

Personal Reflection Form | Presentation

Date:

Personal presentation rating: 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

⚠ My presentation details (*Who were my audience? What was the topic? Where did it take place?*)

⚠ What did I do well during this presentation? (*Consider the presentation slides, delivery, interaction with the audience etc*)



- ⚠ What could I have improved upon with regards to my delivery style? *(Consider tone of voice, voice projection, confidence, clarity, audience engagement & interaction)*

- ⚠ Was there any way that I could have improved the content on my slides? *(Consider the amount of text per slide, any slides that were surplus to requirements, any slides that were missing that would have been helpful as prompts, if there were clear instructions for interactive tasks)*

- ⚠ Was there anything (from a nutrition perspective) that I would like to be more comfortable discussing in future presentations? *(Consider your explanations and whether they were simplified enough for the audience)*



⚠ What are THREE actionable points that I can implement to improve my next presentation?

⚠ Additional Notes

