

Certified Communicator Program

1. How well do you come across?

These are how others would likely describe your communication style.

1. Loud	1 2 3	Quiet
2. Fast/slow	1 2 3	Natural
3. Charged Up/Down	1 2 3	Neutral
4. Complain	1 2 3	Pleased
5. Flat	1 2 3	Expressive
6. Speak at	1 2 3	Share with
7. Heavy/Significant	1 2 3	Light
8. Pedantic	1 2 3	Simple
9. Suspicious	1 2 3	Friendly/Trusting
10. Rigid	1 2 3	Flexible

2. How well do you listen?

How well do you hear what is being said, and not said?

11. Listen hard	1 2 3	Be with
12. Hear info/facts	1 2 3	Hear it all
13. Wait for evidence	1 2 3	Trust inklings
14. Acquires info	1 2 3	Learn
15. Listens passively	1 2 3	Knows what to listen for
16. Prepares response	1 2 3	Hears the person
17. Doubting	1 2 3	Accepting
18. Interrupts	1 2 3	Prompts
19. One thing at a time	1 2 3	Can handle multiple inputs
20. Hears 10-90%	1 2 3	Hears 90-100%

3. How well do you articulate?

How well are you understood?

21. Talks at	1 2 3	Contextualizes
22. Lectures	1 2 3	Educates
23. Rambles	1 2 3	Succinct
24. Clichés	1 2 3	Messages
25. Jargon	1 2 3	"English"
26. Rote	1 2 3	Personalizes
27. General terms	1 2 3	Specific Terms
28. Holds back	1 2 3	Says it all
29. Convoluted	1 2 3	Clear
30. Limited vocabulary	1 2 3	Extensive vocabulary

4. What do you converse about?

What do you focus on and talk about with others?

31. Symptoms	1 2 3	Source of the problem
32. The negative	1 2 3	The positive
33. The past	1 2 3	The present/how things are
34. Could's & should's	1 2 3	What you really want
35. Reactions	1 2 3	Chosen responses
36. Swaps info	1 2 3	Dances
37. Responds to facts	1 2 3	Gets the gist
38. The "What"	1 2 3	The "Who"
39. Facts	1 2 3	Concepts
40. Others	1 2 3	Yourselves

5. How well do you converse?

How often do you have fluid, two-way conversations?

41. Repeats/Echos	1 2 3	Improves Phrasing
42. Reactive	1 2 3	Responsive
43. Speak (half-duplex)	1 2 3	Speak & listen (full)
44. Unaware of mood	1 2 3	Matches mood
45. Distracted	1 2 3	Attentive
46. Confrontive	1 2 3	Evoking
47. Delayed response	1 2 3	Immediate response
48. Add s a spin	1 2 3	Adds no spin
49. Non-sequitor	1 2 3	Tracks/follows
50. Pepper w/questions	1 2 3	Clarifies what was said

6. How authentic do you sound?

How real are you and how real do you sound?

51. Pretentious	1 2 3	Non pretentious
52. Puffs up people	1 2 3	Is accurate with praise
53. Sneaky	1 2 3	Forthright, forthcoming
54. Dishonest	1 2 3	Completely honest
55. Overstates	1 2 3	Accurately states
56. Performs	1 2 3	Relates
57. Knows it all	1 2 3	Seeks to learn
58. Is "affected"	1 2 3	Real
59. Full of it	1 2 3	Legitimate
60. Ingenuine/Insincere	1 2 3	Genuine

7. How big are you?

How flexible, respectful and generous are you?

61. Critical	1 2 3	Constructive
62. Excludes people	1 2 3	Includes people
63. One-ups	1 2 3	Endorses
64. Disrespectful	1 2 3	Respectful
65. Result -driven	1 2 3	Person-oriented
66. Judges	1 2 3	Tolerant
67. Pushes agenda	1 2 3	Shares your views
68. "On"	1 2 3	Not "on"
69. Rigid	1 2 3	Open
70. Digs	1 2 3	Builds a person up

8. How mature are you?

What does your communication style tell others about you?

71. Hesitant	1 2 3	Confident
72. Fearful	1 2 3	Goes for it
73. Speaks haltingly	1 2 3	Fluid
74. Repeats/mimics	1 2 3	Synthesizes
75. Gossips	1 2 3	Doesn't gossip
76. Childish	1 2 3	Adult
77. Blames	1 2 3	Owens
78. Clueless	1 2 3	Speaks w/ wisdom
79. Speaks from theory	1 2 3	Speaks from experience
80. Righteous	1 2 3	Compassionately accurate

9. How free are you of Communication Blocks?

What's holding back your effectiveness as a communicator?

81. Compulsive talker	1 2 3	Listens more than talks
82. Personally needy	1 2 3	Has plenty, a reserve
83. Adrenalined/up	1 2 3	Present
84. Ignorant	1 2 3	Informed/educated
85. Toxic personality	1 2 3	Clean and healthy as a person
86. Attached to past	1 2 3	Creating a future
87. Stressed	1 2 3	Calm
88. Unconscious	1 2 3	Conscious/Aware
89. Blind spots	1 2 3	360 degree view
90. Conspiratorial	1 2 3	Cooperative

10. How effective are you?

How good are you at producing results?

91. Hints at	1 2 3	Asks directly
92. Silent/says little	1 2 3	Speaks up/Requests
93. Dealing in past	1 2 3	Dealing in the present
94. Immed. gratification	1 2 3	Long-term investor
95. Win-oriented	1 2 3	Win-win oriented
96. Problem-oriented	1 2 3	Solution-oriented
97. Book knowledge	1 2 3	Street smarts
98. Shares a goal	1 2 3	Inspires with a vision
99. Bounces around	1 2 3	Sees/Gets right to problem
100. Talks about stuff	1 2 3	Is *for* stuff

Form courtesy of and copyrighted by Coach U, www.coachu.com, info@coachu.com | FB456