

## Speaking in Highly Pressured Situations Self-Test

If you answer NO to 1 or more of these questions, then <a href="#">The Training AdvantEdge</a> has a workshop for you.		YES	NO
1.	Do you look forward to those times when you are “on the hot seat”, when you must respond to questions and concerns that are beyond your control?		
2.	Do you have the ability to “think on your feet” and gather information together quickly when these occasions arise?		
3.	Can you take complex information and put it in easy to understand terms?		
4.	Do you have effective strategies for controlling your nervousness when you must respond to on-the-spot questions?		
5.	Do you have the tools, both verbally and non-verbally, to defuse hostility and persuade others to see your point of view?		