

ExecuProv

HOW TO THINK FAST ON YOUR FEET (Without Putting Them In Your Mouth) Confidential Questionnaire

Name:	<input type="text"/>				
Address:	<input type="text"/>				
City:	<input type="text"/>	State:	<input type="text"/>	Zip:	<input type="text"/>
Phone (W):	<input type="text"/>	Fax:	<input type="text"/>		
(H):	<input type="text"/>	Email:	<input type="text"/>		
Company/Organization Name:	<input type="text"/>				
Type of Business:	<input type="text"/>				
Job Title:	<input type="text"/>				
Job Description:	<input type="text"/>				

1) Which of the following symptoms do you encounter in front of others (one or 100) when you feel pressured:

Check all that apply.

- Mind goes blank
- Feel intimidated
- Can't process information
- Fear of saying the wrong thing
- Withdraw emotionally
- Lose sense of confidence
- Get flushed and flustered
- Physically or verbally clumsy
- Stuttering or stammering
- Feelings of anxiety or panic
- Feel confused or disoriented
- Other

2) Please mark the following reasons why you are taking this class:

- To lessen inhibitions.
- To handle difficult situations.
- To unlock your mind.
- To learn to say the right thing at the right time.
- To keep your mind free and agile.
- To stay focused and confident.
- To think faster.
- To get over your fear of not speaking when you want to.

3) Do you freeze up when you are

- Not prepared for the questions posed to you.
- Confronted in an adversarial situation.
- Physically tired.
- When the agenda that unfolds is not what you are expecting.
- When you think your responses will sound foolish, dumb or inartulate; or
- Other

4) On a scale from 1 to 10, how would you rank your sense of being inhibited? (one being the least inhibited)

5) When do you become the most inhibited in the work environment?

6) Do you ever lose your composure or presence in front of a group?

- Yes No

If so, describe the typical group size and the details of such a situation:

7) Do you have trouble hearing what is being said when you are lost for words?

- Yes No

What goes through your mind at such times?

8) When you freeze up mentally, do you experience regret and/or remorse?

- Yes No

If yes, to what extent?

9) On a scale from 1 to 10, how much do you analyze or reason what you are about to say when you feel confronted or pressured? (1 being the least)

Approximately how much time lapses for you during this process?

10) How many of your responses (when you are pressured) are spontaneous?

- Some
- All
- None

11) Describe three or more typical situations when you find it hard to think fast on your feet?