

Communication Skills Questionnaire:

Visual Part 1

Questions	Pre-Course Score (out of 10)	Challenges
Do you maintain eye contact in different situations?		
Are you able to convey emotions through your facial expressions?		
Do you focus on your body language while communicating?		
Do you think your body language supports your verbal message?		

Visual Part 2

Questions	Pre-Course Score (out of 10)	Challenges
Do you use gestures to enhance your communication?		
Do you think your posture conveys confidence and openness?		
Are you dressed and groomed well during meetings/networking events?		

Vocal Part 1

Questions	Pre-Course Score (out of 10)	Challenges
Do you feel your tone is appropriate for different contexts and messages?		
How often do you vary your pitch during conversations?		
Do you think your speaking pace is appropriate and effective?		

Vocal Part 2

Questions	Pre-Course Score (out of 10)	Challenges
Do you take the right pause during conversations?		
Do you think your volume is appropriate and effective in different contexts?		
Do you feel others understand you easily?		

Verbal Part 1

Questions	Pre-Course Score (out of 10)	Challenges
Are others able to understand your message clearly?		
Are you able to put your point in a concise manner?		

Do you understand and respond effectively to others?		
Are you able to ask the right questions?		

Verbal Part 2

Questions	Pre-Course Score (out of 10)	Challenges
Are you able to persuade and influence people with your message?		
Are you able to structure your message in the right manner?		
Are you able to use the right words to express yourself?		