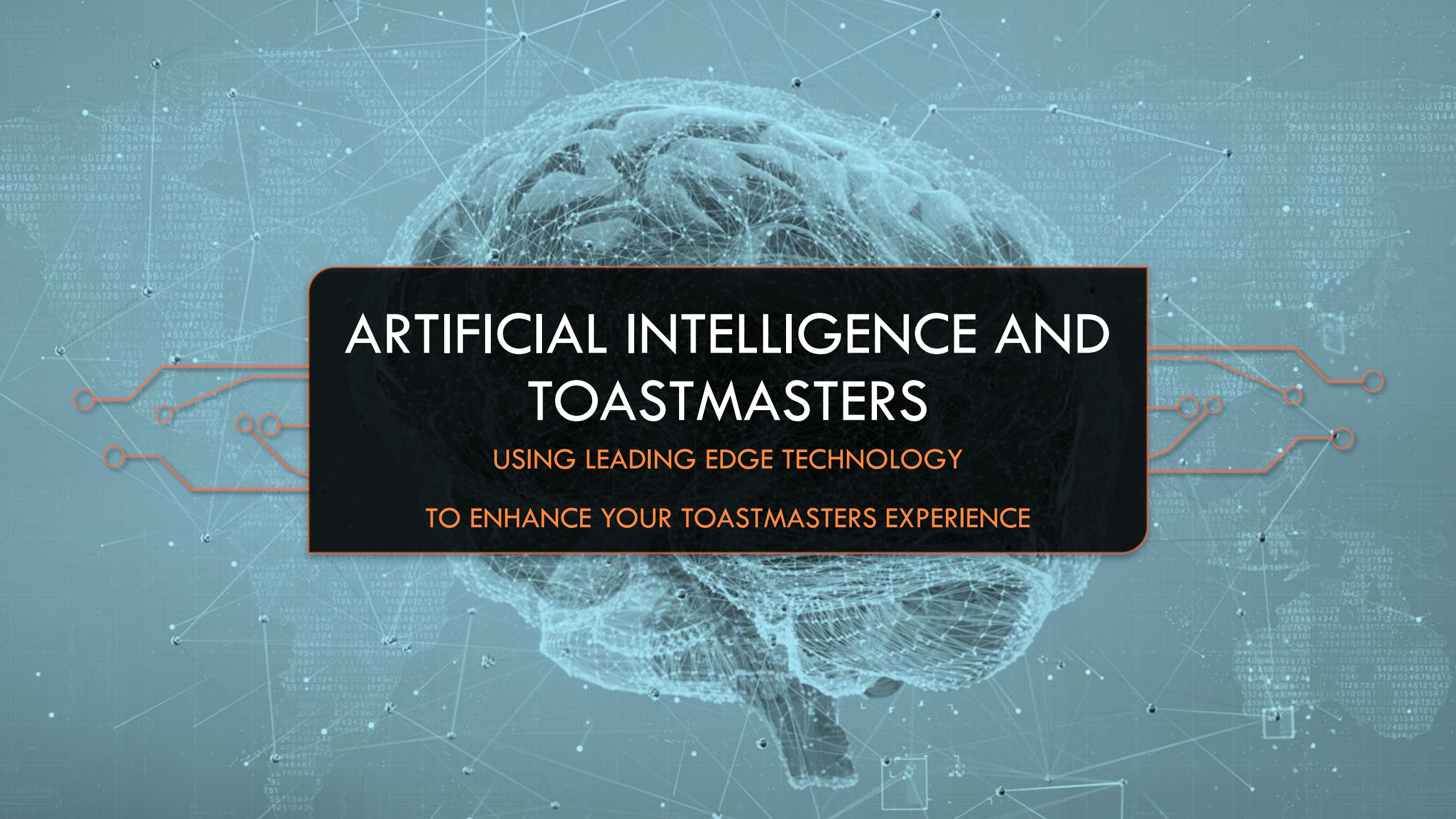

ARTIFICIAL INTELLIGENCE AND TOASTMASTERS
USING LEADING EDGE TECHNOLOGY
TO ENHANCE YOUR TOASTMASTERS EXPERIENCE

OBJECTIVES OF THIS SESSION

1

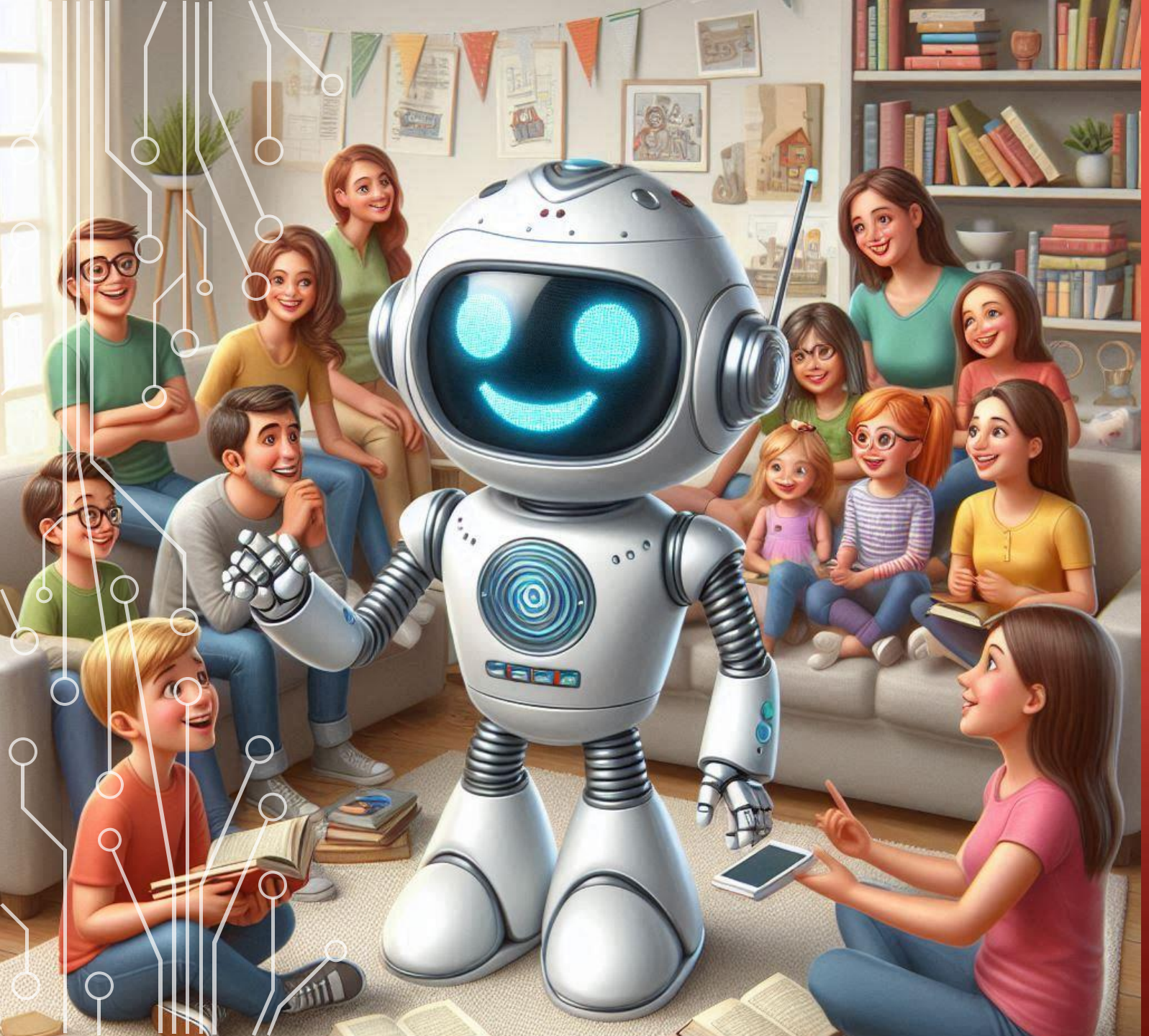
Answer the question “What is Artificial Intelligence?”

