Personal Presence

What Your Public Demeanour Teaches Others About You

Presence describes a person's bearing, especially when it commands respectful attention. Presence draws trust and relationship from others. It is about your public attitudes and abilities. Presence includes your first and lasting impressions with others, your energy levels, using your mind and connection strengths, your public appearance, and your communication skills.

1 | 2 | 3 | 4 | 5	1. I am aware of the 'first impressions' that I make.	1 | 2 | 3 | 4 | 5	11. I watch for social cues from those around me.
1 | 2 | 3 | 4 | 5	2. I have identified my 'real' style and 'come from' that style publicly and privately.	1 | 2 | 3 | 4 | 5	12. I use both speech and silence as effective ways to communicate.
1 | 2 | 3 | 4 | 5	3. I live in a conscious life and am aware of all things around me.	1 | 2 | 3 | 4 | 5	13. I think before I speak, formulating my ideas succinctly.
1 | 2 | 3 | 4 | 5	4. I exude energy that is inviting to others because of its genuineness.	1 | 2 | 3 | 4 | 5	14. I give and receive positive and constructive feedback with ease.
1 | 2 | 3 | 4 | 5	5. I remember people's names and connect because I am truly interested in them.	1 | 2 | 3 | 4 | 5	15. I am a very good story teller and use stories to communicate and connect effectively.
1 | 2 | 3 | 4 | 5	6. I am approachable. I maintain a relaxed readiness with head held high.	1 | 2 | 3 | 4 | 5	16. I am humorous and like to lighten up situations whenever appropriate.
1 | 2 | 3 | 4 | 5	7. I am proud of myself and feel confident in my accomplishments.	1 | 2 | 3 | 4 | 5	17. I am publicly modest; I take credit when deserved, and share credit more than deserved.
1 | 2 | 3 | 4 | 5	8. I smile confidently, shake hands and make eye contact.	1 | 2 | 3 | 4 | 5	18. I keep an open mind about people and situations.
1 | 2 | 3 | 4 | 5	9. I connect with others and have developed a broad network.	1 | 2 | 3 | 4 | 5	19. I am well read and am comfortable in conversations about what is going on in business and the world.
1 | 2 | 3 | 4 | 5	10. I ask questions of others that invite them to participate in conversation with me.	1 | 2 | 3 | 4 | 5	20. I enjoy people and people enjoy me.

Accomplishment Levels	Personal Presence Scores																			
5 - Consistently successful																				
4 – Almost always																				
3 – Usually																				
2 – Sometimes																				
1 – Not at all																				
Mastery Points	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

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