

Self Check

For each question, please rate yourself on a scale of 1 - 3, where:

1= I do this rarely

2=I do this occasionally

3=I do this frequently

- I have strategies to help me manage my public speaking anxiety, and I use them whenever I need them.
- I remind myself that being a non-native English speaker doesn't limit my ability to make powerful, persuasive business presentations.
- I structure my presentations in a logical, easy to follow manner
- I include both data and stories in my presentations
- I use clear and simple language, avoiding jargon, acronyms, and words that aren't easy for everyone to understand.
- I adapt the pitch and pace of my voice to keep my audience engaged.
- I take pauses throughout my presentation to help the audience understand and retain information.
- I create slides that are low on text and high on white space and visuals
- I adapt my style based on the cultural preferences of my audience members
- I practice my presentations out loud before the actual presentation date.
- **TOTAL SCORE**

How did you do?

If you realize that you still have room to grow, learn, and develop your confidence, competence and cultural comfort, then you're in the right place! And if you already feel self-assured, then good for you -- and let's see how you can take your approach from good to great!