

Communication Self-Assessment

The statements below are designed to assess your current skill level.
Please evaluate your ability as honestly as you can.

1 = VERY GOOD 2 = GOOD 3 = AVERAGE 4 = BELOW AVERAGE

Quickly engages with others and makes a strong first impression.	1	2	3	4
Delivers clear, crisp messages, managing level of detail for target audience.	1	2	3	4
Asserts views and ideas in high-stakes meetings.	1	2	3	4
Reads audience signals and adjusts approach accordingly.	1	2	3	4
Tackles pointed questions without getting flustered.	1	2	3	4
Thinks and responds effectively on his/her feet.	1	2	3	4
Appears natural when speaking before large groups.	1	2	3	4
Balances listening and talking.	1	2	3	4
Maintains steady eye contact to connect with audience.	1	2	3	4
Avoids excessive use of um, ah, like, and other fillers.	1	2	3	4
Adapts communication style to different personalities and situations.	1	2	3	4
Gets points across with energy and conviction.	1	2	3	4
Conveys technical/complex information in a clear, straightforward manner.	1	2	3	4
Projects poise and confidence in high-pressure situations.	1	2	3	4
Speech is well paced, effective use of pauses	1	2	3	4