



# The Executive Presence Self-Assessment

Gain Clarity. Show Up Confidently. Lead with Impact.

Executive presence isn't about being the loudest in the room. It's about how people experience you—your confidence, clarity, credibility, and connection.

Use this self-assessment to reflect on how you currently show up as a leader—and where you might want to grow.

## How to Use This Assessment

Rate yourself on a scale of 1 to 5 for each statement:

1 = Not true for me

5 = Very true for me

Be honest. This is for your growth, not performance.

### 1. Clarity & Communication

<u>Statement</u>	1	2	3	4	5
I communicate my ideas clearly and concisely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tailor my message to different audiences without losing authenticity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I speak with confidence, even in high-stakes conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the 1–2 key points I want to leave people with before I speak.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Composure Under Pressure

<u>Statement</u>	1	2	3	4	5
I stay grounded and calm during conflict or crisis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can hold space for discomfort without rushing to fix it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I respond rather than react—even when challenged.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People often say I bring a calming, steady presence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Connection & Credibility

<u>Statement</u>	1	2	3	4	5
I build trust quickly with new colleagues or stakeholders.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People listen when I speak—not just out of respect, but because they value my insight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I show empathy without losing authority.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am seen as someone who leads with integrity and authenticity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Leadership Intentionality

Statement	1	2	3	4	5
I'm clear on the kind of leader I want to be- and why.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intentionally shape how I show up in meetings and conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek feedback on my impact, not just my performance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take ownership of my growth as a leader,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring & Reflection

Add up your scores by section or overall.  
This isn't about a perfect score—it's about **awareness**.

Then ask yourself:

- What stands out to me?
- What's one area I want to strengthen?
- How would my team or peers rate me in these areas?
- What would be different if I improved just one of these dimensions?

Want to go deeper?  
Let's schedule a **chemistry call** to explore how executive coaching can help you lead with greater clarity, confidence, and presence.  
 [arthompson@signatureleadershipllc.com](mailto:arthompson@signatureleadershipllc.com)