

## Becoming a Pro at Public Speaking Self-Test

If you answer NO to 1 or more of these questions, then <a href="#">The Training AdvantEdge</a> highly recommends this course.		YES	NO
1.	Do you feel confident of your ability to speak up in social situations or small groups?		
2.	Do you have effective strategies for controlling your nervousness in such situations?		
3.	When you have the opportunity to speak up about issues you are knowledgeable about or feel strongly about, do you take them?		
4.	Are you aware of the non-verbal messages that contribute to or detract from your positive self-image when you are speaking?		
5.	Do you ask for feedback to assess your speaking ability?		