to push my limits 😊

Online Attendance Community (Project Infinity)

<https://www.facebook.com/groups/Toastmastersclubswithonlineattendance/>

Recommendations:

Virtual Toastmasters (D64) (Great Hospitality))

Very Best Toastmasters (D45) (Small cozy group)

Digital Transformation Toastmasters (D2) (Professionally held)

Lohas Toastmasters (Mandarin) (D118) (Whereby having fun is the key)

Competitivecommunicators.com (U) (Champion 2018 Online taped speech contest & TM magazinex3)

Gobeyond (U) (China)

Diversity (U) (Japan)

Pros and Comms (U) (India)

Singapore Online (U) (Singapore)