

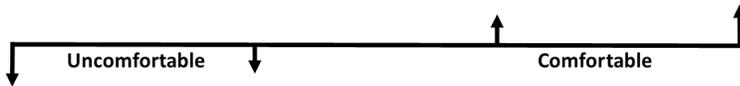


# Self-Evaluation Questionnaire



## Assess Your Inner Self Connection

1. How comfortable are you speaking to groups?  
Circle the arrow that best fits your level



2. What word best describes your internal state with regard to public speaking?

<input type="checkbox"/>	Nervous	<input type="checkbox"/>	Resentful
<input type="checkbox"/>	Excited	<input type="checkbox"/>	Afraid
<input type="checkbox"/>	Positive	<input type="checkbox"/>	Frozen
<input type="checkbox"/>	Other	_____	

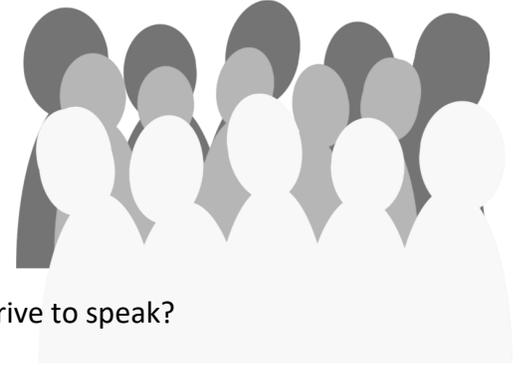
3. Which thought most correctly relates with your feelings about presenting?

<input type="checkbox"/>	I'm not good at this.	<input type="checkbox"/>	I know I'm going to screw up.
<input type="checkbox"/>	I hate presentations.	<input type="checkbox"/>	I hope I don't faint.
<input type="checkbox"/>	I just want this to be over.	<input type="checkbox"/>	This is going to be fun.
<input type="checkbox"/>	I love presenting when I have enough time to prepare.		
<input type="checkbox"/>	I'm a decent presenter but I don't like people looking at me.		

4. Can you separate feelings from self-judgement?

<input type="checkbox"/>	Yes	<input type="checkbox"/>	Sometimes
<input type="checkbox"/>	No	<input type="checkbox"/>	I don't know

[4 Points of Connection](#) addresses negative thoughts and challenges.



## Assess Your Audience Connection

- | YES                      | NO                       | DO YOU KNOW...   |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | How many people will be in your audience before you arrive to speak?   |
| <input type="checkbox"/> | <input type="checkbox"/> | The gender, hierarchy, culture and other audience details?             |
| <input type="checkbox"/> | <input type="checkbox"/> | How to sustain your audience's attention from start to finish?         |
| <input type="checkbox"/> | <input type="checkbox"/> | How to create audience engagement and interaction?                     |
| <input type="checkbox"/> | <input type="checkbox"/> | The skills to manage "know-it-alls" and negative questioners?          |
| <input type="checkbox"/> | <input type="checkbox"/> | <i>Who</i> in the audience might ask you <i>what</i> ?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | The seating arrangement for the audience?                              |
| <input type="checkbox"/> | <input type="checkbox"/> | The room design influences your speaking and the audience's listening? |
| <input type="checkbox"/> | <input type="checkbox"/> | What to do when the audience gets chatty or ignores you?               |
| <input type="checkbox"/> | <input type="checkbox"/> | How to connect with your audience non-verbally?                        |

**4 Points of Connection** can turn those *no's* into *yes's*.

NOTES:

## Assess Your Message Connection



- | YES                      | NO                       | DO YOU...   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Have a presentation preparation strategy?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Build your message around one key idea?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Know what you want your audience to do at the end of your presentation?           |
| <input type="checkbox"/> | <input type="checkbox"/> | Start your presentation with a creative opening?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Tell stories, offer examples or case studies to demonstrate the message's impact? |
| <input type="checkbox"/> | <input type="checkbox"/> | Comfortably deliver a 20-minute presentation without slides?                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Have slides with more than six lines of text?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Tend to read your slides?   |
| <input type="checkbox"/> | <input type="checkbox"/> | End strongly?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Know how to please technical and emotional listeners at the same time?            |

**4 Points of Connection** fine-tunes your presentation message to achieve your desired outcomes.

NOTES:



## Assess Your Physical Connection

- | YES                      | NO                       | DO YOU...  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Have awareness of your breathing before you speak?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Begin speaking as you are walking to the front of the room or podium?            |
| <input type="checkbox"/> | <input type="checkbox"/> | Usually pace?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Demonstrate strong presence with your stance and posture?                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Have your hands in your pockets, behind your back, crossed, clenched or clasped? |
| <input type="checkbox"/> | <input type="checkbox"/> | Gesture comfortably without choreographing them?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Smile naturally and comfortably?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Project your voice to be easily heard?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Speak in a monotone or with limited intonation and inflection?                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Know how to use pause to create interest and attention?                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Have experience using different types of microphones ?                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Scan the audience as a group?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Make eye contact to individuals in the audience?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Know how to get individuals to look at you?                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Know how to use eye contact in an auditorium or very large group?                |
| <input type="checkbox"/> | <input type="checkbox"/> | Know how to present in the round?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Know how to use a teleprompter and feel connected?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Know what you are doing while you are speaking?                                  |

**4 Points of Connection** can minimize distractions and maximize your body language, connection and presence.