2

Introduce where Artificial Intelligence is leading us.

3

Break down the popular tools available and
how they can be used to help you with your Toastmasters experience.



WHAT IS ARTIFICIAL INTELLIGENCE?

- **Artificial Intelligence (AI)** is like teaching computers to think and learn in a way that mimics human intelligence.

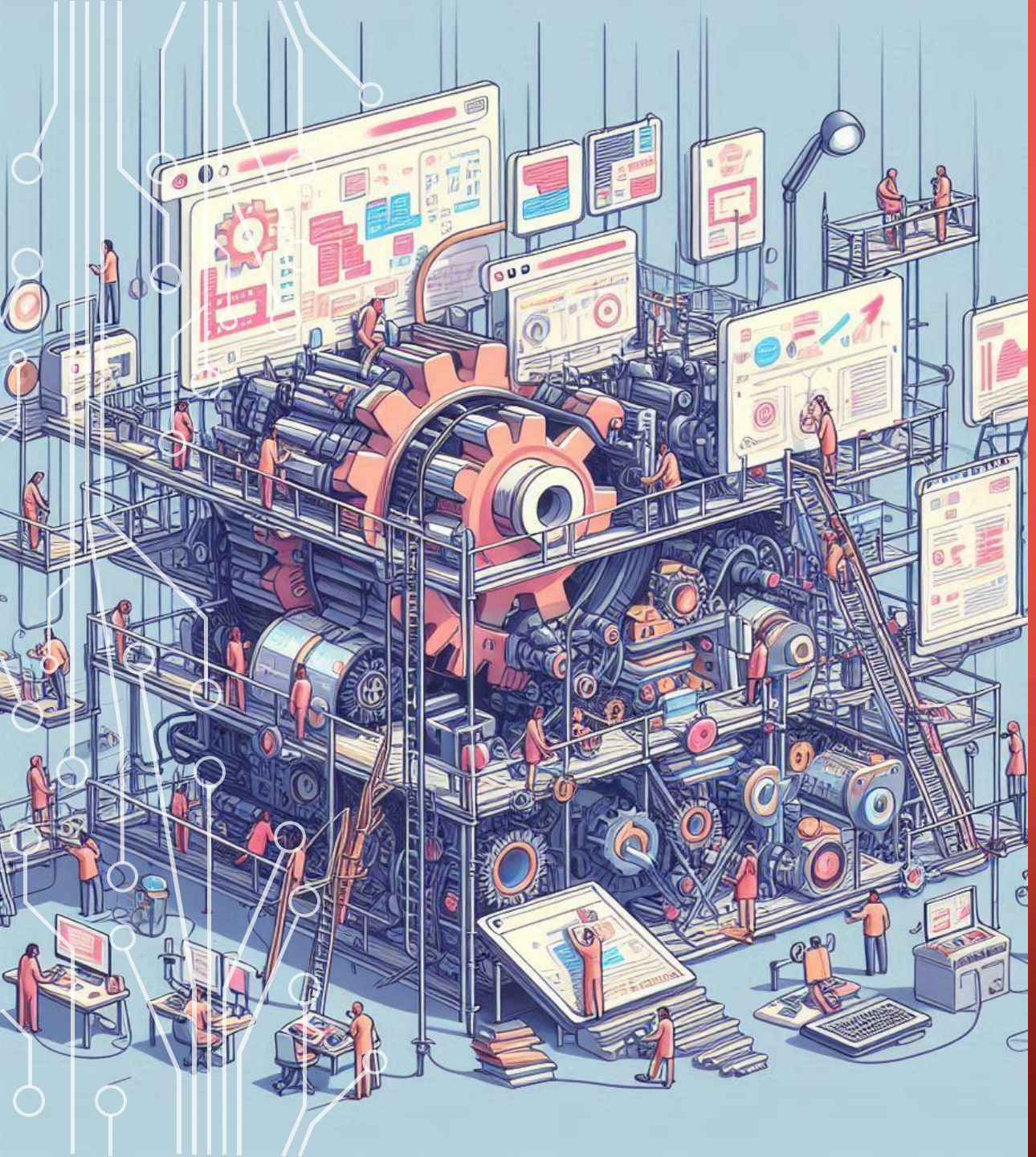
ARTIFICIAL INTELLIGENCE IS EVERYWHERE!

Virtual Assistants	Recommendation Systems	Self-Driving Cars
• Siri • Alexa • Google	• Netflix • YouTube	• Tesla • Others coming

NEXT INNOVATION: GENERATIVE ARTIFICIAL INTELLIGENCE

Generative AI refers to a type of artificial intelligence that can create new content, such as text, images, music, or even videos, based on the data it has been trained on.

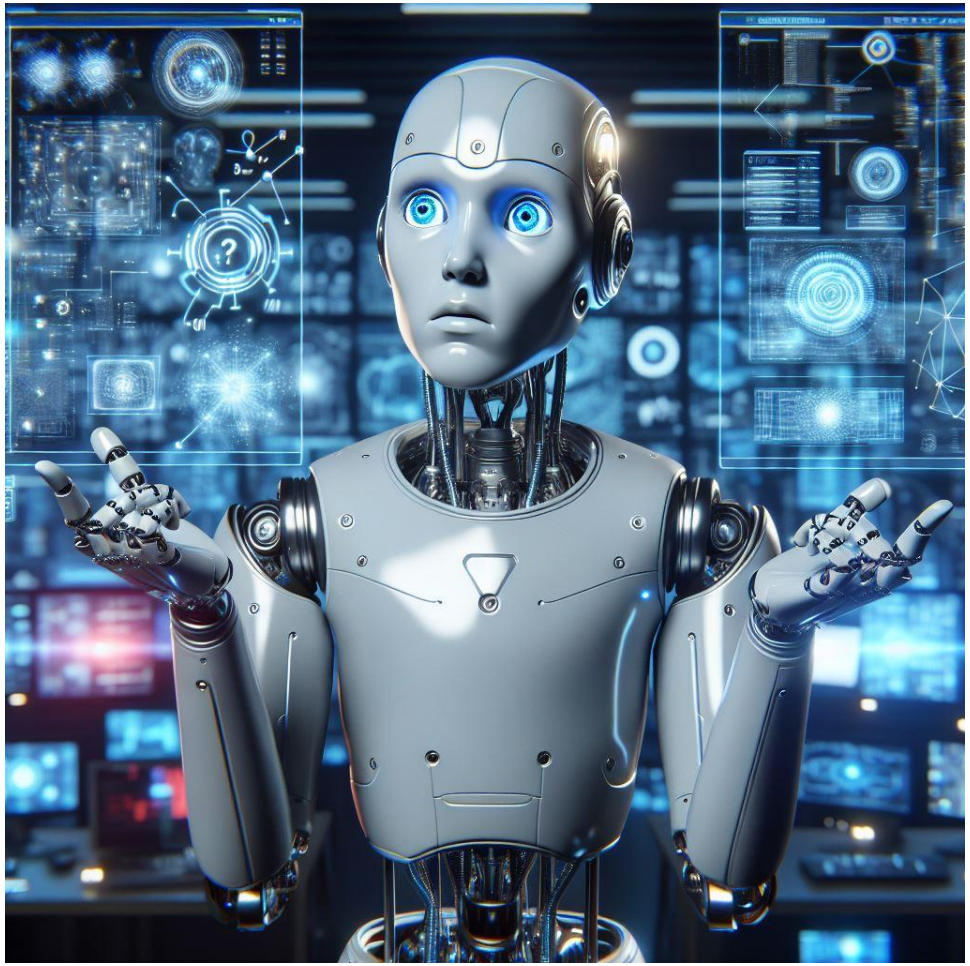
Unlike traditional AI, which might focus on analyzing or classifying data, generative AI is designed to produce original outputs that resemble the examples it has learned from.



