Self-Assessment of my Public Speaking Skills

Assess your public speaking skills.

Think about each of these skills and rate yourself.

Within a range of 5 points:

1 point- I really need to work on this skill. Help. Help!

5 points- I am clearly skilled in this area. Quite confident, I might say.

* Articulating clearly \_\_ pts.\*
* Assessing the needs and priorities of potential audience attendees\_\_ pt.+
* Controlling performance anxiety\_\_ pts.\*
* Creating attractive PowerPoint slides with the right amount of detail\_\_pts.+
* Grabbing the attention of the audience with a powerful opening \_\_ pts.\*
* Maintaining eye contact with the audience and providing an energetic, animated physical presence ­­\_pts.\*
* Memorizing enough content so that the speech does not come off as a reading of notes \_pts.+
* Modulating vocal tone to emphasize important points and avoid monotonous presentation \_pts.\*
* Organizing a logical flow to a speech \_pts.+
* Preparing examples that are relevant to the experience of the expected audience \_pts.+
* Providing compelling evidence to support themes \_pts.+
* Rehearsing the presentation and revising rough spots \_pts.\*
* Restating critical points at the end of a speech to cement key concepts \_\_pts.\*
* Summarizing the topics to be covered at the beginning of a lecture to provide context for attendees \_pts.\*
* Telling stories to illustrate points \_pts.\*
* Timing the speech in advance to make sure it meets the allotted time \_pts.+
* Using humor to enliven a talk \_pts.\*
* Reviewing feedback and modifying the approach for talks in the future \_pts