

RECORD & REVIEW

THE SELF-AWARENESS ASSESSMENT



A step-by-step process to achieve
Communication Mastery and create the
impact you've always dreamed of!

I UNDERSTAND..

It's crazy to think, just 10 years ago:

- I would never standup for myself
- I avoided all confrontational situations
- I'd be too scared to approach others to start a conversation
- I wouldn't ask for the pay rise I know I deserved
- I wouldn't dare tell my crush that I was love with them
- I would be a people pleaser
- I would always be called the quiet one, or the deep thinker.

If you feel any of the above, you are not alone. I hear people say this all the time...

"Vinh, this is just how I talk"

"This is my natural voice"

Here's one of the most powerful lessons I learned. The way you speak is just a series of habits, habits that can be changed and transformed. Let me take you through a 5-part process that will help you become more aware of the habits and behaviors that are no longer serving you.

These 5 steps are going to give you all the clarity and support you need to improve your communication skills so you can amplify the best parts of who you are! Get ready to put pen to paper, I promise this work is going to be worth it because you are going to see results faster than you can imagine!

COMMUNICATION

INSTRUCTOR



VINH GIANG

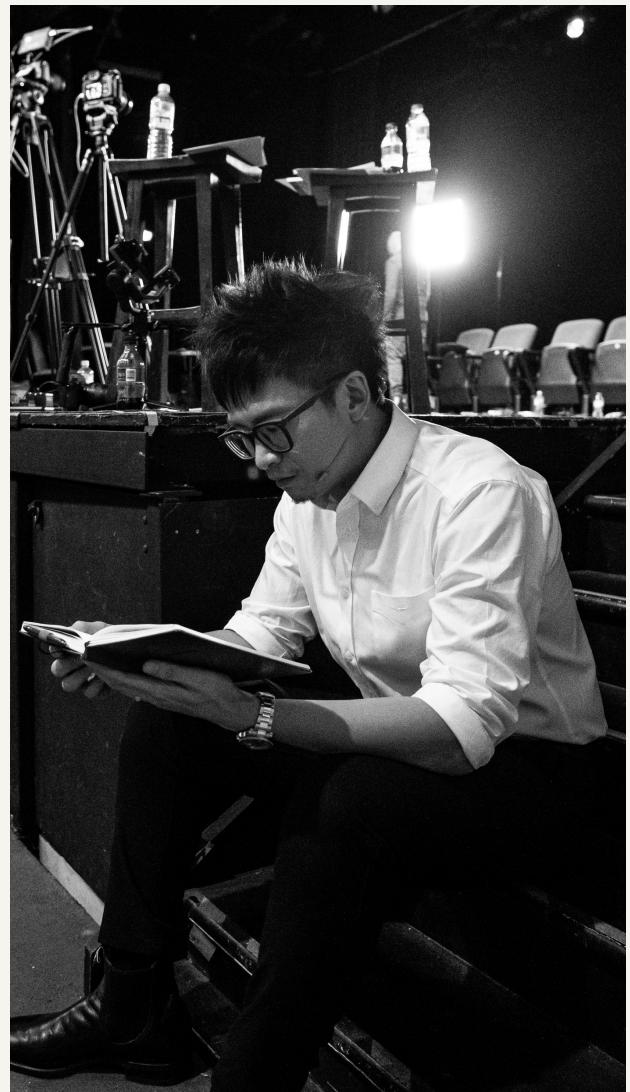
Teacher & Coach

Hi! Thank you for choosing to learn with me 😊

I've spent over 10 years studying the art of communication. And I've studied this art form from different perspectives: music, theatre, keynote speaking, magic & content creation.

I also love camping, archery and I love Nutella with ice cream (and peanut butter).

Alright now, let's do this thing and get you started on your journey to communication mastery.





HOW TO DEVELOP MORE SELF-AWARENESS

RECORD & REVIEW

STEP
1

RECORD A 5 MIN VIDEO OF YOURSELF

This video needs to be improvised. If you need ideas, answer 3 of the following questions on the video:

1. Were there any big turning points for you this year in 2023?
2. Have you learned any impactful lessons lately?
3. How did you meet your partner?
4. How close have you come to death?
5. What's the best advice anyone has given you?
6. What's the greatest gift you've ever received?
7. How did you end up here?
8. What's the story behind your name?
9. When have you really changed your mind about something?
10. Which family vacation was the most memorable and why?

**STEP
2**

LEAVE THE VIDEO FOR 24 HOURS

This step is important. When you watch the video right away, you will be extremely self critical.

You won't like the look of your hair, you will dislike the way you sound and many other things.

By leaving the video for 24 hours, you create space & distance - and you will be able to review the video with less cringe 😊 and to make sure you don't rush this process. Here's a photo of me looking really angry.

Leave the video till tomorrow before you begin the review process.





STEP 3

AUDITORY AUDIT

Well done for taking the 24 hour break. Now, turn up the volume on your playback device to max. And then look away from the playback device so you are not able to see the video and just listen to your vocal qualities.

- Rate of speech
- Volume
- Pitch & Melody
- Tonality
- Pause

What do you notice about these qualities in your voice? What do you like? What don't you like? What do you want to improve and work on?

Fill out workbook page 6. This process helps you build awareness.

AUDITORY AUDIT

STEP 4

VISUAL AUDIT

Put the playback device on mute. Now only watch yourself visually, and pay particular attention to the following:

- Posture
 - Hand gestures
 - Facial expressions
 - Movement
 - Eye contact

As you isolate the visual, what do you notice about the 5 areas listed above? What do you like? What can you improve on?

Fill in workbook page 8.



VISUAL AUDIT

STEP 5

NON-WORDS & FILLER-WORDS

Lastly, get the video transcribed. This will give you a whole different perspective on your communication skills.

Below is the transcription services that I use:

<https://www.rev.com>

**I am not affiliated with this transcription service.*

Once you get the transcription, get it printed and then get your red highlighter ready.

Highlight the non-words (the sounds we make to fill the silence) and the filler-words (words we use to fill the silence).

We want to become aware of the sounds and words that we often use that add no value to our every day communication.

Fill in workbook page 10.



NON-WORDS & FILLER-WORDS

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**Don't be so attached to
who you are in the
present, that you don't
give the future version of
you a chance...**

