

Self Assessment: Practice Video

My Defining Paragraph

Eyes:

- moved rapidly/scanned
- looked at floor/ceiling
- one person, one thought
- meaningful eye connection

Content:

- Name and organization
- Primary profit center
- Secondary profit center
- Credibility statement
- Value statement
- Approachability statement

Paused....

- appropriately between thoughts
- sometimes
- could pause more/longer

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Vocal Awareness

- Breathing
- Took my time
- Clear sound
- Appropriate to setting
- Voice inflection and variety
- Vocal projection – easily heard
- Upspeak (high pitch at wrong time)

Clear and compelling language and phrases

- Yes
- No
- Needs improvement

Passion / Energy

- Yes No Too much

Authenticity

- Yes Somewhat
- Not really me

Next practice work on:
