



Executive Presence Self-Assessment

Please place a check mark in the appropriate box to indicate how much you agree or disagree with the following statements:

	Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
1. I have strong, positive influence on my team, co-workers, colleagues, and superiors.	☐	☐	☐	☐	☐	☐
2. I manage my emotional reactions well in the workplace, and I stay calm under pressure.	☐	☐	☐	☐	☐	☐
3. When I need to let someone know I'm unhappy with a situation, I speak to them calmly and assertively. I don't express my feelings in a passive-aggressive way.	☐	☐	☐	☐	☐	☐
4. I am resilient when pressure builds on the job.	☐	☐	☐	☐	☐	☐
5. I speak up comfortably in very important meetings and when in the presence of more senior leaders.	☐	☐	☐	☐	☐	☐
6. When I'm attending a gathering or a meeting, I am able to focus 100% on the topic at hand, without distracting thoughts or checking my phone for messages.	☐	☐	☐	☐	☐	☐
7. Based on the way others relate to me, I believe I exhibit charisma on the job.	☐	☐	☐	☐	☐	☐
8. I have inner self-confidence, and I believe in myself.	☐	☐	☐	☐	☐	☐
9. When team members and others push back on my decisions, I manage the situation in a professional, balanced way so that the best choice is made without harming workplace relationships.	☐	☐	☐	☐	☐	☐
10. I'm capable of thinking on my feet when under pressure.	☐	☐	☐	☐	☐	☐
11. When I'm called upon to make a presentation, I do so powerfully, engaging my audience from beginning to end.	☐	☐	☐	☐	☐	☐
12. When conflict arises, I manage it quickly and competently, without damaging professional relationships.	☐	☐	☐	☐	☐	☐
13. I'm aware of and effectively manage my Executive Leadership Brand, not just within my organization, but also within my industry.	☐	☐	☐	☐	☐	☐
14. I know how to maneuver office politics with ease.	☐	☐	☐	☐	☐	☐
15. I use storytelling as a means of engaging others when I communicate.	☐	☐	☐	☐	☐	☐