



SPEAKING NAKED™ TOOLKIT

Presentation Assessment

The first sheet in this assessment focuses on you and your physical presence. Generally it's not a good idea to ask someone to critique this aspect of your presentation as it is too personal. If possible record your presentation or rehearsal on video, then you can analyse your own performance.

On each measure score yourself from 1 – 10. A score of 1 means you were awful, 5 is average, while 10 is awesome. Try not to score 5's as it's a cop-out. Be as honest as possible and remember the objective is to see where we can improve.

YOUR GENERAL APPEARANCE

Are you well dressed and groomed? Do you look professional, do you appear confident?

1. Awful 5. Average 10. Awesome

BODY LANGUAGE

Do you appear relaxed and at ease as you talk. Are you using enough hand gestures?

1. Awful 5. Average 10. Awesome

YOUR VOICE

Is your voice clear, is the pace, tone and delivery right? Does your voice convey emotion?

1. Awful 5. Average 10. Awesome

YOUR SMILE

Do you have an open warm expression, do you smile? Do you look like you are enjoying yourself?

1. Awful 5. Average 10. Awesome

EYE CONTACT

Do you stare straight ahead, your eyes fixed on one spot or do you scan the entire audience?

1. Awful 5. Average 10. Awesome

YOUR ENERGY

Are you lively, full of passion and energy or so laidback you might need poking with a sharp stick?

1. Awful 5. Average 10. Awesome

EMOTIONAL LEAKAGE

Do you show any signs of stress, blushing neck, wobbly voice, sweating or fidgeting?

1. Awful 5. Average 10. Awesome

HOW DID YOU SCORE?

Keep this assessment sheet and fill out a new one after each presentation. Keep the video recordings too. The transformation you'll experience using the Speaking Naked™ process is so dramatic, you'll need to see the before and afters to actually believe the difference.