

# Cathey Armillas

## Competent Toastmaster (CTM)

- The Ice Breaker
- Speak w/Sincerity
- Organize Your Speech
- Show What You Mean
- Vocal Variety
- Work with Words
- Apply Your Skills
- Add Impact To Your Speech
- Persuade with Power
- Inspire Your Audience

Date Completed: 01/12/2005

## Advanced Toastmaster – Bronze (ATM-B)

- Achieve CTM award
- Complete two *Advanced Communications & Leadership* manuals

- Humorously Speaking**
- Entertaining Speaker**

Date Completed: 06/21/2006

## Communication Track

## Advanced Communicator – Silver (AC-S)

- Achieve new ATM-B award
- Complete two *Advanced Communications & Leadership* manuals

- Speaking to Inform**
- Specialty Speeches**

Conduct any two programs from *The Better Speaker* series and/or *The Successful Club* series

- Evaluate to Motivate** [3/21/07]
- Organize Your Speech** [4/25/07]

Date Completed: 08/29/2007

## Advanced Communicator – Gold (AC-G)

- Achieve new AC-S award
- Complete two *Advanced Communications & Leadership* manuals

- Storytelling**
- Interpretive Reading**

Conduct a Success/Leadership Program, Success/Communication Program, or a Youth Leadership Program

- Youth Leadership** [3/2/08]
- Coach a new member with the 1<sup>st</sup> three speech projects. [7/12/06]

Date Completed: 5/14/08

## Leadership Track

## (old) Competent Leader (CL)

- Achieve CTM award
- Serve at least six months as a club officer  
Office **Secretary** Date 01/2004 - 06/2004
- Participate in the preparation of a Club Success Plan  
Date: 01/2004
- Participate in a District-sponsored Club Officer training program while serving as a club officer. Date: 01/2004
- Conduct any two programs from *The Successful Club* or *Leadership Excellence* series

**Motivating People** Date: 09/06/2006

**Goal Setting & Planning** Date: 10/18/2006

Date Completed: 10/18/2006

## Advanced Leader Silver (AL-S)

- Achieve (old) CL –or- (new) ALB award
- Serve a complete term as a District officer  
Office: **Area 64 Governor** Date: 2007-2008
- Complete the High Performance Leadership Plan  
Date: 06/01/2008
- Serve successfully as a **Club Sponsor**, Club Mentor, or Club Coach  
Club# 1121115 Date: Feb08 - Apr08

Date Completed: 07/01/2008

## Distinguished Toastmaster

To qualify for **DTM**, complete both the *Communication* AND the *Leadership* track by achieving **AL** and **ATM-G**