



Ah-Counter

Listen for filler words and help speakers sound cleaner.

Purpose

The Ah-Counter helps members become aware of filler sounds, repeated words, and crutch phrases that weaken a message. The aim is not to catch people out. The aim is to help speakers sound more deliberate, fluent, and confident.

At Ballito Toastmasters, do not count fillers for guests unless they have asked for feedback. Guests should feel welcome first.

Before the meeting

- Bring a pen and a simple tracking sheet.
- Sit where you can hear every speaker clearly.
- Prepare a 20 to 30 second explanation of the role.
- If the Grammarian is also tracking language, agree who is reporting what.

What to listen for

- Filler sounds: ah, um, er.
- Repeated starts: so, well, and, but.
- Habit phrases: you know, like, basically, actually.
- Overlong pauses used as a filler rather than for impact.
- Repeated words that distract from the message.

Opening explanation

Good evening. As Ah-Counter, I will listen for filler sounds, crutch words, repeated phrases, and unnecessary pauses. These can distract listeners and make a speaker sound less confident. I will report patterns at the end of the meeting so we can all become more aware of our speaking habits.

During the meeting

- Track every prepared speaker and meeting role speaker.
- Keep your notes simple: name, filler type, count, and pattern.
- Do not let note-taking stop you from listening to the message.
- Look for improvement, not only mistakes.

Report structure

- Mention the overall pattern for the meeting.
- Recognise speakers who used few or no fillers.
- Give examples of repeated habits without embarrassing anyone.
- Offer one practical tip, such as pausing silently instead of filling the gap.
- Keep the report brief and kind.

Ballito Toastmasters Club

Meeting Role Guide



Report template

- Strongest control of fillers:
- Common filler pattern tonight:
- Speaker or role with clear improvement:
- One tip for the club:

Ballito standard

Use an exception report. Do not read every count for every person unless the General Evaluator specifically asks for a full report. Focus on patterns, progress, and one useful takeaway.

Source basis

- Toastmasters International Club Meeting Roles: <https://www.toastmasters.org/membership/club-meeting-roles>
- Toastmasters International Ah-Counter role: <https://www.toastmasters.org/membership/club-meeting-roles/ah-counter>
- Ballito Toastmasters local meeting role notes.