**AH-COUNTER (GRUNTSMASTER)**

The purpose of the ‘Ah-counter’ or ‘Gruntsmaster’ as the role is sometimes known, is to take note of words or sounds used as a ‘crutch’ or ‘pause filler ‘by anyone who has a speaking role at the Club meeting.

Speakers are often unaware that they use inappropriate interjections such as, *and, well, but, so, you know etc.* They may also use sounds such as*, um, ah, err.*

Some speakers may also use a word(s) repetitively which is a simple way of the mind buying time for them to think.

‘Crutch’ words are usually more prevalent in newer speakers to the club or during the Table Topics session when speakers are having to speak unprepared and ‘think on their feet’.

**Before the meeting**

Familiarize yourself with the agenda and those members who have speaking roles. You will need some paper and a pen to record your notes

**During the meeting**

Before the prepared speakers begin, the TME (Toastmaster of the evening) will ask you to give a brief description of your role.

You are allocated **1 minute** to convey this information to the audience

You will then record the details of each speakers ‘crutch’ words or repetitive sounds during the evening

At the end of the evening the TME (Toastmaster of the evening) will ask you to give your report.**.** The purpose of the report is not to criticise or discourage but raise awareness so that speakers can improve

You are allocated **1 minute** for your report

The Ah-counter role helps members to gain greater listening skills

**Please ensure that you have your first pathways level completed when you undertake this role.**

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