LARGE LANGUAGE MODELS

A large language model (LLM) is an **artificial intelligence system** trained on **vast amounts of data** to **understand and generate human-like language**. It uses advanced algorithms to predict and produce coherent text based on the prompt provided.

LLMs are part of a family of Generative AI approaches being developed to generate text, images, sound, and video.



I'M CONFUSED!

- What the heck are we talking about here?
- Will I be able to use it?

EVOLUTION OF ONE VERSION OF THIS TECHNOLOGY

30 Nov. 2022

OpenAI introduced ChatGPT using the GPT 3.5 as a free research preview.

1 Feb. 2023

OpenAI announced ChatGPT Plus, a paid subscription version.

7 Feb. 2023

Microsoft announces plans to integrate GPT powered features in Bing.

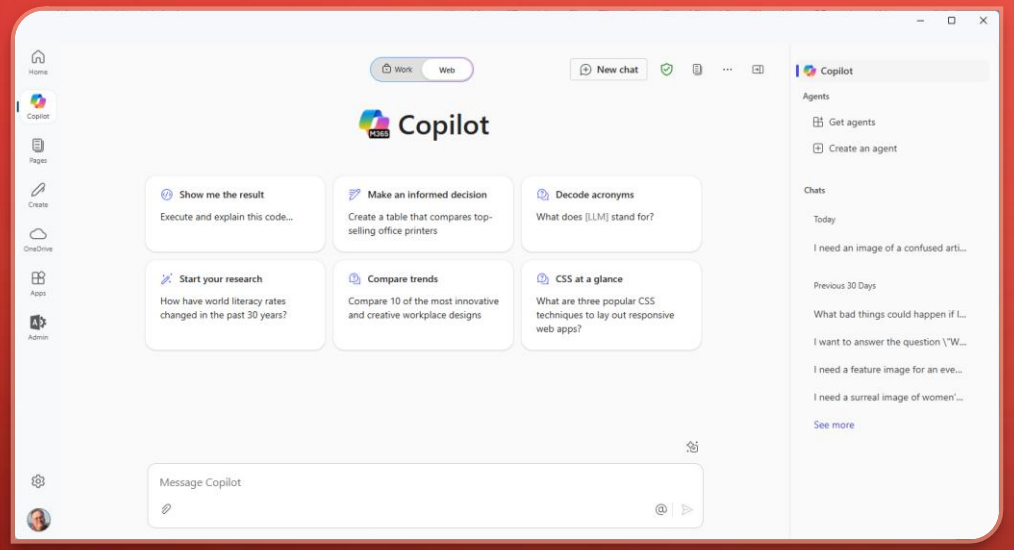
14 Mar. 2023

OpenAI releases GPT-4 which promises better reliability, creativity, and problem-solving skills.

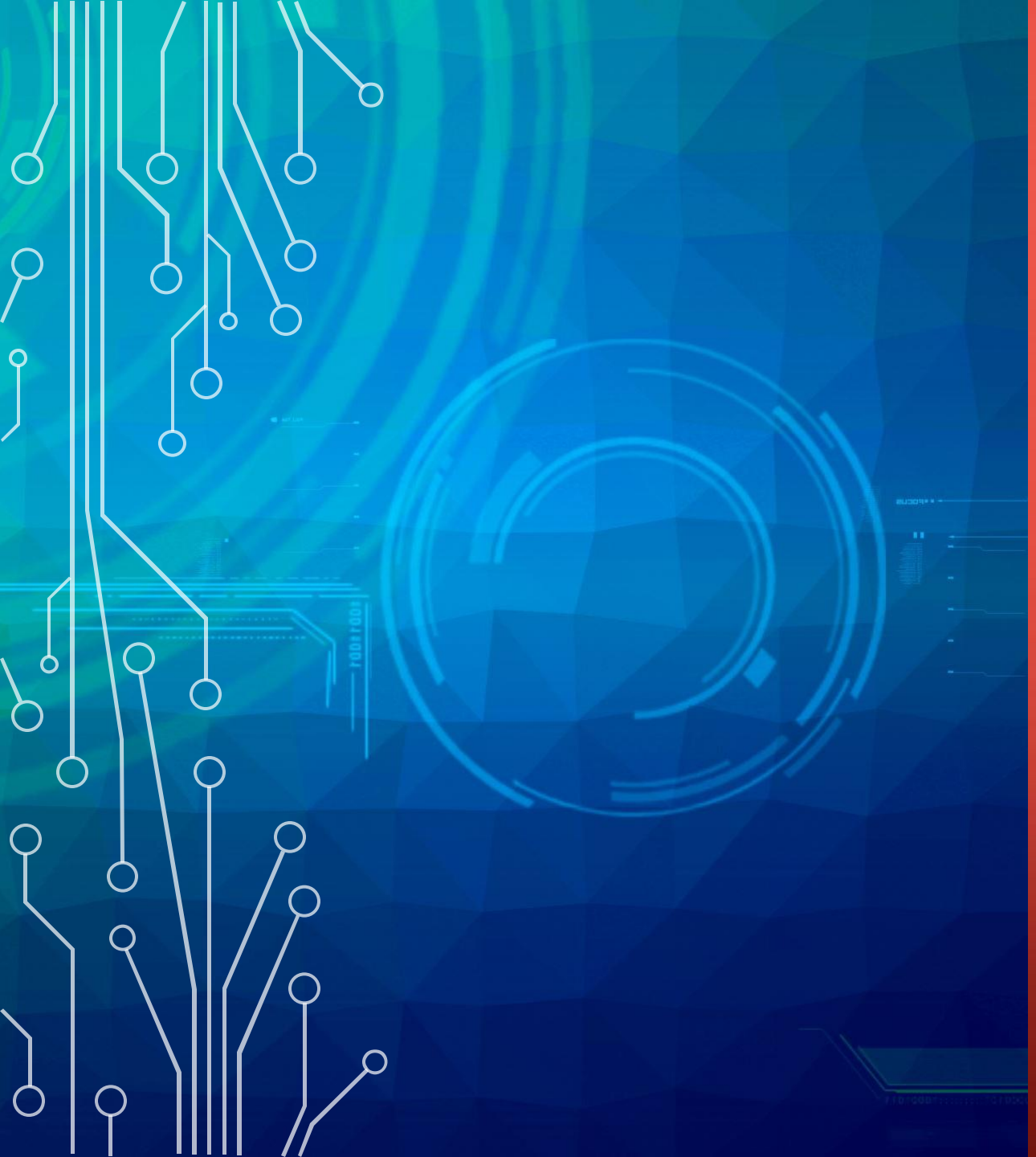
Oct. 2024

OpenAI continues to refine the GPT model to improve with OpenAI o1 as the next goal.

