

Evaluating Your Body's Spoken Image

CATEGORY	RATING	CATEGORY	COMMENTS/ RECOMMENDED ACTION
POSTURE		POSTURE	
Nervous/uneasy	1 2 3 4 5	Poised	
Uncertain	1 2 3 4 5	Confident	
Uncomfortable	1 2 3 4 5	Comfortable	
Slouching	1 2 3 4 5	Erect	
Stiff	1 2 3 4 5	Relaxed	
GESTURES		GESTURES	
Artificial/wooden	1 2 3 4 5	Natural/spontaneous	
Random	1 2 3 4 5	Meaningful	
Passive	1 2 3 4 5	Lively	
Furtive	1 2 3 4 5	Expansive	
Vague	1 2 3 4 5	Precise	
Detracted from verbal message	1 2 3 4 5	Enhanced verbal message	
BODY MOVEMENTS		BODY MOVEMENTS	
Lifeless/dull	1 2 3 4 5	Fluid/animated	
Awkward	1 2 3 4 5	Graceful	
Random	1 2 3 4 5	Purposeful	
Drew attention away from speech	1 2 3 4 5	Enhanced attentiveness to speech	
FACIAL EXPRESSIONS		FACIAL EXPRESSIONS	
Deadpan	1 2 3 4 5	Animated	
Unfriendly	1 2 3 4 5	Friendly	
Artificial	1 2 3 4 5	Natural/genuine	
Incongruent	1 2 3 4 5	Appropriate to speech content	
EYE CONTACT		EYE CONTACT	
Forced/artificial	1 2 3 4 5	Natural/smooth	
Followed set pattern	1 2 3 4 5	No set pattern	
Did not establish visual bonds	1 2 3 4 5	Established bonds with listeners	