

## Script for Posture Bell

[Stand up]

Thank You, Mister/Madam Toastmaster, fellow Toastmasters, and welcome Guests!

As the Posture Bell Monitor, I'll be watching all meeting attendees to identify unusual or distracting posture such as: grasping the lectern, hands in pockets, forward or reverse "fig leaf", hair flipping, foot tapping, or other distracting gestures. When I notice these slips, I will ring the posture bell (ring the bell as an example), and note the posture.

I will not ring the bell during prepared speeches unless I am requested to do so by the speaker, and I will keep track of the posture in writing.

I will note an audience member's posture if it indicates that he/she is not paying attention to the speaker.

I'll report the results at the end of the meeting when called upon by the General Evaluator.

Mister/Madam Toastmaster

[Sit down]

Note: Don't feel embarrassed or like you are being too harsh by pointing out posture errors with the bell. Often, speakers don't realize that they are using distracting gestures. It is your job to help us realize our mistakes so we can correct them!