PROFESSIONAL COMMUNICATION ANALYSIS REPORT

Report Date: 2025-10-29 10:09

**OVERALL SCORE: 92/100**

*Excellent - Professional level communication skills*

# Executive Summary

Your communication skills demonstrate strong professional competence. Key strengths include confident posture, strong audience engagement.

# Key Insights

✅ Strong, confident posture with good alignment

✅ Excellent audience engagement through eye contact

✅ Confident and professional presence

# Performance Metrics

|  |  |  |
| --- | --- | --- |
| Category | Metric | Score |
| Body Language | Posture | 95% |
| Body Language | Eye Contact | 95% |
| Body Language | Confidence | 95% |

# Action Plan

1. Maintain excellent posture through regular awareness checks

2. Continue strong eye contact practice in various scenarios

3. Practice 2-minute presentations daily

4. Watch recordings to self-assess and identify improvement areas

5. Get feedback from colleagues or mentors regularly

# Performance Summary

