## **EXECUTIVE PRESENTATION COACH**

## **Know Your Speaking Baseline: Self-Assessment**

1.	Set a goal: "When I am speaking, I want my audience to see me as:									
	a)"									
	(confident, credible, persuasive, approachable, trustworthy, connected, calm, smart, etc.)									
2.	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.
- 3. Watch your speaking video and self-assess: To what extent are you using...

	VOICE						
\$ 2	Not at all					Always	
	Reasonable rate	1	2	3	4	5	
	Effective volume	1	2	3	4	5	
The same of the sa	Unfilled pauses	1	2	3	4	5	
	Conversational tone	1	2	3	4	5	
	BODY						
900 0	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	

4.	Based on your self-assessment, to wh	nat extent are	e you m	neeting y	our go	als from	Step 1?
	a)	. 1	2	3	4	5	
	Ы	1	2	2	1	5	

5. Next Step: The delivery skill I will work on next is \_\_\_\_\_