

# Continuous Self Improvement Guide

The purpose of this assessment is not to label or judge, but to review various skills and provide a personalized mechanism for continuous improvement.

Insights relating to the questions, along with strategies and tips follow the assessment.

1. Are you a self motivated, results oriented (versus task oriented) person, who is innovative?

Always     Usually     Sometimes     Never

2(a). Do you enjoy working with all types of people?

Always     Usually     Sometimes     Never

2(b). Do you tolerate non-constructive criticism?

Always     Usually     Sometimes     Never

3. Can you create and deliver a meaningful presentation with very little guidance or use of visual aids (i.e. PowerPoint)?

Always     Usually     Sometimes     Never

4. Do you have a fear of presenting to strangers or colleagues?

Always     Usually     Sometimes     Never

5. Do you require a podium or table to stand behind during a presentation?

Always     Usually     Sometimes     Never



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6. Do you have a fear of making eye contact with attendees?  
Always    Usually    Sometimes    Never
7. Do you often get nervous or anxious near the middle or near the end of your presentation?  
Always    Usually    Sometimes    Never
8. Do you use personal, relevant stories to make an argument or point?  
Always    Usually    Sometimes    Never

### **Continuous Improvement Insights**

The questions are a means to get you to identify a general area in which you lie. Review the below insights.

1. Your aim as a presenter should be to focus more upon on the attendees taking action (Education to Action <sup>sm</sup>) versus simply delivering a great presentation. Your mind moves along the path of your expectations.
- 2(a)(b) You must thoroughly enjoy working with all types of cases, genders and backgrounds and also dealing with pleasant comments and not so



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pleasant comments. Take constructive feedback and use it to make your presentation better.

3. Meaningful presentations that build involvement are very seldom generic. They come from the heart and they take time to plan and develop. This is one reason that some presenters enjoy working with very few or limited, if any, visual aids with the incorporation of many workshops, field trips, etc. It shows that the presenter is well prepared and cares enough to know the material extremely well and be conversant and fluid with it. It also provides the attendees with varied learning concepts. The attendees not only want to know that you know your material, but that you care!
4. The fear of presenting to colleagues (often more difficult) or strangers comes from our fear of failure or the audience "disliking" us. As far as I am concerned, if you have planned it and are standing up presenting, you have not failed! Stop being so hard on yourself. Do your best and carry on with your life! Also, preparing helps to reduce the anxiety.
5. A podium and a table are sometimes necessary. Be careful, nevertheless, as they build an invisible barrier between you and the attendees. By removing the barrier, you become the centerpiece of the presentation,



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which will break down the invisible barrier. Don't be afraid to walk out from behind the barrier if it is used.

- 6 & 7. This is a normal reaction whenever you present. This shows the importance of engaging the attendees *immediately* before your talk to establish some friendly eyeballs that you can go to in a time of need during the presentation. The thought of staring at the back of the room may work for some, but energy and enthusiasm are built by engaging friendly eyeballs!
8. Stories help to break down walls and the barriers to learning because we can all connect emotionally with a well told story. Use them wisely and use them not only to make a point, but also to capture the emotion of the attendees.

**GOOD LUCK AND DO GOOD WORK!**



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