**Coaching Self Evaluation Form**

United States Army Chaplain Center and School (USACHCS)

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| Name: | Date Delivered: |
| Time of Message: | Date Watched:  |

*(After viewing the video of your presentation answer the following questions)*

* What did you think you did well during your presentation?
* Write out your ‘Point/AIM’ in a sentence:
* What were you asking your audience to do? (APPLICATION)
* What did you notice while watching?

 Delivery (Eye Contact, Gestures, Movement, Tone, Volume, Speed, Pauses)

 Presence (Sincerity, Empathy, Conviction, Posture, Enthusiasm, Connection)

* Was there anything that seemed distracting?
* Did anything surprise you when watching?
* What feedback did you receive from others that was helpful?
* What was the best part of your presentation?
* If you could present this again, what would you do differently?
* What was your overall feeling about this message?