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Coach • Consultant • Speaker



Speak from Your
Authentic Voice

Become an Irresistible Force for Your Cause!



Assessing Your Speaking, Presentation and Story Performance Skills

Please answer these questions by checking the appropriate box

	Rarely	Sometimes	Always
I know the reason I'm giving this presentation and how it serves my audience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the core message I want my audience to walk away with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I identify the points I want to cover and how they will serve my core message	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I identify and include the data and stories that will back up my points	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm comfortable and confident with my material and believe in its value	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I outline and write out my speeches, presentations and stories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I rehearse until I can give my presentation without relying on my notes or visuals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel comfortable and confident in myself as a presenter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel comfortable and confident sharing personal experiences and stories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy interacting with my audience and include that in my presentations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I include humor in my presentations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I show the playful, lighthearted and fun side of my personality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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|--|--------------------------|--------------------------|--------------------------|
| I care about what I'm speaking about and I let my audience know | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I test any material I'm unsure about to make sure it works for my audience | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I use props, visuals and/or theatrical techniques to engage my audience | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |