

Self-assessment Practice Video

Critique your own presentations

Presenter's Name: _____ Presenter's Topic: _____

Today's Date: _____ Critiqued by: _____

Eyes:

- Moved rapidly/scanned
- Looked at floor/ceiling/slides
- Meaningful eye contact
- One person, one thought

Paused...

- Appropriately between thoughts
- Sometimes
- Could pause more/longer

Nonverbal / Body Language

- Appropriate gestures
- Confident posture – “Stature”
- Moved with purpose
- Distracting, random movements

Vocal Awareness

- Breathing – Conscious Loving Breaths (CLB)
- Took my time
- Clear, soaring sound
- Distracting white noise (so, um, er, ah)
- Voice inflection and variety
- Upspeak (high pitch at wrong time)

Confidence

- Looked nervous
- Appeared confident

Content:

- Strong key message
- Clear ask or action
- Well organized – easy to follow
- Sufficient content to make the case
- Told stories that made a point
- Effective call-to-action
- 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:
