

PRESENce Skills and Behaviors

Self-Evaluation



Being Present

	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
I am present (give my full attention) in my interactions with clients and co-workers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am flexible in handling unexpected situations and open to considering alternative and suitable outcomes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am flexible in adapting my communication and leadership style to the audience and situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I remain calm and positive under pressure and in stressful situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am generous in recognizing the contribution of others in my own success and in the success of the organization.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reaching Out

	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
I am successful at creating meaningful and authentic relationships with clients and co-workers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I listen well to others, listening to both the words and the meaning behind the words.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I empathize with others and acknowledge their feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am open with others and share appropriate personal stories and anecdotes as a way to build trust.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Expressiveness

	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
I generate a positive energy level in my organization by expressing authentic emotion and feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I invest passionate purpose into my words and actions when presenting in meetings and in front of clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use my body and voice <i>congruently</i> when presenting in meetings and in front of clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use stories, anecdotes and metaphors to make my presentations meaningful and memorable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Self-Knowing

	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
I lead others based on a powerful sense of my own personal values and principles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of, and acknowledge my strengths and shortcomings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I work with and around my shortcomings and I am open to growth and improvement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is an authentic connection between my values and principles, and the work I do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>