

Michael Long

Communications Track

**Competent Communicator (CC)**

- The Ice Breaker
- Organize Your Speech
- Get To The Point
- How To Say It
- Your Body Speaks
- Vocal Variety
- Research Your Topic
- Get Comf w/Visual Aids
- Persuade w/ Power
- Inspire Your Audience

Completed: \_\_\_\_\_

**Advanced Communicator Bronze (ACB)**

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

\_\_\_\_\_

Completed: \_\_\_\_\_

**Advanced Communicator Silver (ACS)**

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

\_\_\_\_\_

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

\_\_\_\_\_  
Date: \_\_\_\_\_

\_\_\_\_\_  
Date: \_\_\_\_\_

Completed: \_\_\_\_\_

**Advanced Communicator Gold (ACG)**

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

- Coach a new member with the 1st three speech projects

Completed: \_\_\_\_\_

Leadership Track

**Competent Leader (CL)**

- Listening/Leadership
- Critical Thinking
- Giving Feedback
- Time Management
- Planning/Implementation
- Organize/Delegate
- Facilitation Skills
- Motivating People
- Mentoring
- Team Building

Completed: \_\_\_\_\_

**Advanced Leader Bronze (ALB)**

- Achieve CL award
- Serve at least 6 mo. as Club Officer  
Office: \_\_\_\_\_  
Date: \_\_\_\_\_
- Participate in prep of Club Success Plan  
Date: \_\_\_\_\_
- Participate in District-sponsored Club Officer Training program while serving as Club Officer.  
Date: \_\_\_\_\_
- Conduct 2 programs from the *Successful Club* or *Leadership Excellence* series

\_\_\_\_\_  
Date: \_\_\_\_\_

\_\_\_\_\_  
Date: \_\_\_\_\_

Completed: \_\_\_\_\_

**Advanced Leader Silver (ALS)**

- Achieve ALB award
- Serve complete term as a District Officer  
Office: \_\_\_\_\_  
Date: \_\_\_\_\_
- Complete the High Performance Leadership Plan  
Date: \_\_\_\_\_
- Serve successfully as a *Club Sponsor*, *Club Mentor*, or *Club Coach*.  
Club #: \_\_\_\_\_  
Date: \_\_\_\_\_

Completed: \_\_\_\_\_

Toastmaster

DTM

Distinguished

Date Completed: \_\_\_\_\_