

Ah Counter

Today, I am your Ah Counter.

My job is to listen for members using words and sounds as “fillers” and/or “Pregnant Pauses”. Examples of these are: “Um”, “Ah”, “And”, “Well”, “So”, “You Know”, etc...

I will also be listening for repeated words or phrases. Examples: “I,I”, “And, and”, “To, to”, etc...

The purpose for this is to help members learn how not to rely on verbal crutches when they speak. This will make their presentations sound professional and allow them to command respect and credibility when they present now and in the future.

During the meeting, when I hear one of these words, sounds, or phrases, I will click the clicker each time and record it. I will not, however, use the clicker for guests or for our formal speeches.

I will keep a running record for all speakers during the meeting and at the end, I will give my reports as to who said what and how many times they said it.