



EPSOM SPEAKERS CLUB

A Guide to Being Warm Up Artist

Here is a simple pocket book guide to help you understand the role of Warm Up Artist(e) at Epsom Speakers. If you are undertaking this role for the first time, it can feel more daunting without clear instruction. This guide can be used to supplement any advice given by your mentor.

During the meeting

As the warm up artist(e) the Toastmaster (TM) will call upon you to perform your role. Shake hands with the TM as you arrive at or leave the stage. You will explain how your role helps everyone to feel relaxed and warm up their vocal chords; provide a topic in 1-2 minutes that encourages easy responses and give your own example. Begin with a member seated on the end of the front or back rows and wind through the audience in a snake like way, inviting all members to share their story in maximum of 15** seconds. Alternatively, use your own way of working through the rows. **Inform guests that it is optional for them to participate** but encourage them to do so. Remember to close the session by thanking everyone for taking part and then hand the stage back to the TM.

** The maximum time depends on the number of people in the room and on the length of the meeting agenda. If there are about 25 people in attendance, go with 20 seconds as the maximum time. However, if there are 30+, a maximum time of 15 seconds is preferable. The entire warm up session should last no longer than 10 minutes.

If you need help, ask a fellow club member. Enjoy yourself, have fun and be professional; learn by your mistakes, we've all made them and that is why Toastmasters is such a supportive environment.