

Obstacles to Presence Check List

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Complete the checklist below to discover what gets in the way of your speaking presence. Think of a recent situation in which you wished you had presence but didn't. What happened? Check all that apply.

- Everything was going so fast that I couldn't get my bearings.
- I wanted to say something but was too afraid to speak up.
- I tried to say something but no one heard me.
- I was lost or paralyzed when something unexpected happened.
- I got angry or let my emotions get in the way.
- I spoke quickly and felt the need to fill my time with words.
- I made a mistake and let my embarrassment distract me.
- I was completely thrown when I was asked an unexpected question.
- I was highly critical of myself and spent a lot of time afterwards thinking about what I did wrong.
- I had an "out of body" experience.
- I took myself far too seriously.
- I was more concerned with what my audience thought of me than I was with how I could be helpful to them.
- I was so preoccupied that I didn't hear what others were saying.
- I was sure people were thinking I was a dunce.
- I don't remember really seeing anyone in the room.
- I stuck to my agenda even though it clearly wasn't useful at the time.

- I was bored with my subject and thought others would be bored too.
- I was not bored with my subject, but thought others would be bored.
- I didn't want to forget anything and so read my notes word-for-word.
- I spent too much time on the material in advance and over-prepared.
- I didn't prepare enough and felt completely unorganized.
- I said things that weren't useful or that I didn't intend to say.
- Other (specify your response):