



How are your pitching skills? Practice & do a self-assessment.

- Either work with a friend or colleague & pitch to each other sharing feedback.
- Record yourself on your phone and review your 'game-tape', look for ways to improve.
- Share your pitch recording to [DropBox](#) and I will give you feedback.

#1 Criteria for assessing a 30-second pitch / self-introduction

Listen to the pitch & score each criteria		Very much	To some extent	Not at all
Content				
#1	Introduction - the speaker caught and held my attention	3pts	2pts	1pt
#2	Clear logic flow - I could easily follow the pitch message	3pts	2pts	1pt
#3	There was a motivating call to action - it was clear they had finished the pitch and what we should next	3pts	2pts	1pt
#4	Message - I learnt something useful	3pts	2pts	1pt
#5	How could the speaker improve?			
Performance				
Listen to the pitch & score each criteria		Very much	To some extent	Not at all
#5	Preparedness & time management - the pace of the pitch was even and fit well in the allocated time	3pts	2pts	1pt
#6	The speaker made eye contact	3pts	2pts	1pt
#7	The speaker spoke clearly	3pts	2pts	1pt
#8	The speaker smiled and was friendly	3pts	2pts	1pt
#9	The speaker used clear intentional hand gestures	3pts	2pts	1pt
Total		___ / 27pts		

Need to improve your pitching skills?

Book a call to discuss how we can improve your message structure, speaker performance & slide design.