Thank you for helping me with this exercise. It is designed to provide me with feedback on my body language. Please observe me in the situation listed below and provide honest and open feedback.

Situation for observation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Generally how would you describe my body language – please circle all that apply.

|  |  |
| --- | --- |
| Appropriate  Aggressive  Provocative  Open  Irritable  Unkind  Dismissive  Enquiring  Bullish  Grovelling  Dead-pan  Positive  Happy  Patient  Dismissive  Kind  Distant  Bored  Interested | Nervous  Passive  Closed  Assertive  Confident  Accommodating  Frightened  Frustrated  Condescending  Superior  Self effacing  Inclusive  Sad  Depressed  Good eye contact  Scary  Angry  Distant  Intense |

Please provide me any general feedback about my body language - both positive and areas that you think I could improve on and why.

Thank you for your help