

# Speaking Up Front

Use these checkpoints to debrief each public speaking opportunity with a friend or mentor.

Place an X on each continuum depending on how well you think you did on each measure:

## NON-VERBAL SKILLS

Use of gestures:      *enhanced presentation* ----- *detracted from it*

Stance / Posture:      *was relaxed* ----- *conveyed tension*

Facial Expression:      *animated* ----- *limited expression*

Eye Contact:      *well directed* ----- *insufficient*

## VOCAL SKILLS

Articulation:      *definite clarity* ----- *lacked clarity*

Modulation:      *good variety* ----- *lacked variety*

Variety of pace: -----

Variety of pitch: -----

Variety of volume: -----

Pausing:      *Timely use of pauses:* ----- *poor use of pauses*

## VOICE

Relaxation:      *relaxed* ----- *tense*

Breathing:      *controlled* ----- *uncontrolled*

Resonance:      *pleasing tone* ----- *harsh tone*

## AUDIENCE ORIENTATION

Audience relationship:      *audience orientated* ----- *needed greater rapport*

Audience interest:      *maintained* ----- *not held*

**NEXT TIME.** Note down 1 or 2 points to work on for your next up front talk

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