**Introduction: (1-min)**

**When the Toastmaster introduces you, walk to the lectern and assume control of the meeting:**

Toastmaster of the day, Fellow TM & Welcomed Guests!! Good Evening!!

Right now—you’re going to have the opportunity to participate in one of the most interesting and exciting portions of a Toastmasters Meeting--The Table Topics session.

**Briefly state the purpose of Table Topics and mention any theme.**

The purpose of this session is to have members practice Thinking and speaking on their feet. The skill of speaking on your feet will help you throughout your work career, and also in your home-life.

For the information of the guests and new members, Table Topics session is to:

1. Allow those **members who are not otherwise scheduled for a speaking role** to actively participate in the meeting.
2. Actively involve **guests** in the meeting and give them a “hands-on” flavor of Toastmasters.
3. Have fun!!

To help you practice today, I have prepared a few topics related to the Theme of the day *“XXX”.* I would request all speakers to use the word of the day “*XXX* ” in their speeches, if possible.   
A Table Topic presentation should last from 1 to 2 minutes.

"Timer/TM \_\_\_\_\_\_\_\_ can you explain the timing rule"

**Table Topics:**

Now - let’s begin today’s table topics.

Now who wants to be the first volunteer?

**Only members –WHITHOUT a speaking role- and guests are allowed to participate in the Table Topics. Do not allow any of the role players to participate.**

**Call for volunteers, encourage them till one accept to participate, you can call by name.**

**Involve the guests, have at least one participation from the guests.**

**Call the name of the participant**

**Ask the question**

**Repeat the question**

**Call the name again**

**---**

**Say thank you while shaking hand with the participants**

Who will be the next volunteer?

**Conclusion:**

**Ask for the timer report and ask if all speakers are qualified.**

Thank you all very much for participating in today’s Table Topics session. I really enjoyed your talks.

Please vote for the best table topics response using SLIDO/ZOOM

**Return the meeting to the Toastmaster of the Day!!**

Shake hands

Then return to your seat.

**Topics: (examples)**

**Be sure to coordinate your Table Topics theme with the Theme of the Day.**

**Be sure to choose short and clear topics.**

1. It is easier to prepare healthy meals than to treat obesity. Is it True??