

Introduction

Tool: Self Assessment

The first step is to get clear about your goals for this course.

Action Step: Use this Assessment Tool to rate your current skills:

- 1. Introverted-----Extroverted
 1 2 3 4 5 6 7 8 9 10

- 2. Extremely Anxious-----Very Confident
 1 2 3 4 5 6 7 8 9 10

- 3. Ramble-----Succinct
 1 2 3 4 5 6 7 8 9 10

- 4. Unclear Message-----Crystal clear
 1 2 3 4 5 6 7 8 9 10

- 5. Totally unprepared-----Super prepared
 1 2 3 4 5 6 7 8 9 10

- 6. Never tell Stories-----Fabulous Storyteller
 1 2 3 4 5 6 7 8 9 10

- 7. Hate Zoom calls-----Love them!
 1 2 3 4 5 6 7 8 9 10

- 8. Always turn camera off-----Camera ON, love being seen!
 1 2 3 4 5 6 7 8 9 10

