



# - E X P L A I N -

**Complete the check list** to identify your your strengths and weaknesses.

<b>SELF ASSESSMENT - STRENGTHS AND WEAKNESSES</b>			
	<b>Strengths</b> √	<b>Weaknesses</b> √	<b>Things to change or improve</b>
Presenting the content of the talk clearly and logically			
Using your voice effectively			
Clearly pronouncing words, phrases and sentences			
Reading aloud clearly			
Breathing correctly			
Using body language effectively and avoiding nervous gestures			
Having a comfortable and relaxed posture			
Using your facial expression appropriately			
Being confident when talking in front of an audience			