NAME: D	gita	I Co	oac	hing	Sam	ple
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Timeline	0.	1	2 🗆	3 □

PERSONALITY						
General Description	Challenge	Opportunity				
Caring     Is viewed by the audience as genuine and sincere	☐ Is sarcastic; has an "attitude" ☐ Finds fault ☐ Makes negative comments	<ul> <li>Is encouraging</li> <li>Gives positive reinforcement</li> </ul>				
Empathy     Sees and understands from the perspective     of the audience	<ul> <li>Does not share any personal experiences</li> </ul>	☐ Recalls experiences that match audience's current feelings				
Happiness     Evidently enjoys giving the presentation	☐ Shows anger or disappointment	<ul> <li>■ Smiles</li> <li>Incorporates humor</li> </ul>				
Energy     Demonstrates a liveliness in sharing     knowledge	☐ Looks "too" serious ☐ Looks tired	<ul> <li>Keeps audiences engaged, awake and attentive</li> </ul>				
5. Passion Believes in what he/she is presenting	☐ Apologizes for the presentation or topic	■ Enjoys the topic				
6. Motivation Instills a sense of enthusiasm	☐ Creates boredom	<ul> <li>Generates a positive reaction</li> </ul>				
7. Expertise Logically explains or simplifies the materials	Does not try to simplify complex topics (is "too" knowledgeable)	<ul> <li>The presentation can be followed by a non- expert</li> <li>Knows the audience</li> </ul>				
8. Inspiration Audience feels encouraged to incorporate learned concepts	<u></u>	☐ The audience responds with good comments and positive feedback				
Self-Confidence     Appears prepared and in control of     presentation or discussion, regardless of the     audience size, level of expertise, or rank	☐ Visibly expresses nervousness ☐ Intimidated by the audience	Comfortable with the act of presenting				
10. Approachable Appears friendly and receptive to comments and interaction	☐ Interrupts audience interaction	<ul> <li>■ Encourages audience participation and comments</li> <li>Audience feels they can ask any question</li> </ul>				
11. Personal Appearance Looks and behaves professionally	☐ Appearance is distracting ☐ Uses inappropriate	<ul> <li>Dresses appropriately</li> </ul>				