YMCA of Honolulu | Youth and Government Hawai'i

Public Speaking Self-Assessment

Rate your confidence for each of the statements below.

Skill	Not Yet (1)	Sometimes (2)	Usually (3)	Confidently (4)
I speak clearly and loudly enough to be heard.				
I make eye contact with my audience.				
I use body language that supports my message.				
I vary my tone and pace when speaking.				
I organize my ideas clearly.				
I support my ideas with evidence and examples.				
I stay calm when speaking in front of others.				
I listen and respond respectfully to questions.				
I can adapt my message for different audiences.				
I feel confident speaking about issues that matter to me.				

Which speaking skills are your greatest strengths?

What situations make you feel most confident speaking?

My Speaking Goals

Choose 2-3 areas you would like to improve during this pathway.

- ☐ Managing Nerves
- ☐ Eye Contact
- ☐ Voice Projection
- ☐ Pace and Tone
- ☐ Body Language
- ☐ Organizing Ideas
- ☐ Using Evidence
- ☐ Answering Questions
- ☐ Thinking on the Spot
- ☐ Persuading an Audience
- ☐ Other _____

Action Plan

Goal 1:

I want to improve _____

I will do this by _____

I will know I have improved when _____

_____

Goal 2:

I want to improve _____

I will do this by _____

I will know I have improved when _____

_____

Goal 3 (Optional):

I want to improve _____

I will do this by _____

I will know I have improved when _____

_____