

Kapolei Toastmasters (KTM)
Thursday, 12:00-1:00PM
Kapolei Hale, Conference Room C
Meeting Recap
(Submitted by Joyce Bullion, TM and Holly Holloway, TM,
Kapolei Toastmasters)

1. Opening of Meeting:

- James Fu called the meeting to order and welcomed our members and guest to the meeting. We had 7 members and 1 guest.
- In attendance were KTM Members: Barney, James, Holly, Sara, Owen, Bryan, and Rose. Our guest was Dustin Alford.

2. Education Session:

- James introduced Owen Tamamoto ACB,ABL and shared the purpose of the Workshop. The Title of the workshop was “Evaluating to Motivate”.



- Owen presented a dynamic seminar/workshop on “Evaluating to Motivate.” Learning to evaluate is like taking a journey. We learn and then we teach and by teaching, we learn.



- Owen handed out a worksheet: What to do “Before the speech”:
 1. Understand your main purpose (encourage and motivate).
 2. Three essential elements of motivation: **Mastery, Autonomy and Purpose**
 3. Goals of the speaker and speech.
- What to do “During the Speech”:
 1. Observe the speaker, the audience and my thoughts.
 2. Self-awareness of what I am seeing, hearing and feeling
 3. Take notes.
- What to do “In-Between the Speech and the Evaluation:”
 1. Organize your thoughts
 2. Pick a way to organize your evaluation.
 - G**(good)
 - I** (Interesting)
 - F** (for next time)-ways to improve
 - T** (Express Thanks)
 - P** (Positive)
 - I** (Interesting)
 - N** (Next time)
 - UP**-End on an upbeat note.
- “Giving the Evaluation:”
 1. Apply the 6 plus 1 rule (6 positives to 1 suggestion for growth)
 2. Use a model such as **GIFT or PINUP**
 3. Evaluate the speech and not the person
 4. Avoid negative statements or making demands; use requests instead.
 5. Say what you like and why using specific language and examples.
 6. Conclude on a positive note-connect back to opening statement and recap key points.

- “After the Evaluation:” 1. Share additional feedback with the speaker. 2. Reconnect with speakers **MAP**.

3. Practical Application

- Owen gave 2 speeches: 1 Humorous 2. Poetry Reading
- Evaluation was done by the group in which all attendees participated.



- ### 4. Announcements and Adjournment:
- International and Table Topics Contest on February 13 and Open House on March 20.