

## Tero International Presentation Self Critique Worksheet

Practice for your presentation by delivering to a DVD camera. Alternatively, ask someone to DVD record your next presentation in front of an audience. Watch your DVD and respond to the questions below.

What did you notice about your eye movement? Did you lock eyes with one person in the audience before beginning to deliver the talk? Did you stay eye-to-eye with one person to finish a thought?

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What did you notice about your body movement? Was your stance balanced and symmetrical? Were you pacing? Did you use your hands to describe or emphasize your point? Were your gestures above the waist? Where were your hands when not gesturing?

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What did you notice about your facial expression? Did you smile? Did it convey enthusiasm? Energy? Excitement?

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What did you notice about your volume? Could it be heard in the back of the room? Did you speak clearly?

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What did you notice about your pace? Fast? Medium? Slow? Varied?

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What did you notice about your vocal expression? Did it show enthusiasm? Conviction? Did you emphasize key words? Did you hear a smile?

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## Presentation Self Critique (cont'd)

Did you use any filler words? How many? What were they?

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Other observations?

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What are your best qualities?

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What would you like to change or improve?

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