

Executive Presence Quick Assessment for Leaders and Non-Leaders

Rate yourself based on the last seven days (1-5)

Put a check mark under the number

1 = Needs Improvement 2 = Inconsistent 3 = Adequate
4 = Strong 5 = Consistently Strong

Executive Presence Behavior	1	2	3	4	5
Gravitas – Calm confidence under pressure					
Clarity – My communication was concise and purposeful					
Listening – I made others feel heard and understood					
Decisiveness – I provided direction when needed					
Professional Presence – My posture, tone, and demeanor reflected leadership					

Please complete this Executive Presence Quick Assessment based on your last seven days.