Figure 5.4: Speaking Continuum of Development

Speaking in Front of a Group

How would you label yourself on the continuum?

Developing

You feel you need to work on your ability to speak in front of a group to become more effective and less nervous.

Proficient

You feel like you have a solid ability to speak in front of a group. (This doesn't indicate whether or not you like it.)

Accomplished

You feel like you are very effective when speaking in front of a group. (Maybe you're a performer, or people have complimented you on your speaking ability. This also doesn't necessarily indicate whether or not you like it.)