

Self-Test: Rate Your Command Presence

Respond as honestly and objectively as possible to the following statements on a scale of 1 to 5, with 1 being **NEVER** and 5 being **ALWAYS**; 2=about 25% of the time; 3=about 50% of the time; and 4=about 75% of the time.

1: When explaining something, I ask the listeners if they are following me.	
2: I am clear in what I say.	
3: In speaking to a group, I make eye contact with individuals in a group.	
4: I speak in a strong voice.	
5: I encourage feedback.	
6: Silences don't make me uncomfortable.	
7: I stand up straight.	
8: My body language (expressions, gestures, posture) reveal my passion and interest.	
9: I believe in what I say.	
10: I believe that what I say is beneficial and valuable.	
11: I want to put others at ease.	
12: I feel self-confident.	
13: I effectively communicate my self-confidence.	
14: I feel competent.	
15: I communicate my confidence persuasively.	
16: People sense my integrity.	
17: People have faith in my judgment	
18: I come across as genuine, natural and sincere.	
19: People believe me.	
20: I am not defensive.	
21: I use group pronouns (we, our, us) in preference to self-referent ones (I, me, mine)	
22: I do not break eye contact involuntarily.	
23: I exhibit relaxed energy (don't fidget).	
24: I move naturally when I speak- use my hands, avoid standing rigidly still.	
25: I am comfortable speaking to groups.	
SCORE:	

A score of 75 or higher indicates that you possess strong Command Presence.

A score between 50 and 75 indicates that you are an adequate Command Presence, but could benefit from practicing your interactive skills and exuding more confidence.

A score below 50 suggests that you could use some work on developing Command Presence.