

Projecting Credibility and Confidence

- 1) What adjectives do you hope other people will use when describing you?
- 2) In what professional situations would it be very valuable for you to project credibility and confidence?
- 3) When was the last time you got an outside view of yourself on video?
 - What did you notice about your communication style?
 - If it's been a while, when could you create an opportunity to see yourself on video in the near future?
- 4) Of the skills covered in today's seminar, what are one or two that you would like to cultivate?
 - What would you gain by mastering them?
- 5) How might your life change if you had the ability to "come across at your best" on purpose, every time?
- 6) Given what you know about yourself or feedback you've received from others, what communication habits would it be helpful for you to strengthen?
 - How can you practice these new habits?
- 7) How well do you balance being authoritative with being approachable? You can refer to our [self-evaluation](#), if helpful.
 - What skills could you cultivate to gain a better balance?