



It's all in the delivery

A little self-reflection after a presentation can help you to hone in on the way you performed. Pinpointing strengths to build on and opportunities to improve once you've finished can really make a difference.

Complete the form from your own perspective; don't think too hard as this may cloud your scoring. If possible see if you can get feedback from someone you trust.

Try marking yourself from 1 - 10

Did I grab everyone's attention?

Was I passionate?

Was my eye contact sustained and shared

Did I use the range in my voice?

Was I natural and conversational?

Did I use humour?

Did I use questions?

Did I share stories?

Did I use self- disclosure?

Did I use analogies to explain my point?

Did I pause?

Did I use my body well to convey and match my messages?

Did my visuals add considerable value to my message?

Did I know exactly who my audience were and what they wanted?

Did I close my presentation with a strong call to action?