

Session One Pre-Self-Evaluation Form**Welcome to Our #1 And Best-Selling Speaker Empowerment Program!**

Assignment Number 1: Congratulations! You've embarked on a journey that will positively impact your life, and as with all things Powerhouse Motivations – we like to track and positively influence results. Therefore, before going any further, please take the next 5 minutes to complete the self-assessment below. Please review and respond to the questions as stated. When you're done, please share the results with your powerhouse presentations coach or mentor. If you're not currently working with a coach or mentor, you should save your answers and set them aside for review and comparison later in the program. Please be as honest as possible and feel free to send us an email along with a copy of your self-evaluation to

Success@PowerhouseMotivations.com

Clients Name: _____ Date: _____

Email Address: _____ Phone: _____

Session One Pre-Self-Evaluation

Please rate yourself on a scale of 1 to 5 as follows:

5 = Excellent, a personal strength

4 = Very good, little room for improvement

3 = Satisfactory, but could be better

2 = Could improve, needs more attention

1 = A real weakness for me, needs plenty of attention

1. I feel confident and comfortable today in my ability to give an outstanding presentation

5 – 4 – 3 – 2 – 1

2. I'm currently prepared to stand in front of almost any audience and deliver my speech/presentation with confidence
5 – 4 – 3 – 2 – 1
3. I feel like my presentations are well prepared and I'm ready for the next opportunity
5 – 4 – 3 – 2 – 1
4. I currently do a great job of organizing my presentations in a way that inspires and causes others to take action
5 – 4 – 3 – 2 – 1
5. My opening statements capture the audience's attention and influence my success
5 – 4 – 3 – 2 – 1
6. My speech conclusions are strong and memorable and always include a call to action
5 – 4 – 3 – 2 – 1
7. I know how to use vivid and colorful language that excites the audience to action
5 – 4 – 3 – 2 – 1
8. I know how to add value to the audience and capitalize on impromptu opportunities
5 – 4 – 3 – 2 – 1
9. I can give an effective presentation and stay on track without relying on notes and slides
5 – 4 – 3 – 2 – 1
10. I find it easy to speak with confidence and enthusiasm
5 – 4 – 3 – 2 – 1
11. I incorporate interesting facts, figures, quotes, and anecdotes into my presentations
5 – 4 – 3 – 2 – 1
12. I know how to transition smoothly from one point and segment to the next
5 – 4 – 3 – 2 – 1

13. I know how to fluctuate and project my voice in a way that makes me easily heard by all listeners, even those in the back

5 – 4 – 3 – 2 – 1

14. My body movements, gestures, and facial expressions are purposeful, natural, and spontaneous

5 – 4 – 3 – 2 – 1

15. I know how to use eye contact to connect with my audience

5 – 4 – 3 – 2 – 1

16. I utilize visual aids that inspire, connect, and Influence the actions of the audience

5 – 4 – 3 – 2 – 1

17. I know how to tailor my speeches to the needs and interests of my audience members

5 – 4 – 3 – 2 – 1

18. I always look for feedback and evaluations, because I know it is what winners do

5 – 4 – 3 – 2 – 1

19. I believe that all great actors, athletes, politicians, leaders, and professionals accept coaching and seek our quality mentors

5 – 4 – 3 – 2 – 1

I would like to improve my public speaking and presentation skills in the following ways ...

(Utilize the space below to write your answers to the above prompt)
