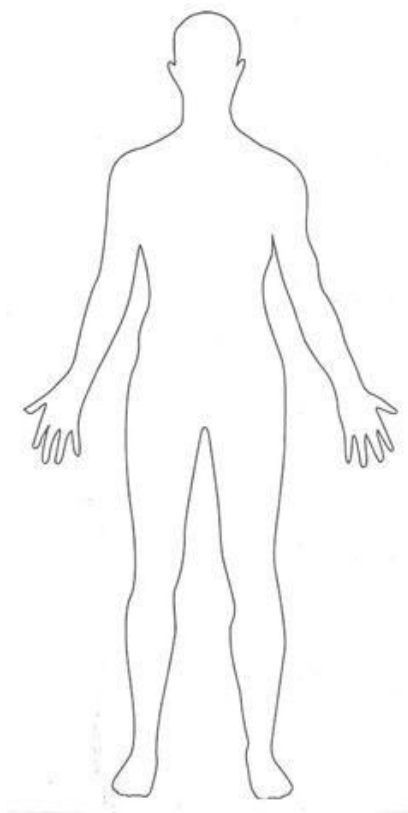


Know Your Speaking Baseline: Self-Assessment

- Set a goal: "When I am speaking, I want my audience to see me as:
a) _____ and b) _____."
(confident, credible, persuasive, approachable, trustworthy, connected, calm, smart, etc.)
- Record a 60-90 second video of yourself, responding to ONE of these prompts:
 - Introduce yourself: Who you are, what you do, how you got into your field, one fun fact,
 - Introduce your company: Mission, values, products/services, your competitive edge, etc.
- Watch your speaking video and self-assess: To what extent are you using...



VOICE

	Not at all			Always	
Reasonable rate	1	2	3	4	5
Effective volume	1	2	3	4	5
Unfilled pauses	1	2	3	4	5
Conversational tone	1	2	3	4	5

BODY

Strong eye contact	1	2	3	4	5
Engaging expressions	1	2	3	4	5
Confident posture	1	2	3	4	5
Inclusive gesture	1	2	3	4	5
Purposeful movement	1	2	3	4	5

- Based on your self-assessment, to what extent are you meeting your goals from Step 1?

a) _____	1	2	3	4	5
b) _____	1	2	3	4	5
- Next Step: The delivery skill I will work on next is _____.