

# Certified Communicator Program

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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.	Cliches	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.	Convolutd	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 and shoulds	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.	Adds a spin	1	2	3	Adds no spin
49.	Non-sequitor	1	2	3	Tracks/follows
50.	Pepper with 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.	Not genuine/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 with 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 person	1	2	3	Clean and healthy
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.	Immediate 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