

# Self Assessment: Practice Video

Name of Presenter: \_\_\_\_\_

Date of Presentation: \_\_\_\_\_ Title of Talk: \_\_\_\_\_

## Eyes:

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

## Paused....

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

## Nonverbal / Body Language

- Appropriate gestures
- Confident posture – “Stature”
- Moved with purpose

## Vocal Awareness

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

## Confidence

- Looked nervous
- Appeared confident

## Content:

- Effective opening statement
- Strong Key Message(s)
- Clear Ask or Action
- Well organized – easy to follow
- Sufficient content to make the case
- Told stories that made a point
- Powerful closing statement

## 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:

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