GETTING TOOLS

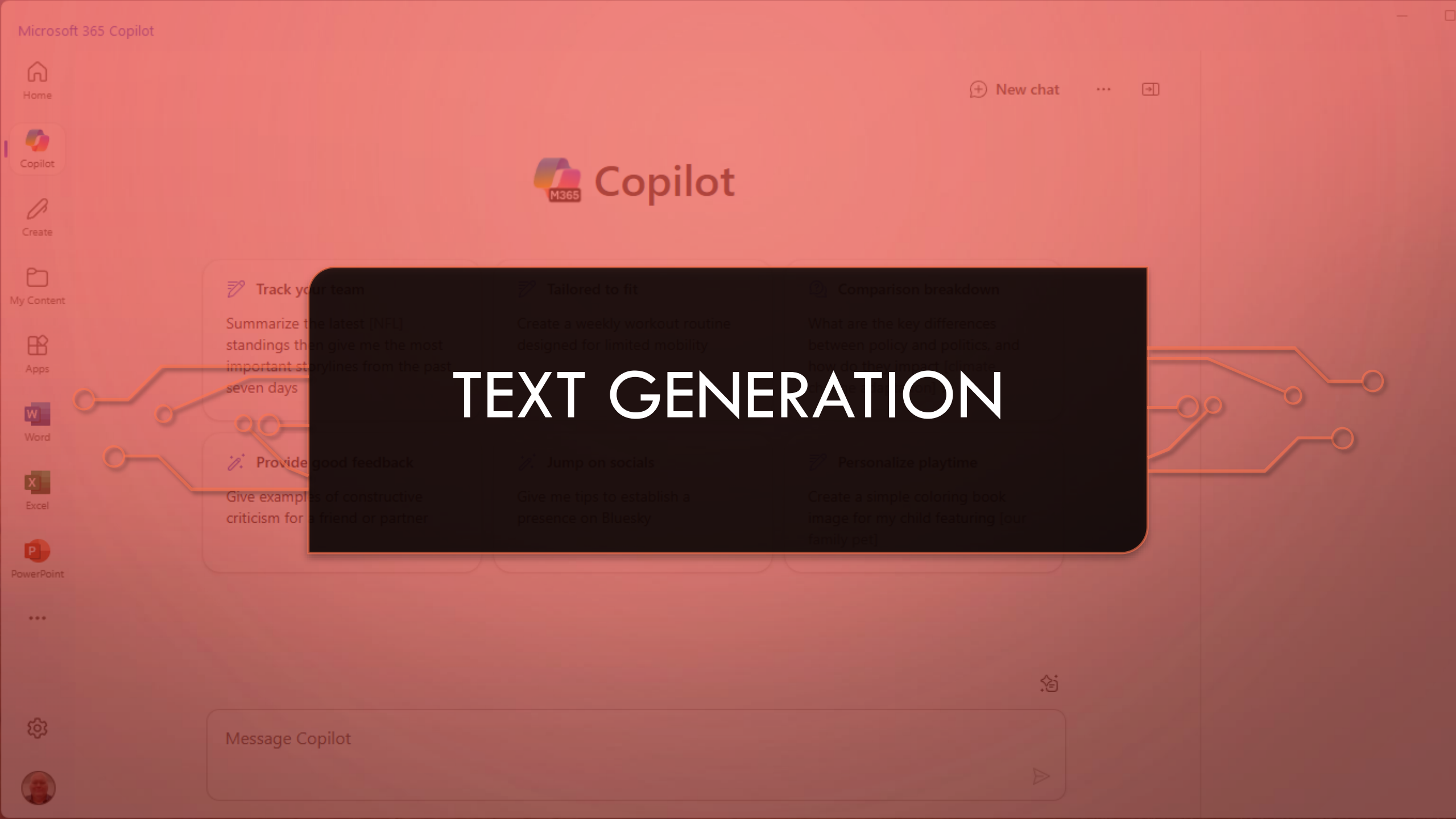


- Copilot
  - Use browser version at https://copilot.microsoft.com/
  - Install the Microsoft 365 Copilot app from the Windows store. https://apps.microsoft.com/detail/9WZDNCRD29V9?hl=en-us&gl=CA&ocid=pdpshare
  - Install the Microsoft 365 Copilot app on your phone or tablet.
- ChatGPT
  - Use browser version at https://chatgpt.com/
  - Download apps on your phone or tablet.

