Self-Presentation Monitor Worksheet	Date:	

Monitors non-verbal mistakes and gives suggestions for improvements. Also, indicates lack of volume by using the "louder" sheet.

Name	Volume & Vocal Variation	Eye Contact	Use of hand movements	Tapping foot/Playing with finger or pen/Touching hair or clothes/Hands inside pocket	Lack of facial expression	Purposeless movements (instead of being grounded/purp oseful movements)	Out of control gestures or any other non-verbal suggestions for improvement