

Gravitas Self-Assessment Form

Review and compare your two Pitch Panel videos. Give yourself a rating from 1- 4 (where 4 is high) for each category below.

VOICE	1st	2nd	PRESENCE	1st	2nd
Projection & Volume			Posture		
Resonance			Eye contact		
Pacing			Facial expressions		
Pausing			Smiling (specifically)		
Passion			Gestures		
Authority			Confidence		
Overall vocal variety			Overall physical presence		
Areas of strength:					
Areas for development:					