



Table Topics Speaker

Answer an impromptu question with a simple, confident structure.

Purpose

Table Topics helps you practise thinking on your feet. You receive a question or prompt and give a short, organised response without preparation.

Timing

Ballito standard timing is usually:

- Green: 1 minute.
- Amber: 1 minute 30 seconds.
- Red: 2 minutes.

The target is normally 1 to 2 minutes.

Simple response structures

Use one of these:

- Point, reason, example, point.
- Past, present, future.
- Yes, because...
- No, because...
- Story, lesson, closing line.
- First thought, deeper thought, final thought.

When you are called

- Take a breath before speaking.
- Repeat or reframe the question if useful.
- Choose a direction quickly.
- Make one clear point.
- Close decisively instead of trailing off.

If you go blank

- Start with what the question makes you think of.
- Tell a short personal story.
- Choose one side and defend it lightly.
- Use humour if it comes naturally.
- Pause silently. You do not need to fill every second.

Guest note

Ballito Toastmasters Club

Meeting Role Guide



Guests are welcome to participate only if they feel comfortable. It is always acceptable to observe first.

Ballito standard

Do not aim for a perfect answer. Aim for a clear answer with a beginning, middle, and end.

Source basis

- Toastmasters International Table Topics Speaker role:
<https://www.toastmasters.org/membership/club-meeting-roles/table-topics-speaker>
- Toastmasters International Club Meeting Roles: <https://www.toastmasters.org/membership/club-meeting-roles>
- Ballito Toastmasters meeting practice.