

5项核心技能

5项核心技能融入在每条路线，来扩展学习技能。

- 1 公众演说
- 2 人际沟通
- 3 策略领导
- 4 组织管理
- 5 建立自信

5个路线级别

每条路线根据复杂性分为5个等级。每阶段帮助您巩固和应用所学知识。

- 1 第一级：掌握基本知识
- 2 第二级：了解您的风格
- 3 第三级：增长知识
- 4 第四级：培养技能
- 5 第五级：展示专业知识

演讲的十大路线

分别列在各个路线名称旁边，每一条路线所代表的主要核心能力，皆按照其轻重重点，



动态领导

培养策略型领导者及提升化解冲突的技能

- 1
- 2
- 3
- 5



高效教练

培养和加强人际沟通、领导和指导技能

- 1
- 2
- 4
- 5



创新规划

培养和提升创意项目管理与沟通技能

- 1
- 4
- 2
- 5



领导力培养

培养和提升沟通与领导技能

- 1
- 2
- 4
- 5



激励策略

培养和提升激励领导和沟通技能

- 1
- 2
- 3
- 5



有说服力的影响

培养领导能力，在复杂的情况下发挥技能

- 1
- 3
- 2
- 5



精通演讲

培养掌握当众演讲技能

- 1
- 5



战略关系

建立人脉网络、提升领导和沟通技能

- 1
- 2
- 3
- 5



团队协作

培养协作式领导的技能

- 1
- 4
- 2
- 5





愿景沟通

建立和提升创新、沟通和领导技能

- 1
- 3
- 2
- 5











PATHWAYS PATHS & PROJECTS SUMMARY

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PATHS (Projects listed are not according to sequence)										
	Dynamic Leadership 动态领导	Effective Coaching 高效教练	Innovative Planning 创新规划	Leadership Development 领导力培养	Motivational Strategies 激励策略	Persuasive Influence 有说服力的影响	Presentation Mastery 精通演讲	Strategic Relationships 战略关系	Team Collaboration 团队协作	Visionary Communication 愿景沟通
Level 1 Mastering Fundamentals 级别1:掌握基本知识 【4次演讲 + 1次评论】										
Required Project 所需作业										
初试啼声 Ice Breaker	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
评估与反馈 Evaluation & Feedback	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
研究与展示 Researching & Presenting	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Level 2 Learning Your Style 级别2:了解您的风格 【两项所需作业 + 介绍Toastmasters导师计划】										
Two Required Project 两个所需作业										
了解你的领导风格 Understanding Your Leadership Style	✓	✓	✓	✓		✓		✓	✓	✓
了解你的沟通风格 Understanding Your Communication Style	✓	✓			✓		✓			✓
与听众交流 Connect with Your Audience			✓							
时间管理 Managing Time				✓						
主动倾听 Active Listening					✓	✓			✓	
有效的身体语言 Effective Body Language							✓			
跨文化理解 Cross-Cultural Understanding								✓		
介绍 TOASTMASTERS 导师计划 Intro to TM Mentoring	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓











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Level 3 Increasing Knowledge 增长知识 【一个所需作业(1) + 至少两项选修项目(2 & 3)】										
A Required Project 一个所需作业										
商议最佳结果 Negotiate the Best Outcome	1									
达成共识 Reaching Consensus		1								
提出建议 Present a Proposal			1							
计划与实施 Planning and Implementing				1						
了解情商 understanding Emotional Intelligence					1					
掌握解决冲突的方法 understanding Conflict Resolution						1				
说服型演讲 Persuasive Speaking							1			
通过社交建立关系 Make Connections Through Networking								1		
成功合作 Successful Collaboration									1	
开发沟通方案 Develop a Communication Plan										1
Choose an Elective 一个选修作业 (13 选 2)										
与听众交流 Connect with Your Audience	2&3	2&3		2&3	2&3	2&3	2&3	2&3	2&3	2&3
通过社交建立关系 Make Connections Through Networking	2&3	2&3	2&3	2&3	2&3	2&3	2&3		2&3	2&3
主动倾听 Active Listening	2&3	2&3	2&3	2&3			2&3	2&3		
发表社交演讲 Deliver Social Speeches	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
使用演示软件 Using Presentation Software	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
故事产生共鸣 Connect with Storytelling	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
创建高效的视觉辅助工具 Creating Effective Visual Aids	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
使用描述性语言 Using Descriptive Language	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
关注积极的一面 Focus on the Positive	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
激励观众 Inspire Your Audience	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
为面谈做好准备 Prepare for an Interview	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
了解抑扬顿挫 Understanding Vocal Variety	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3	2&3
有效的身体语言 Effective Body Language	2&3	2&3	2&3	2&3	2&3	2&3		2&3	2&3	2&3











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Level 4 Building Skills 培养技能 【一个所需作业(1) + 至少一项选修项目(2)】										
A Required Project 一个所需作业										
应对变化 Manage Change	1									
积极教练下的成长 Improvement Through Positive Coaching		1								
带领团队 Leading Your Team				1						
激励他人 Motivate Others					1				1	
传达变化 Communicate Change										1
公共关系策略 Public Relations Strategies								1		
应对棘手的听众 Managing a Difficult Audience							1			
在困境中领导 Leading in Difficult Situations						1				
成功管理项目 Manage Projects Successfully			1							
Choose an Elective 一个选修作业 (8 选 1)										
公共关系策略 Public Relations Strategies	2	2	2	2	2	2	2		2	2
应对棘手的听众 Managing a Difficult Audience	2	2	2	2	2	2		2	2	2
创建播客 Create a Podcast	2	2	2	2	2	2	2	2	2	2
建立社交媒体影响力 Building a social Media Presence	2	2	2	2	2	2	2	2	2	2
创建引人入胜的博客 Write a Compelling Blog	2	2	2	2	2	2	2	2	2	2
在线会议管理 Manage Online Meetings	2	2	2	2	2	2	2	2	2	2
问答环节 Q&A Session	2	2	2	2	2	2	2	2	2	2
成功管理项目 Manage Projects Successfully	2	2		2	2	2	2	2	2	2

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Level 5 Demonstrating Expertise 展示专业知识 【一个所需作业(1) + 反思您的学习路线项目(2) + 至少一项选修项目(3)】										
A Required Project 一个所需作业										
应对不同情形的领导力 Lead in Any Situation	1								1	
带领志愿者组织 Leading in Your Volunteer Organization								1		
举办成功的活动 Manage Successful Events				1						
团队建设 Team building					1					
高效领导力 High Performance Leadership		1	1			1				
为职业演讲做好准备 Prepare to Speak Professionally							1			
完善愿景 Develop Your Vision										1
反思您的学习路线 Reflect On Your Path	2	2	2	2	2	2	2	2	2	2
Choose an Elective 一个选修作业 (6 选 1)										
有所认知 Lessons Learned	3	3	3	3	3	3	3	3	3	3
主持专题讨论 Moderate a Panel Discussion	3	3	3	3	3	3	3	3	3	3
高尚领导力 Ethical Leadership	3	3	3	3	3	3	3	3	3	3
高效领导力 High Performance Leadership	3			3	3		3	3	3	3
为职业演讲做好准备 Prepare to Speak Professionally	3	3	3	3	3	3		3	3	3
带领志愿者组织 Leading in Your Volunteer Organization	3	3	3	3	3	3	3			3