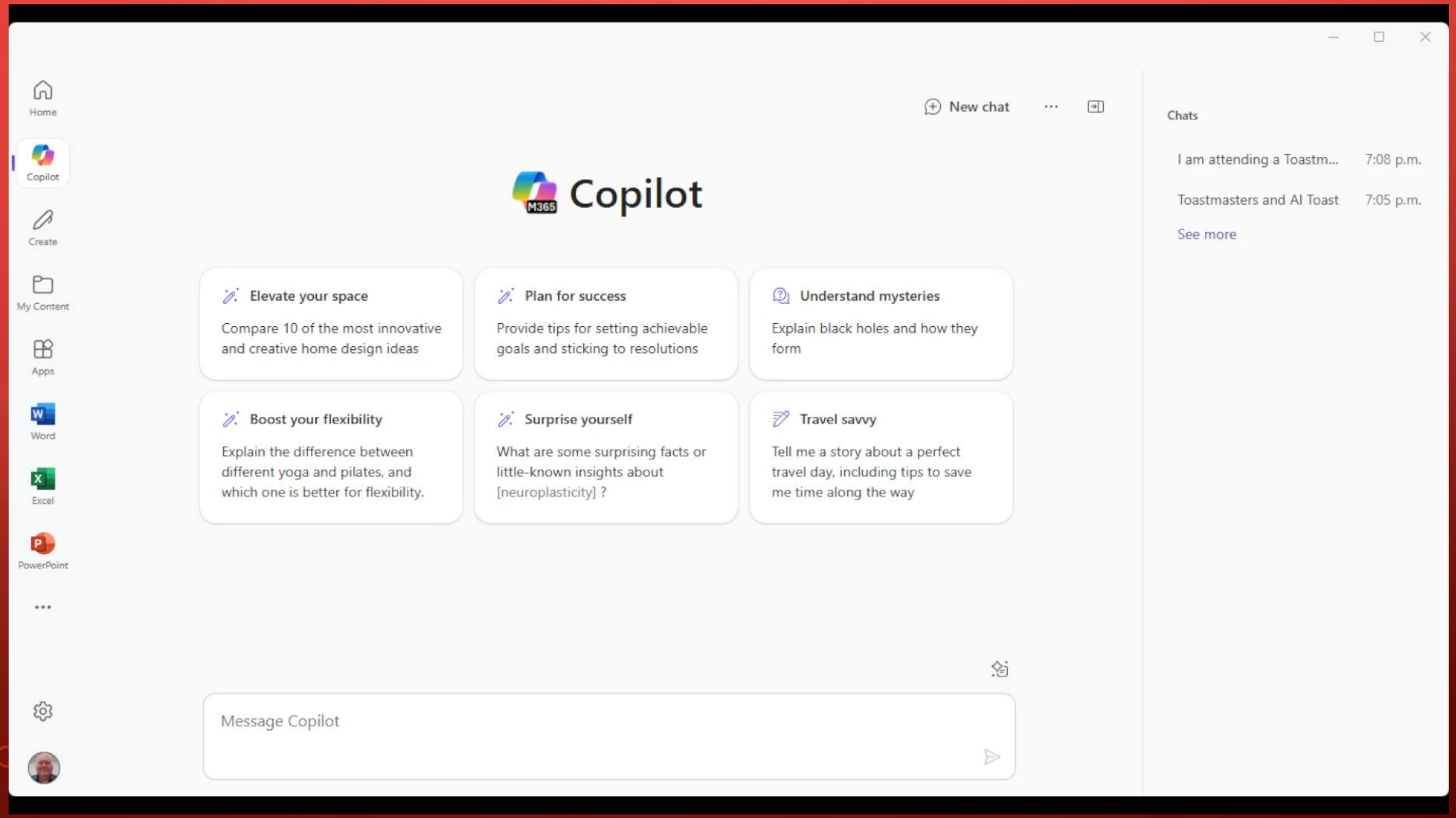


POPULAR AI APPLICATIONS

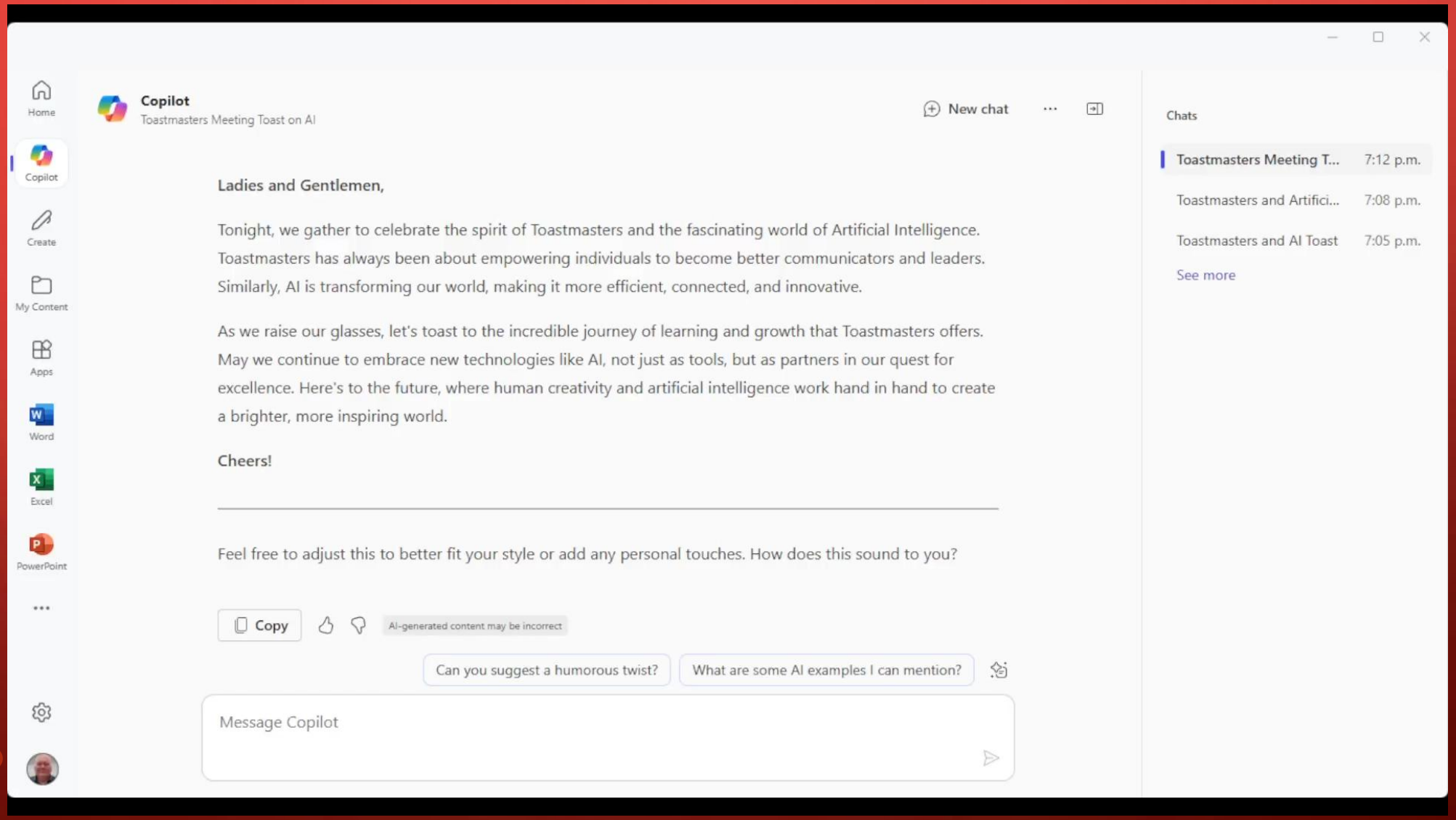
- Text Generation
- Image Generators
- Video Generation
- Code Generation
- Tutors


Microsoft 365 Copilot
Home
Copilot
Create
My Content
Apps
Word
Excel
PowerPoint
New chat
Copilot
Track your team
Summarize the latest [NFL] standings then give me the most important storylines from the past seven days
Tailored to fit
Create a weekly workout routine designed for limited mobility
Comparison breakdown
What are the key differences between policy and politics, and how do they impact [climate
Provide good feedback
Give examples of constructive criticism for a friend or partner
Jump on socials
Give me tips to establish a presence on Bluesky
Personalize playtime
Create a simple coloring book image for my child featuring [your family pet]
Message Copilot
TEXT GENERATION

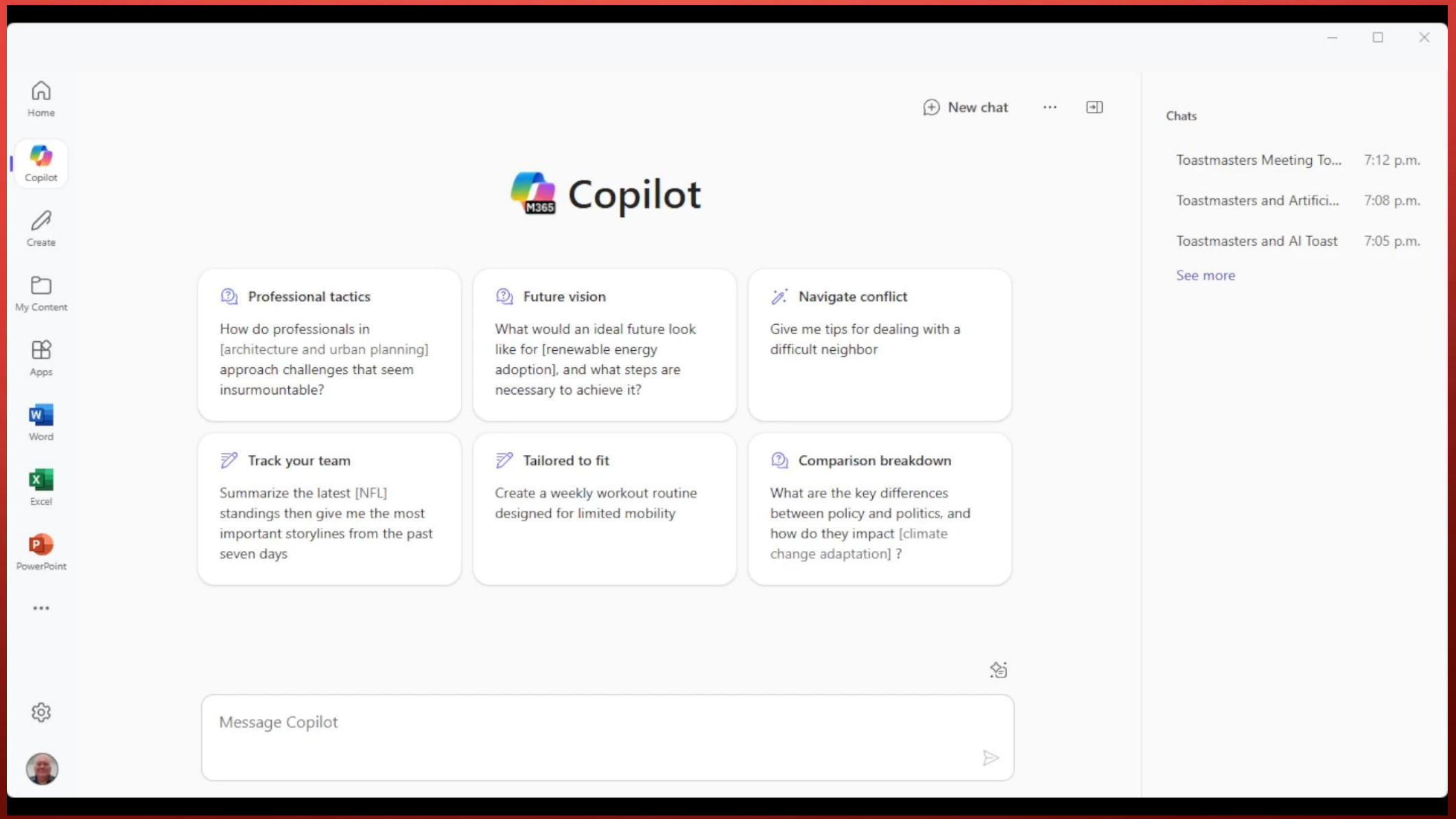
GENERATING A TOAST ON THEME

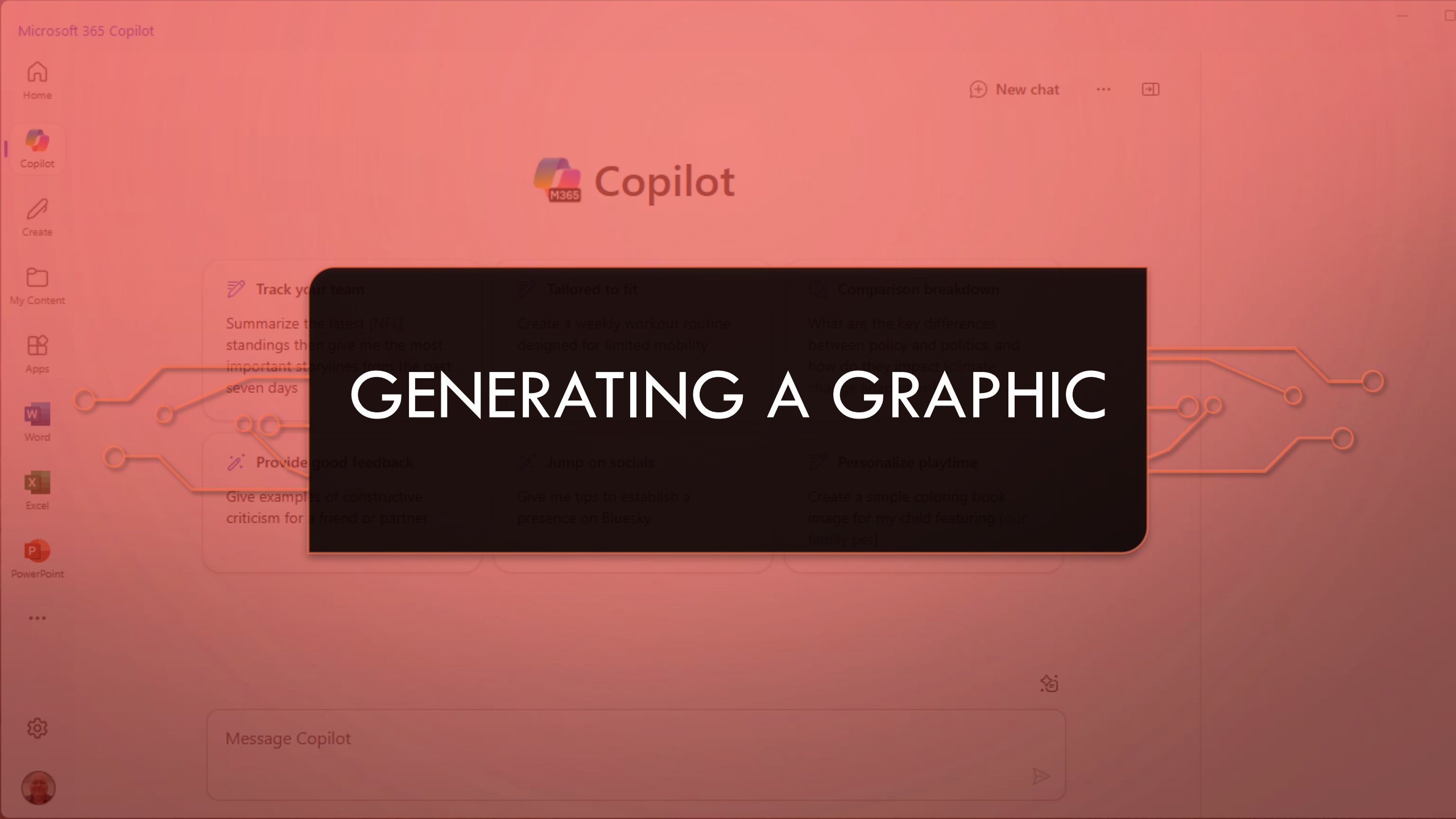


GENERATING TABLE TOPIC IDEAS



WRITING A SPEECH

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Track your team
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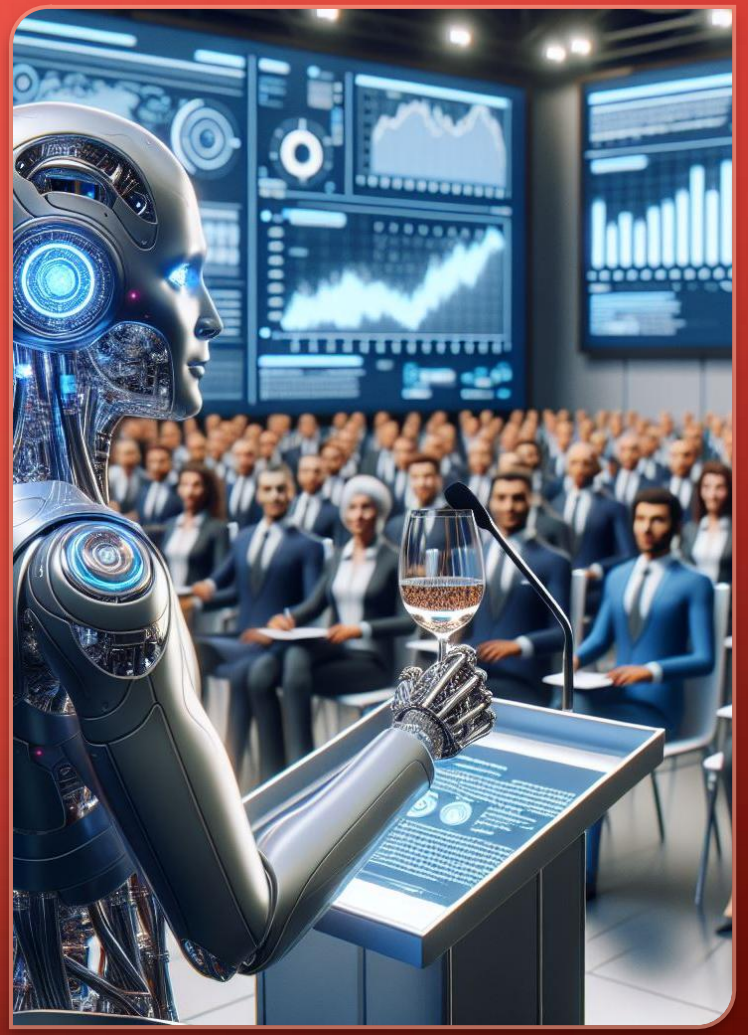
Tailored to fit
Create a weekly workout routine designed for limited mobility
Comparison breakdown
What are the key differences between policy and politics, and how do they impact climate change?
Provide good feedback
Give examples of constructive criticism for a friend or partner
Jump on socials
Give me tips to establish a presence on Bluesky
Personalize playtime
Create a simple coloring book image for my child featuring [your family pet]
Message Copilot
GENERATING A GRAPHIC

CREATING A GRAPHIC

- Prompt:
  - I would like a graphic of an artificially intelligent life form giving a toast standing behind a lectern.



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Comparison breakdown
What are the key differences between policy and politics, and how do they impact [topic]?
Provide good feedback
Give examples of constructive criticism for a friend or partner
Jump on socials
Give me tips to establish a presence on Bluesky
Personalize playtime
Create a simple coloring book image for my child featuring [your family pet]
Message Copilot
GENERATING A VIDEO

CREATING A VIDEO

