

Self-evaluation form

Consider how you performed in each of the following key categories and rate yourself:

Date _____

Venue _____

		RATING FROM 1–5 (1=poor, 5=excellent)	Comments, feedback or areas for improvement
1.	FIRST IMPRESSION Did your opening remarks get the attention of your audience?		
2.	STRUCTURE/FLOW Was your presentation format clear and did it flow from section to section?		
3.	VISUALS Did you use slides, video, props – how did the audience respond?		
4.	KEY MESSAGE/S Did you get your key messages across clearly?		
5.	ENGAGEMENT Were you engaging – did you vary your voice to add colour/drama, did you use pauses for effect, did you um and ah, did you move and use gestures, how was your eye contact?		
6.	AUDIENCE INTERACTION Was your audience actively asking questions? Did your audience want to approach you after the presentation?		
7.	LAST IMPRESSION What do you think your audience felt after the performance? Have they taken your messages home with them?		
Other comments:			