- I used a product called Synthesia to create the introduction slide at the beginning of the presentation.
- I selected an avatar and provided the script.
- The platform did the rest and generated the video you saw.

Microsoft 365 Copilot
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PowerPoint
New chat
Copilot
Track your team
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Tailored to fit
Create a weekly workout routine designed for limited mobility
Comparison breakdown
What are the key differences between policy and politics, and how do they impact [climate change adaptation]?
Provide good feedback
Give examples of constructive criticism for a friend or partner
Jump on socials
Give me tips to establish a presence on Bluesky
Personalize playtime
Create a simple coloring book image for my child featuring [your family pet]
Message Copilot
TUTORS

Yoodli

Analyze your speeches with this AI tool

TUTORS

- Real-time feedback on a presentation.
- Practice table topics.
- Can even join a Zoom meeting to monitor and provide feedback.

CAUTIONS

- **Accuracy and Reliability**
- **Originality**
- **Ethical Considerations**
- **Over-reliance**
- **Audience Connection**

DISCLAIMER

- This presentation and materials contain content that was generated with artificial intelligence.
- Please be cautious and verify stated facts before relying on them.

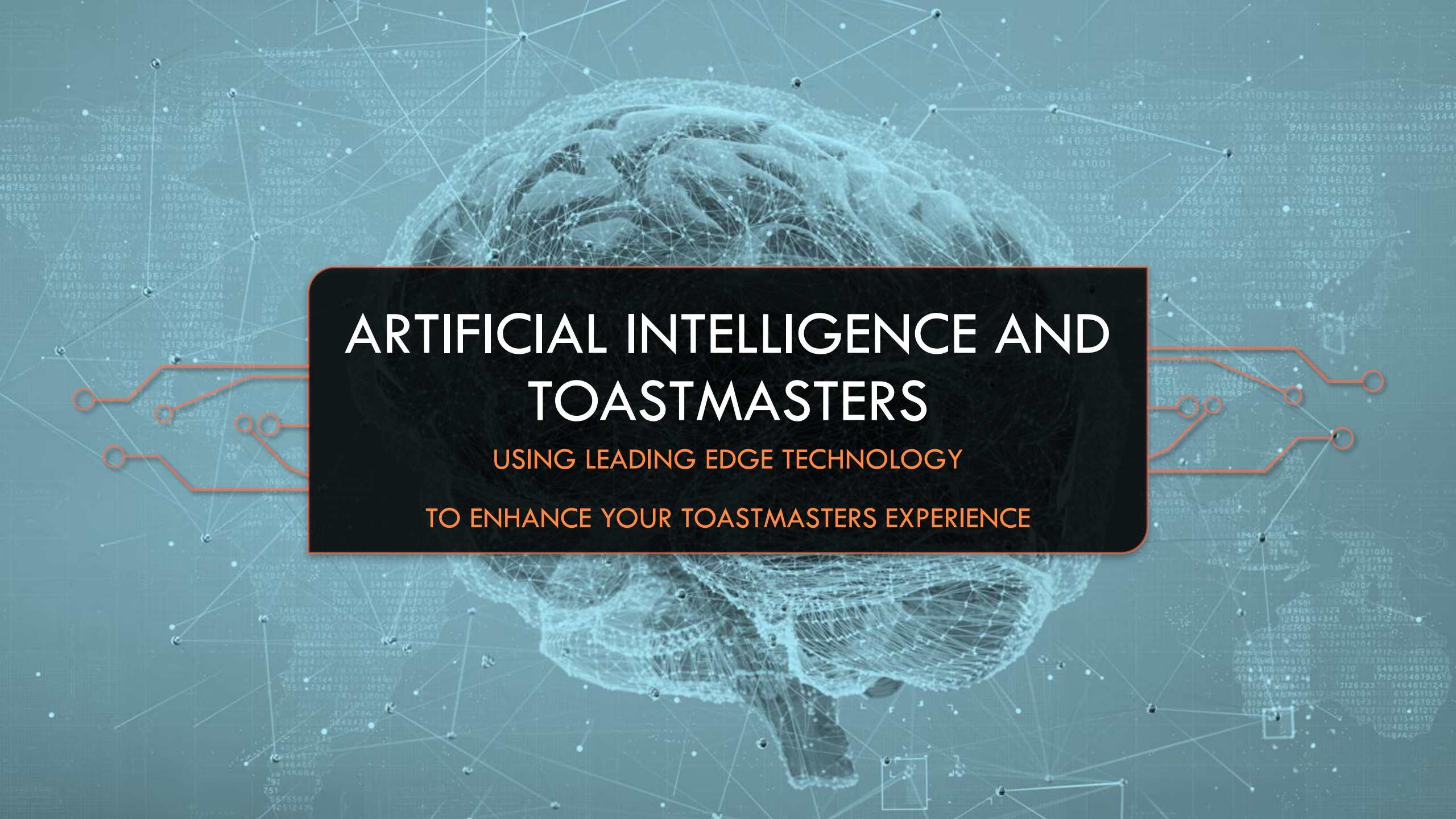
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TABLE TOPIC IDEAS

- Prompt:
  - I am a member of a Toastmasters club, and I would like to have some table topic questions about using artificial intelligence to help improve my communication and leadership skills.

RESPONSE: THE QUESTIONS

Response:

That sounds like a great idea! Here are some table topic questions on the subject of using artificial intelligence to improve communication and leadership skills:

1. How can AI tools like ChatGPT help you prepare for speeches and presentations?
2. What are the benefits of using AI for real-time feedback during public speaking practice?
3. Can AI assist in improving your writing skills for crafting speeches and reports? How?
4. How might AI-driven virtual assistants enhance your time management and organizational skills as a leader?
5. What are some ways AI can help you better understand and engage with your audience?
6. How can AI tools be used to analyze and improve your body language and vocal delivery?
7. What ethical considerations should be kept in mind when using AI for communication and leadership development?
8. How can AI help you develop empathy and emotional intelligence in your interactions with others?
9. What role can AI play in facilitating effective team collaboration and communication?
10. How can AI-driven data analysis help you make better decisions as a leader?

These questions should spark some interesting discussions and insights during your Toastmasters meetings. If you need more questions or any other assistance, feel free to ask!

GIVING A TOAST

- Prompt:
  - I want to provide a toast at my Toastmasters meeting which is looking at the theme of "Artificial Intelligence and Toastmasters".

RESPONSE: THE TOAST

- Response:

  That sounds like a fantastic theme! Here's a toast you can use for your Toastmasters meeting:

  Ladies and Gentlemen, fellow Toastmasters, and esteemed guests,

  Today, we gather to celebrate the incredible journey of personal growth and development that Toastmasters offers us. As we embrace the theme of "Artificial Intelligence and Toastmasters," let's take a moment to reflect on how AI is transforming our world and enhancing our communication and leadership skills.

  Artificial Intelligence, once a concept of science fiction, is now a powerful tool at our fingertips. It helps us prepare speeches, provides real-time feedback, and even assists in honing our writing skills. AI-driven virtual assistants keep us organized and efficient, allowing us to focus on what truly matters—connecting with our audience and leading with empathy.

  As we navigate this exciting intersection of technology and personal development, let us remember that AI is here to augment our abilities, not replace them. It empowers us to be better communicators, more effective leaders, and lifelong learners.

  So, here's to the future of Toastmasters, where we embrace the best of both worlds—human ingenuity and artificial intelligence. May we continue to grow, inspire, and lead with confidence and compassion.

  Cheers!

  I hope this toast resonates with your audience. If you need any adjustments or additional ideas, feel free to let me know!

WRITING A SPEECH

- Prompt:
  - I need to give a speech to my Toastmasters meeting that is 5 to 7 minutes in length on the subject of "Artificial Intelligence and Toastmasters". The audience are the members of my club that come from a diverse background, so assume they are largely a non-technical audience. Can you provide an outline and some material that would help me prepare this presentation?

RESPONSE: THE OUTLINE

Outline

1. **Introduction (1 minute)**
    a. Greet the audience and introduce the topic.
    b. Briefly explain what Artificial Intelligence (AI) is in simple terms.
    c. Mention the relevance of AI to Toastmasters and personal development.
2. **Understanding AI (1-2 minutes)**
    a. Define AI and give examples of everyday AI applications (e.g., virtual assistants, recommendation systems).
    b. Explain how AI works in a non-technical way (learning from data, understanding context, generating responses).
3. **AI in Communication (1-2 minutes)**
    a. Discuss how AI tools can help improve communication skills.
    b. Examples: AI writing assistants, speech preparation tools, real-time feedback systems.
    c. Share personal anecdotes or hypothetical scenarios of using AI for speech preparation.
4. **AI in Leadership (1-2 minutes)**
    a. Explain how AI can enhance leadership skills.
    b. Examples: AI-driven virtual assistants for time management, data analysis for decision-making.
    c. Highlight the importance of empathy and emotional intelligence, even with AI assistance.
5. **Ethical Considerations (1 minute)**
    a. Address the ethical implications of using AI.
    b. Discuss the importance of responsible AI use and maintaining human touch in communication and leadership.
6. **Conclusion (1 minute)**
    a. Summarize the key points.
    b. Encourage the audience to explore AI tools to enhance their Toastmasters journey.
    c. End with a positive note on the future of AI and personal development.

RESPONSE: MATERIAL

Introduction: "Good evening, fellow Toastmasters and esteemed guests. Today, we delve into a fascinating topic that is transforming our world—Artificial Intelligence, or AI. AI is like having a very smart assistant who can help us with various tasks, from recognizing faces in photos to understanding and responding to our voice commands. But how does AI relate to our Toastmasters journey? Let's explore!"

Understanding AI: "Artificial Intelligence is the ability of machines to mimic human intelligence. Think of AI as a friend who has read millions of books and articles and can use that knowledge to help you. For example, virtual assistants like Siri or Alexa can answer questions and perform tasks, while recommendation systems on Netflix suggest movies you might like."

AI in Communication: "AI tools can significantly improve our communication skills. Imagine having an AI writing assistant that helps you craft speeches or a tool that provides real-time feedback on your delivery. These tools can analyze your speech patterns, suggest improvements, and even help you practice effectively. For instance, using AI to prepare for a speech can save time and enhance the quality of your presentation."

AI in Leadership: "Leadership is about making informed decisions and managing time effectively. AI-driven virtual assistants can help leaders stay organized and prioritize tasks. Additionally, AI can analyze data to provide insights that aid decision-making. However, it's crucial to remember that empathy and emotional intelligence are key to effective leadership, and AI should complement, not replace, these human qualities."

Ethical Considerations: "While AI offers numerous benefits, we must consider the ethical implications. Responsible AI use involves ensuring privacy, avoiding biases, and maintaining the human touch in our interactions. As we embrace AI, let's do so thoughtfully and ethically."

Conclusion: "In conclusion, AI is a powerful tool that can enhance our communication and leadership skills. By integrating AI into our Toastmasters journey, we can become better speakers and leaders. Let's embrace the future with optimism and continue to grow and inspire. Thank you!"